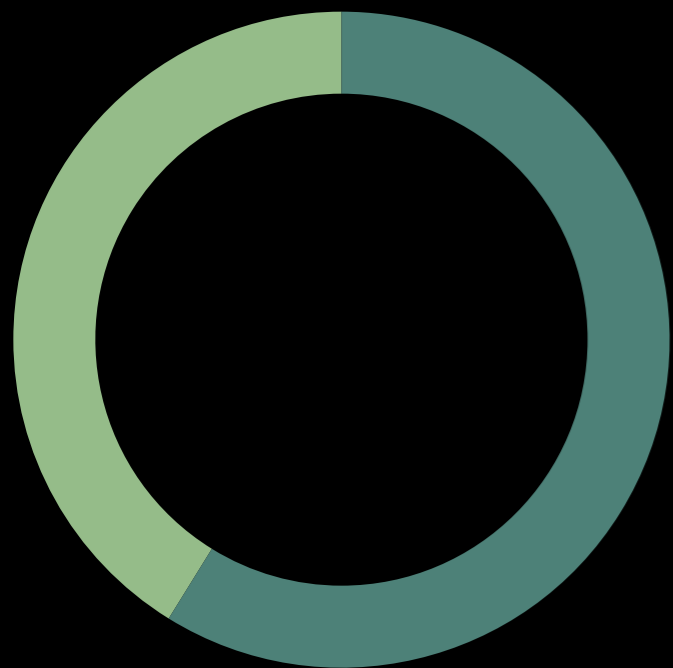




GRIEF AS A PRAXIS FOR SUSTAINING LOVING COMMUNITY

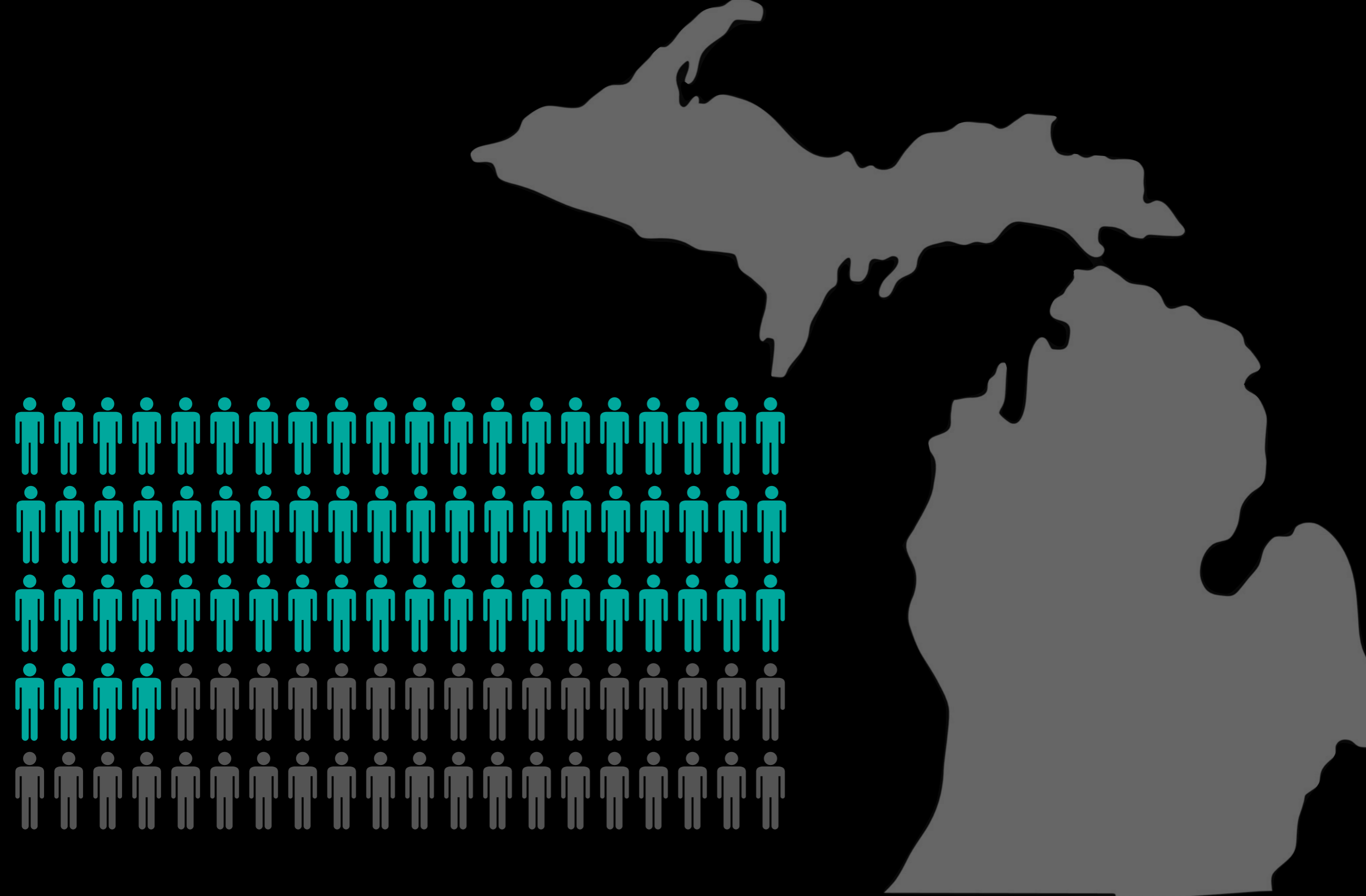
SHARIM HANNEGAN-MARTINEZ
UNIVERSITY OF MICHIGAN



