

# Degriefing® Integrative Therapies for Transformation

(partial listing)

## Self-Expression

grief work individual/group  
educational study  
art therapy/crafts  
dream exploration/naps  
talk to clergy  
walks/hikes  
“memory garden”

journaling  
reading/movie  
drama therapy  
letter writing  
attend services  
list making  
beach walking

spiritual search/meditation  
alter creation/prayer  
organized retreats  
devotional chanting  
flowers home /office  
farmers market  
resting on a beach

## Touch-Somatic therapy

massage/bodywork  
Feldenkrais  
Acupuncture  
compassionate touch  
osteopathy

Swedish  
Reiki  
Rosenwork  
reflexology  
Lomi-Lomi

shiatsu  
lymphatic  
rocking  
chiropractic  
Jin Shin Jitszu

## Sound: Internal

crying / sobbing  
voice dialogues  
devotional chanting

singing-church services  
mantra repetition  
wailing/screaming

laughing/sighing  
gibberish  
animal sounds

## Sound: External

soothing music  
drumming  
nostril breathing  
Holotropic work

nature sounds  
ethnic rhythms  
Reichian work  
“ahh” breath

opera/classical/jazz  
heartbeat sounds  
rebirthing  
pranayama

## Movement

aerobic classes  
skipping  
dancing  
Pilates

yoga  
walking  
crawling  
improv

bike riding  
tai-chi  
chi-gung  
skiing

swimming  
hiking  
camping  
running

## Smell: Essential Oils: (applied directly to body, in bath water, or diffused in air)

ginger root  
lemongrass-(3 drops)  
peppermint  
spikenard  
neroli/rose

roman chamomile  
clary sage  
cypress  
melaleuca  
oregano

tanacetum  
lavender  
cardamom  
ravensara  
angelica

St.Johns Wort  
frankincense  
rosemary  
yang ylang  
basil

## Water:

hot baths/showers  
cold compresses/foreheads  
hydrotherapy

hot tubs  
cold soaks/ feet/hands  
vischy shower

hot thermal springs  
ocean, lakes, streams  
hot tub rebirthing