



A HEALING ARTS

WORKBOOK

A step-by-step guide

"How to get started using the Healing Arts"

to grieve childlessness and then to embrace your
childless or child-free life moving forward.

by Helen Segal MBACP
Founder of Empowered Childlessness

WELCOME

Hi There!

A wholehearted welcome to Empowered Childlessness,

Thank you for joining and trusting me on this incredible journey of yours and allowing me to teach you about the amazing ability of the Healing Arts and what they can give to you at this time.

The arts have given me a space to be and speak my truth with much love and safety. I truly wish the same for you.

I created this free gift to help you get a feel for this mode of healing and expression. Together with a comprehensive step by step guide to get started to gain support right where you are in your childlessness.

I have been working with women since 2016. I know how difficult it can feel to speak our truth in an environment that does not support that. I hope you find here a safety to open up and be seen. I know how important that is for healing.

Helen Segal

ABOUT ME

My name is Helen Segal, a fellow childless woman. I am a Therapeutic Counsellor and Cosmic Smash Book Guide.

I help people embrace their childlessness, to feel stronger, empowered, happier and free. I do this through 1:1 Sessions and Group Online Programmes.



MATERIALS

*Of course to start creating all you need is a pen and paper.
But here is a list of materials and what they are great for
when you want to get a little more adventurous.*



- 01 **PENS & PENCILS:** Whether a ball point or a fine liner, pens are a great place to start creating. Popping them in your bag with a little notepad you can create on the move. Find a pen that you love the look of and let it be your guide to self-expression.
- 02 **COLOUR PENS & PENCILS:** Pens - Thick or thin - Permanent or water-based pens are great for bold colouring and wonderful for mark making. If you use sharpies be aware that they will bleed onto the next page. Colour Pencils are great to shade with. I love using the watercolour pencil.
- 03 **OIL PASTELS:** Are a great medium when working with emotions. They are high in colour and can be applied with pressure to express deep emotion onto the page. They give great coverage across the page. They are cheap to buy and still good quality.
- 04 **WATERCOLOURS:** Are great to get colour down quickly. The advantages of watercolour include it's vibrant and translucent nature, quick drying time, simple set up and clean up process, affordability, and versatility to be used in mixed media artwork.
- 05 **ACRYLIC:** Is a plastic based paint, but be careful about getting it onto your clothes. It is great for layering colours onto one another. They are vibrant and colourful. They are a little more expensive but worth it. I love using my fingers to paint with. You get them in fluid or thick form, both are great.
- 06 **COLLAGE & MIXED MEDIA:** Collage is the term when you place images together. Mix Media describes artworks composed from a combination of different media or materials. Find images that call to be used in your work. Magazines - Pinterest or Unsplash are great for resources. Fabrics - Cards - papers - buttons - ribbons - foil - string - wool, it is limitless.
- 07 **GLUES:** Prit-Stick is great for sticking papers together, though once glued it is hard to rearrange. Try Elmer's glue I find it a lot more flexible. Also Glue Tape and tacky glue for materials and papers.

MY THOUGHTS ON GRIEF

The Dual Grief Module by Stoebe & Schut



The dual process model of grief is a holistic approach for coping with grief and loss. It moves away from previous grief models and theories, acknowledging individual experiences as different and unique.

Stoebe & Schut work was different from traditional theories of grief, such as the 5 stages of loss. These earlier theories focus on individuals confronting and facing the pain and loss that they were experiencing. The dual process model of grief, however, states that both denying and avoiding are important parts of a healthy grieving process.

Coping with grief and loss: The dual process model of grief focuses on stressors linked to grief.

The 2 types of stressors here are '**loss orientated**' and '**restoration orientated**'.

Both require coping mechanisms. Taking breaks within this coping is essential for people within the grieving process.

Examples of coping with loss

Restoration-orientated focuses on the demands of living after the loss.

It can be isolating and stressful learning new skills or tasks that were not needed before becoming childless.

These can involve:

- Re-thinking your life -
- Financial affairs
- Thinking about the future
- Finding employment or self-employment (new skills)
- Learning new ways of communicating about your new normal

Loss-orientated focuses on emotionally processing the numerous losses that is involved in becoming childless. This can include.

- Being a parent of your own child
- Having your family unit
- Loss of hope:
- Being grandparents
- Breast Feeding
- Friendships
- And many more ...

This might involve:

- Memories
- Reminiscing
- Yearning
- Crying
- Imagining
- Processing feelings of hopeless, feeling lost, confusion, shame & guilt etc...

Oscillation (moving backwards and forwards) between facing and avoiding the loss is a key part of the dual process model.