MORE THAN

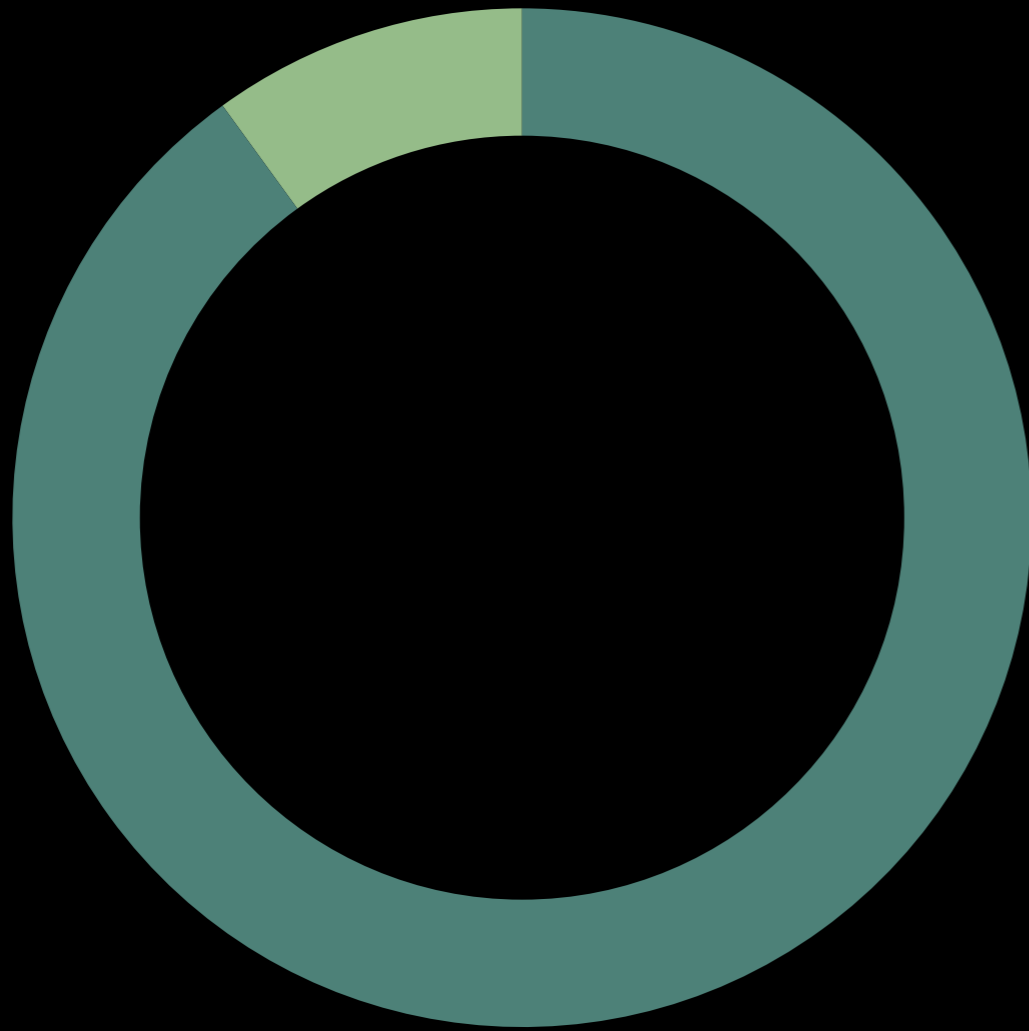
66%

35% MORE THAN 1



63% ONE OR MORE

(Michigan Health & Human Services, 2019)



