



## What do participants learn about in the program?

The *Seasons for Growth*<sup>®</sup> program is based on Worden's tasks, as outlined earlier. The content of each session reflects key issues associated with each grief task. The tasks have been linked with the imagery of a particular season, but use of imagery from any of the seasons is encouraged. Each task and season has its own identifying colour, as indicated below.

The following table provides an overview of the way in which *Seasons for Growth*<sup>®</sup> integrates Worden's grief tasks with the program content:

Worden's Tasks	<i>Seasons for Growth</i> <sup>®</sup> Tasks		Session Content
To accept the reality of the loss	Learn that change and loss are part of life	<b>AUTUMN</b>	Session 1: Life is like the seasons Session 2: Change is part of life
To process the pain of grief	Learn about different ways people experience change and loss	<b>WINTER</b>	Session 3: Valuing my story Session 4: Naming my feelings
To adjust to a changed world after the loss	Learn skills to assist with adapting to change and loss	<b>SPRING</b>	Session 5: Caring for my feelings Session 6: Remembering the good times
To find an enduring connection with what has been lost while embarking on a new life	Learn about ways that help in moving forward with life	<b>SUMMER</b>	Session 7: Making good choices Session 8: Moving forward