This is viewed as a natural part of grief and presents a more accepting, holistic and inclusive approach to working through it. Individuals can find a balance between facing loss and re-engaging with life after loss.

Normalising the grieving process

I hope this dual process model will help you understand that what you are going through is 'normal'. You are not alone in your feelings of coping and not coping, facing things and avoiding them.

Shifting between these feelings is common and expected. I hope it helps you feel comforted that your feelings, actions and behaviours within the grieving process are natural.

No one method of coping (loss-orientated or restoration-orientated) is better than the other. This is an inclusive and holistic model.

Grieving childlessness is unseen. It is an internal process that others need to be invited into the understanding of it. The world cannot see and sometimes cannot understand the pain that you are going through.

Edited from: <https://counsellingtutor.com/>

The world of the healing arts is a wonderful and safe way to express what is within us. The arts can be the voice and the bridge from the internal to the external.

It can give words when there aren't any at the beginning.

YOUR REFLECTIONS

How can the Dual Grief Model support you in your life at the moment?
What are the benefits of understanding this Model?

What do you do, or how does the **Restoration Orientation**, look like for you?

What do you do, or how does the **Loss Orientation**, look like for you?

Oscillation - reflect on your oscillation experiences. When you move from Loss Orientation (feelings and processing your feelings) to Restoration Orientation (getting on with life today)

HOW TO GET STARTED

I teach a combination of intuitive, expressive & therapeutic arts.

Grab yourself a cup of your favourite beverage
and take a seat by your equipment



01 **TURN UP AT YOUR PAGE - LET GO OF PERFECTIONISM, EXPECTATION & OUTCOME**

The first thing we all need to do is to turn up at a blank piece of paper. Easy right? But not so easy. That blank piece of paper can feel terrifying. BUT remember there is no outcome necessary, just allow yourself to turn up and be. That is it! No great art is expected or needed.

02 **TAKE A BREATH and LISTEN TO THE MEDITATION HERE: [Click here!](#)**

03 **Put a timer on for 5, 10 or 15 mins. CHOOSE YOUR PENCIL - PEN - MEDIUM & COLOUR**

Let your pen or brush move across the page. Don't analyse your work, just allow the marks, colour or image to present themselves. Connect into your breath, your thoughts and intuition. It is just like doodling. Don't judge the work as good, bad or ugly.

04 **BE AWARE OF YOUR INNER CRITIC. IT SOUNDS LIKE THIS...**

You don't know what you're doing! You're rubbish! Don't do that! That's wrong! That's not good enough! Blah, blah, blah. We can't get rid of the inner critic, but we can ignore it and lower its tone and not be so controlled by it. The inner critic needs perfection and/or to know you are and feel safe. Unfortunately in life we need to take lots of risks to live and feel free. This process is a great way to teach our Inner Critic that '**you have this**' and **it is safe**. So acknowledge the thoughts and keep painting or drawing.

05 **CONTINUE TO DRAW AND PAINT - LISTENING CAREFULLY FOR YOUR INNER CREATIVE MUSE. IT SOUNDS LIKE THIS...**

I want red, now blue, go here, yes that feels good, yes. Now do this and again and again. Stop - over there. New colour, go faster, slower. Stop breathe. Yes here and now there. Yep the inner creative muse is so very bossy, it knows what it wants and loves when you allow it to let you know. It is embodied in you. Trust that voice, it will take you on some very awesome adventures.

06 **STOP WHEN THE ALARM GOES.**

Unless you don't want to. Don't push yourself. 5 mins is plenty to start with.

QUESTIONS TO ASK YOURSELF

You can write your answers below, on a post-it, a spare piece of paper or even on the work itself.



**Above are a couple of my draws from my sketchbook.
Trust exactly what you create today and that's it.**

Once you have finished your drawing, take some time to sit with it. This may only take a few minutes. Be open to receive anything your creativity wants to bring you.

Start here! Write down your answers.

- What do you see in your image?
- What do you hear?
- What is the feeling from your image?
- Are there any parts that want to say anything?
- If your image could talk what would it say to you?
- If your image had any medicine to give you what would it say or give you?
- Does your image want or need anything?
- Does your image want or need anything to be added or changed in the image?
- Thank the image for its information and awareness.

CHECK IN WITH YOURSELF. HOW DO YOU FEEL? CONNECT WITH WHAT WAS HELPFUL AND WHAT WASN'T. YOU CAN ADD OR CHANGE THINGS IN THE IMAGE NOW OR WAIT TO NEXT TIME.

APPRECIATE YOURSELF FOR SHOWING UP AS YOU!



WANT TO LEARN MORE?



To see if we can work together to find a path forward ,
click on the button below to book a free consultation.

[SCHEDULE A FREE CALL](#)