90% OF TEACHERS

TRAUMA-INFORMED RESEARCH

(e.g., Alvarez, 2020; Camangian & Cariaga, 2021; Hannegan-Martinez, 2019; Simmons, 2021; Shevrin Venet, 2021)

GRIEF RESEARCH

(e.g., e.g., Cariaga, 2023; Everett & Dunn, 2021)



The Wild
Edge of Sorrow

Rituals of Renewal and the Sacred Work of Grief

FRANCIS WELLER

Foreword by MICHAEL LERNER

**"TRAUMA
ALWAYS CARRIES
GRIEF...GRIEF
WORK IS A
PRIMARY
INGREDIENT IN
THE RESOLUTION
OF TRAUMA"**

HEALING GAP

WHY ARE YOU SO
COMMITTED TO
CENTERING THE **GRIEF**
AND **HEALING** OF YOUR
STUDENTS WHEN YOU SO
OFTEN TRY TO AVOID
YOUR OWN GRIEF?

1 MILLION PEOPLE

140,000 CHILDREN

65% CHILDREN

OF COLOR



39,480

PALESTINIANS

MARTYRED

GRIEF AS MULTI-DIMENSIONAL

“Grief is the structural , emotional, cognitive, social, and spiritual change that occurs as a direct result of the experience of significant loss and that creates a mutable, evolving, but lifelong, relationship with the loss.” (p. 147)

–MOULES, N.J. (1998)

FIVE GATES OF GRIEF

1. “Everything we love, we will lose”
2. places that have not known love
3. sorrows of the world
4. what we expected & didn't receive
5. ancestral grief

–WELLER, F. (2015)

SCHOOLS AS SITES OF GRIEF

(Dumas, 2014; Marie & Watson, 2020; Stovall, 2018)

"Grief becomes problematic when the conditions needed to help us work with grief are absent." (p. XVIII)

–WELLER, F. (2015)

DEPRESSION

ANXIETY

ANGER

ILLNESS

A TESTIMONIO
ON
LEARNING TO
JOURNEY
THROUGH GRIEF

RESEARCH QUESTIONS

- ▶ HOW DO **WE** [students and teacher] CONCEPTUALIZE LOVE?
- ▶ HOW WAS LOVE EMBODIED IN THE CONTEXT OF **OUR** ENGLISH CLASSROOM?
- ▶ WHAT ROLE DID **LITERACY** PLAY IN SHAPING LOVING RELATIONSHIPS [TO SELF, TO PEERS, AND TO COMMUNITY]?

“the more healthy relationships a child has the more likely they are to recover and thrive”



LOVE IS A POLITICAL PRAXIS

(INTENTION, ACTION, REFLECTION)

