

Creative Cocooning: A Safe Place for Dramatic Change



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Soul Injury (Sōl Īn'-juh-rē) *noun*

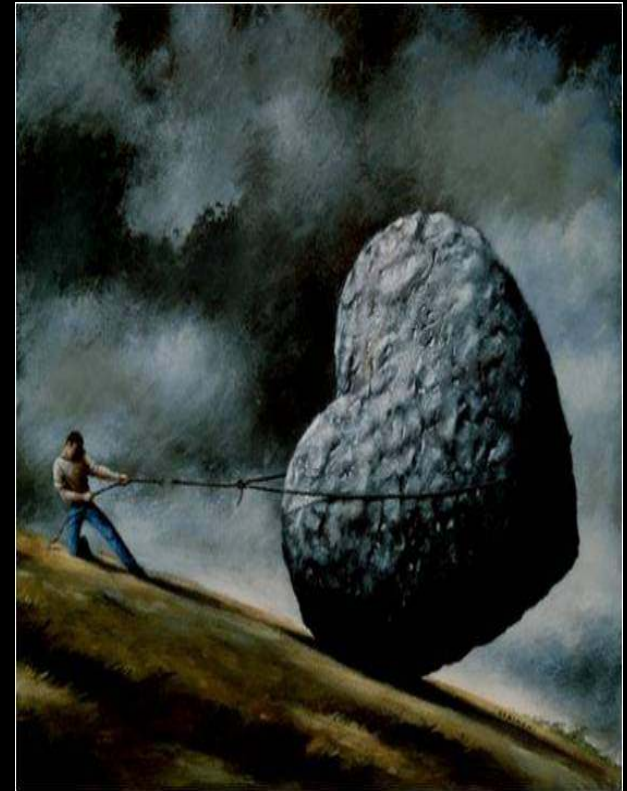
1. A wound that **separates a person from who they are meant to be.**
2. A wound to our “**being**” – **our sense of self.**



Soul Injury (Sōl Īn'-juh-rē) *noun*

Caused by:

- Unmourned loss
- Unforgiven guilt/shame
- Diminished self-compassion



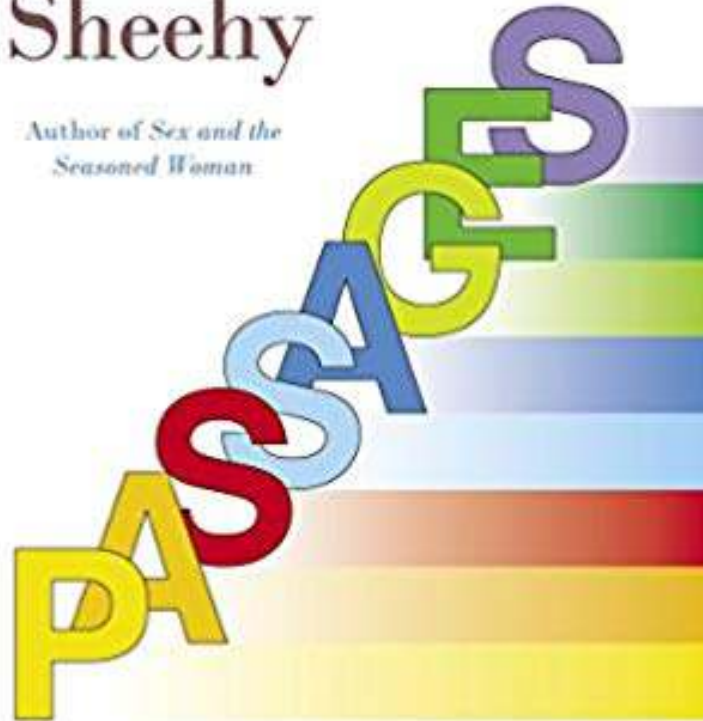
Liminal Space

- Anthropology: an intermediate state, phase, or condition: in-between, transitional, at a threshold
- During this time, there may be confusion and a sense of disorientation

THE 30TH ANNIVERSARY EDITION
OF THE CLASSIC BESTSELLER

Gail Sheehy

*Author of Sex and the
Seasoned Woman*



PREDICTABLE CRISES OF ADULT LIFE
With a new Introduction

Change Metaphor in Hospice?



*After your death you will be what you
were before your birth.*

Arthur Schopenhauer



Stages of Labor

- The First Stage of labor is the longest and involves three phases:
 - Early: onset – 3 cm dilation
 - Active: 3 cm – 7 cm
 - Transition: 7 cm – 10 cm
- Second Stage of Labor
 - 10 cm until delivery of babe
- Third Stage of Labor
 - Delivery of the placenta



Stages of Labored Death: 24 hours – 14 days “Lingering”

- Early: Bedbound, loss of interests, decreased ability to eat/drink, cognitive changes
- Mid-stage: Further loss of cognition, “death rattle”
- Late: comatose, cool extremities

Elisabeth Kübler-Ross

“You cannot help other people heal until you heal yourself”.



Elisabeth Kübler-Ross

“It is not the end of the physical body that should worry us. Rather, our concern must be to live while we're alive, to release our inner selves from the spiritual death that comes with living behind a facade designed to conform to external definitions of who and what we are.”



Birth & Death

- Birth: DRAMATIC change from a single cell to a baby in 9 months!
- Death: DRAMATIC change from a thinking, feeling, talking human being to a corpse within 2 weeks!

Elisabeth Kübler-Ross

Dying
is an
integral part
of life...



The Four Stages of Butterfly Life Cycle/Metamorphosis

Egg, Larva, Pupa, and Adult

- First stage: The Egg:
Germ of a new life
- Second stage: The Larva (Caterpillar)
A time of growth, shedding 4-5 “skins”
- Third stage: Pupa (Chrysalis)
Transition
- Fourth Stage: Adult Butterfly
Reproduction



Caterpillar & Butterflies: What is Missing?



The Transition Stage: Pupa (Chrysalis)

The Caterpillar Completely LIQUIFIES!!



Imaginal Cells

Letting Go of SAME!

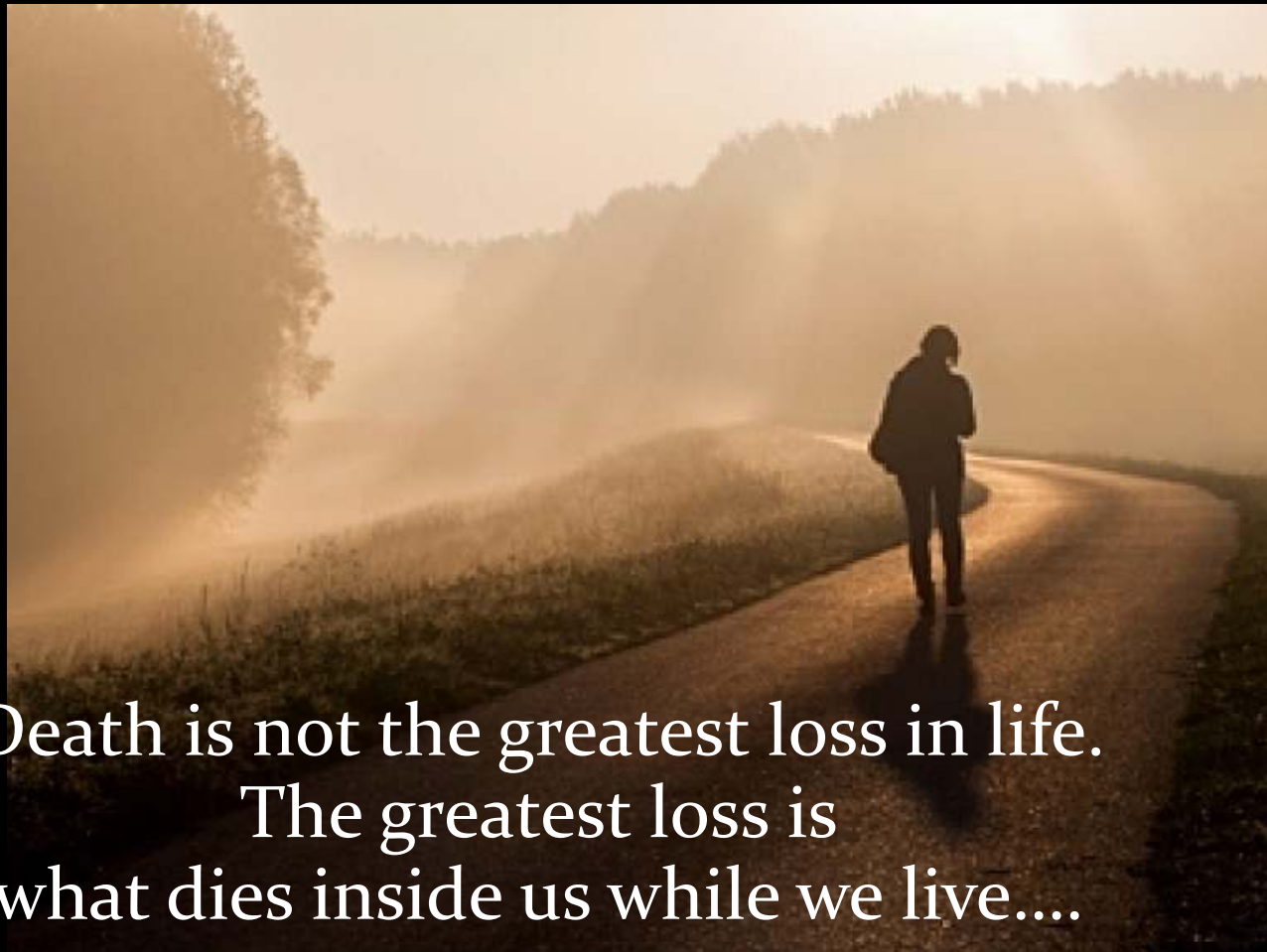
Opening up to DIFFERENT!