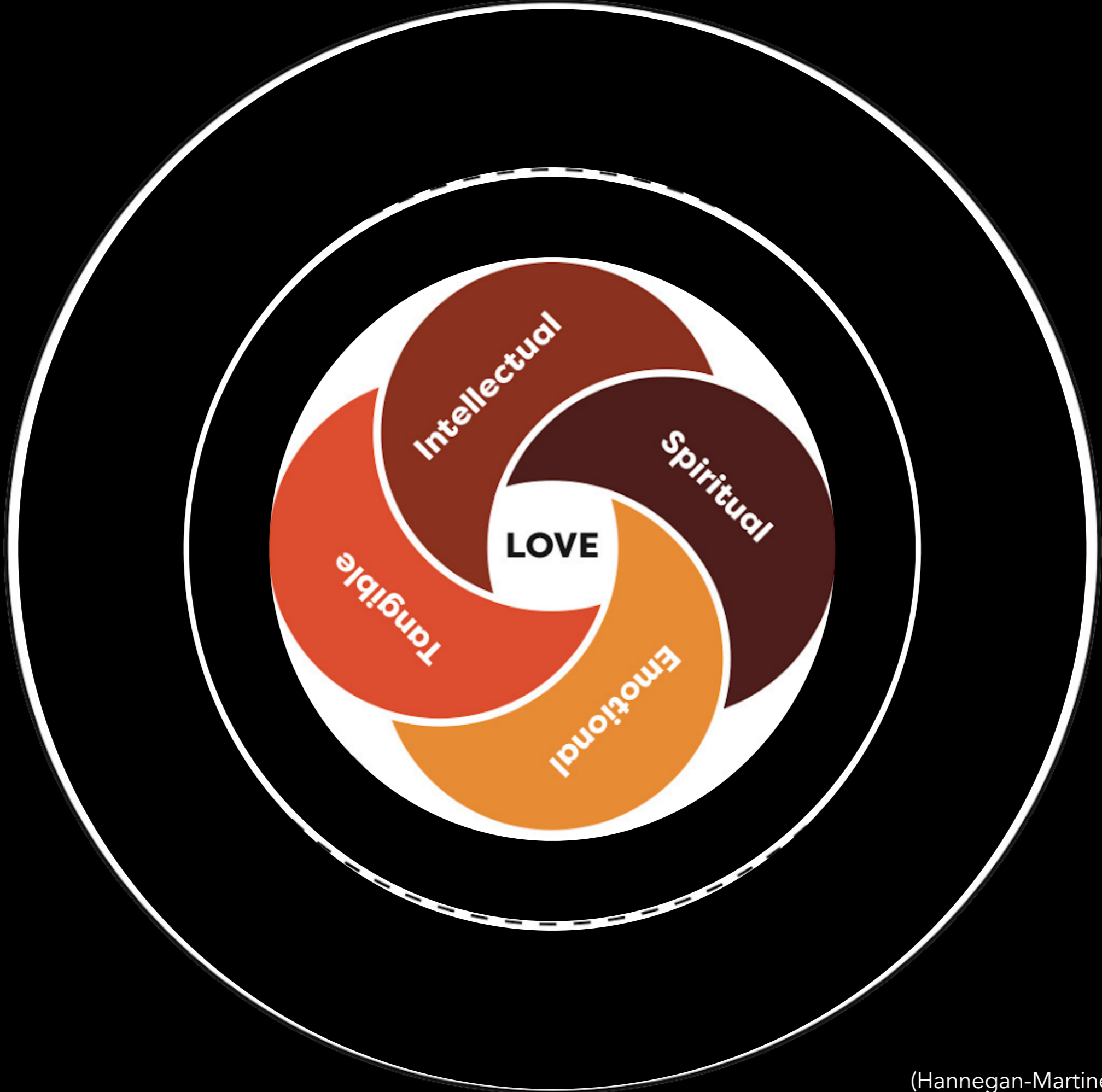
OF CULTIVATING INTERDEPENDENCE

FOR THE PURPOSE OF INDIVIDUAL

AND COLLECTIVE SURVIVAL,

SUSTAINABILITY, WELL-BEING,

WHOLENESS, AND JOY.



L.A. orders all nonessential businesses closed, bans public gatherings of any size



BY PHIL WILLON, HANNAH FRY, RONG-GONG LIN II, MAURA DOLAN, ALEX WIGGLESWORTH, JACLYN COSGROVE

MARCH 19, 2020 9:35 PM PT

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*Five weeks ago they rang the warning bells
Four weeks ago they closed the border
It isn't a fire but how else do you say the world is on fire?
What other words capture what it means to watch the world
you know die?*

...

***The world is on fire
or colliding
or crashing
ending
beginning
whatever you want to call it ---
and I am alone.
and there is no pretty word for that.***

“Dirty Pain” on the other hand, is the pain of avoidance, blame, and denial. When people respond from their most wounded parts, become cruel or violent or run away, we experience dirty pain”