The Larva.....a time of growth



The Reproductive Stage: Adult Butterfly:





Death is not the greatest loss in life.
The greatest loss is
what dies inside us while we live....

Norman Cousins

... a Soul Injury!

The Butterfly Story



“Bearing Witness” to SOUL INJURY

- Do we know how to “bear witness” to the emotional pain that accompanies the “Cocooning Process”?
- Does our **fear** of emotional pain, helplessness, uncertainty, and loss of control interfere with the “witnessing” process?
- How could an understanding of SOUL INJURY help dissipate that fear?

Important questions to ask...

When There's No Hope for the Emergence of the Butterfly You Want

- Chronic Sorrow is a natural grief reaction to **losses that are *not final*** but continue to be present in the life of the griever.

Susan Roos, Ph.D., LMSW, ACPc, BCD

What Kind of Issues Cause Chronic Sorrow?

- **Disabilities**

- TBI, PTSD, Mental illness, Addictions, Multiple Sclerosis, COPD, CHF, Stroke, Seizures, Dementia, Parkinson's, Birth Defects, Arthritis, Vision/hearing loss, Dialysis, Autism, etc.

- **Non-injury/non-disease losses**

- Divorce, aging, loss of a job, a family member in prison, not having a mother/father who made you feel safe, important, and protected, etc.

- **Caregiving**

- Personal and professional (professions that expose an employee to other peoples losses. Working in: Child Protective Services, ICU, ER, Hospice, First Responders, Crime Investigation, Military Support, Funeral Home, etc.)

When There's No Hope for the Emergence of the Butterfly You Want

- Chronic sorrow is not about endings; it is about **living with unremovable loss** and unhealing wounds.
- It is about losses requiring – and even demanding – **energy and persistent courage to cope** with crises and making adaptations necessary in order to live a life of one's own.

Susan Roos, Ph.D., LMSW, ACPc, BCD

To Summarize

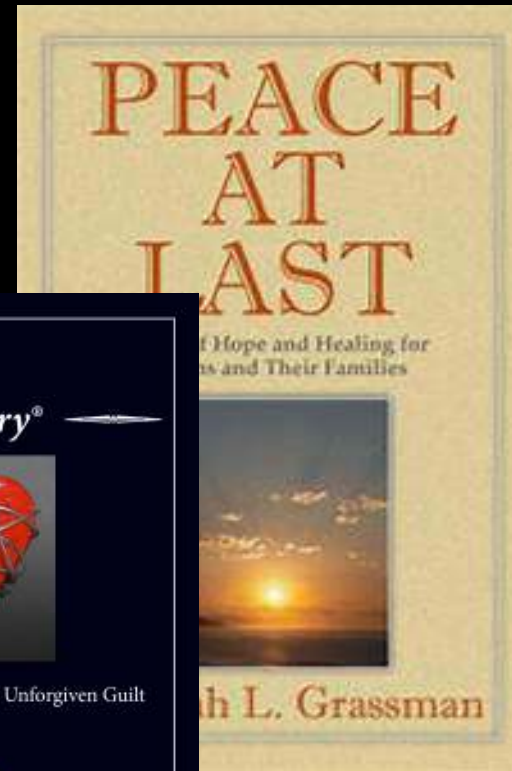
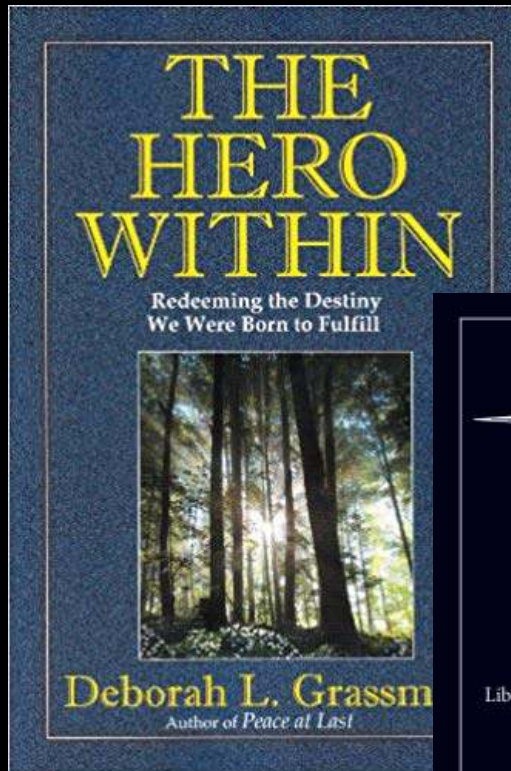
Learn how to support others in the cultivation of:

- Honesty
- Courage
- Humility

This IS the 11% difference.

Resources

OpusPeace.org



Questions??