**GRIEF
IS
POLITICAL**

CLEAN PAIN

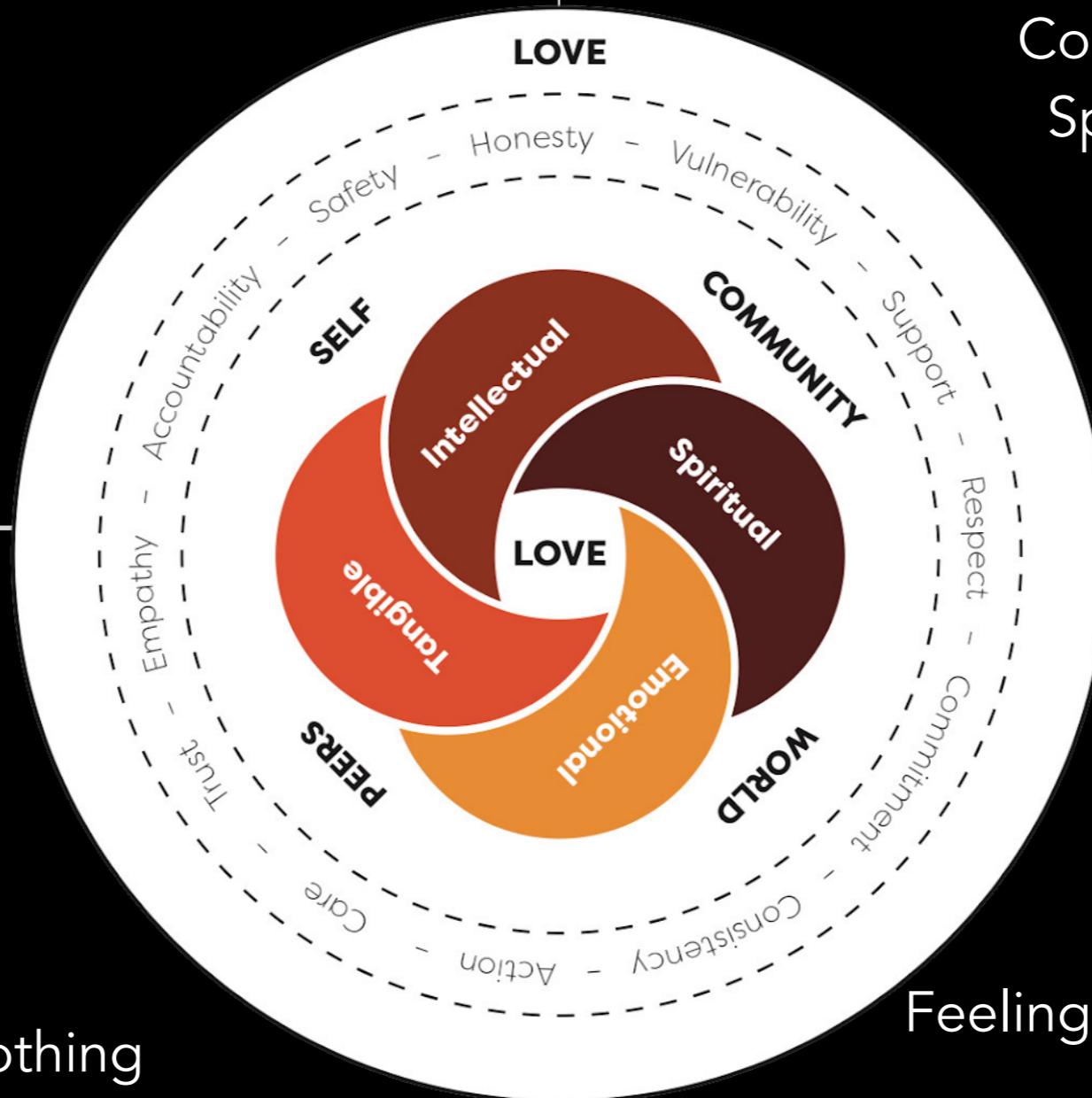
- ▶ Naming grief
- ▶ Let myself feel *all of my emotions*
- ▶ Making space for embodiment
- ▶ Altars and ofrendas
- ▶ Rituals & Ceremony
- ▶ Communed with ancestors
- ▶ Engaged in loving community

INTELLECTUAL

Naming grief
Grief book clubs
Talking about grief

SPIRITUAL

Ofrendas
Ceremony
Communing with Ancestors
Spending time with nature
Organizing



TANGIBLE

Setting up altars
Nourishing my body
Moving my body
Food
Designing & wearing clothing
that honors ancestors

EMOTIONAL

Therapy
Talking with friends
My dog
Feeling /honoring ALL emotions
Loving community

TENDING TO OUR GRIEF; HONORING OUR LOVE

- ▶ What are you grieving?
- ▶ What losses have you yet to grieve?
- ▶ What might your students/teachers be grieving?
- ▶ What scares you most about grief?
- ▶ What practices can you draw on to connect to grief?
- ▶ What resources do you have to navigate grief? How is it connected to your identity?
- ▶ What is one thing you can do to make space for grief?
- ▶ What is one commitment you can make to loving yourself and your community?



GRIEF IS AN
INEVITABLE
OUTCOME OF
LOVING

**GRIEF IS A
PRAXIS FOR
SUSTAINING
LOVING
COMMUNITY**



Grief as an Invitation to Heal:

Extending
Trauma-Informed
Pedagogies,
Research,
and Praxis



Special Issue of Journal of
Trauma Studies in Education
Edited by:
Sharim Hannegan-Martinez &
Stephanie Cariaga

Cover art: Alanna Hurd

GRACIAS!

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