

## A WALK WITH GRIEF: NAVIGATING A HOLISTIC APPROACH TO HEALING



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## Overview

**Course Title:** Navigating Grief: A Holistic Approach to Healing

**Instructor:** Shamanicka Boykins

**Duration:** 10 Modules

**Target Audience:** Individuals navigating grief, caregivers, and professionals seeking tools to support grieving individuals

**Prerequisites:** Pre-Course Grief Survey  Pre Grief Survey

## Course Materials

- *A Walk with Grief* by Shamanicka Boykins available on Amazon or E-book ([www.MedicineWombman.com](http://www.MedicineWombman.com))
- 30-Day Grief Workbook (embedded into modules)
- Journals, art supplies, grief toolbox templates, and sound therapy instruments

## Course Description

This course provides a compassionate and comprehensive exploration of grief, blending education, hands-on practices, and holistic tools such as sound therapy, breath-work, and body movement. Participants will engage with *A Walk with Grief* and the 30-Day Grief Workbook, empowering them to navigate their grief and find paths to healing.

## Learning Objectives

Participants will:

1. Understand grief's nature and stages, including cultural variations.
  2. Develop healthy coping mechanisms and integrate holistic practices.
  3. Create rituals and explore memorialization techniques.
  4. Build self-care routines and develop emotional resilience.
  5. Use tools from the 30-Day Grief Workbook for reflection and healing.
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Dates and Teaching weeks	Main Topic and Subtopics	Activities	Workbook Integration
<b>Module 1</b> <b>Feb 28 2025</b> Understanding Grief	<ul style="list-style-type: none"> <li>Definition of grief and stages</li> <li>Cultural perspectives on grief</li> </ul>	<ul style="list-style-type: none"> <li>Grief Mapping</li> <li>Cultural Reflection</li> <li>Breath-work</li> <li>Chest-Opening Stretches</li> </ul>	Day 1-3
<b>Module 2</b> <b>March 7 2025</b> Grieving Process	<ul style="list-style-type: none"> <li>Nonlinear nature of grief</li> <li>Personalizing the grieving journey</li> </ul>	<ul style="list-style-type: none"> <li>Role- Playing Grief Stages</li> <li>Sound Meditation</li> <li>Flowing Stretches</li> </ul>	Day 4-7
<b>Module 3</b> <b>March 14 2025</b> Coping Strategies	<ul style="list-style-type: none"> <li>Healthy and unhealthy coping mechanisms</li> <li>Creative outlets for grief</li> </ul>	<ul style="list-style-type: none"> <li>Coping toolbox Creation</li> <li>Breath-work</li> <li>Free-Form Movement</li> </ul>	Day 8-11
<b>Module 4</b> <b>March 21 2025</b> Self Care during Grief	<ul style="list-style-type: none"> <li>Importance of physical and mental well-being</li> <li>Relaxation and mindfulness techniques</li> </ul>	<ul style="list-style-type: none"> <li>Self Care Development</li> <li>Body Scan Exercise</li> <li>Stretching for Lower Back and Hips</li> </ul>	Day 12-15
<b>Module 5</b> <b>March 28 2025</b> Communication about Loss	<ul style="list-style-type: none"> <li>Effective communication about grief</li> <li>Addressing misconceptions</li> </ul>	<ul style="list-style-type: none"> <li>Role-Playing Conversations</li> <li>Partnered for Confidence</li> </ul>	Day 16-18 (reflective journaling and sharing grief)
<b>Module 6</b> <b>April 4 2025</b> Seeking Support	<ul style="list-style-type: none"> <li>Identifying support networks</li> <li>Reducing stigma around seeking help</li> </ul>	<ul style="list-style-type: none"> <li>Support Network Inventory</li> <li>Resource Mapping Exercise</li> <li>Sound Therapy for Self-Compassion</li> </ul>	Day 19-21 (reaching out to support systems)
<b>Module 7</b>	<ul style="list-style-type: none"> <li>Unique grieving processes for</li> </ul>	<ul style="list-style-type: none"> <li>Emotion card Creation</li> </ul>	Day 22-24

<b>April 11 2025</b>  Children and Grief	<ul style="list-style-type: none"> <li>• children</li> <li>• Explaining loss to children</li> </ul>	<ul style="list-style-type: none"> <li>• Playful Movement</li> <li>• Breath-work</li> </ul>	
<b>Module 8</b>  <b>April 18 2025</b>  Memorization and Rituals	<ul style="list-style-type: none"> <li>• Designing meaningful rituals</li> <li>• Importance of memorialization</li> </ul>	<ul style="list-style-type: none"> <li>• Memory Collage</li> <li>• Ritual-Themed Sound Meditation</li> <li>• Flowing Stretches</li> </ul>	Day 25-27
<b>Module 9</b>  <b>April 25 2025</b>  Moving Forward	<ul style="list-style-type: none"> <li>• Redefining life after loss</li> <li>• Signs of complicated grief</li> </ul>	<ul style="list-style-type: none"> <li>• Vision Board Creation</li> <li>• Breath-work for renewal</li> <li>• Dynamic Stretching</li> </ul>	Day 28-29
<b>Module 10</b>  <b>May 2 2025</b>  End-of-Life Planning and Conversations	<ul style="list-style-type: none"> <li>• Legacy building and planning</li> <li>• End-of-Life decisions</li> </ul>	<ul style="list-style-type: none"> <li>• Legacy Letter Writing</li> <li>• End-of-Life Checklist</li> <li>• Grounding Movements</li> <li>• Post Course Survey</li> </ul>	Day 30

## Herbal Recommendations Disclaimer

### Herbal Recommendations Disclaimer

- 1. General Information Only:** The herbal suggestions provided are for educational purposes and are not intended as medical advice.
- 2. Consult a Professional:** Always consult a qualified healthcare provider before using herbs, especially if pregnant, nursing, taking medications, or managing a medical condition.
- 3. Personal Responsibility:** Participants are responsible for researching potential allergies or

interactions.

**4. Not FDA Evaluated:** These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

## **Herbal Recommendations**

	Herb	Purpose	Use
<b>Module 1</b> <b>Feb 28 2025</b> <b>Understanding Grief</b>	<b>Chamomile</b>	Promotes calmness and helps reduce anxiety during emotional overwhelm	Tea before journaling or as a calming practice
<b>Module 2</b> <b>March 7 2025</b> <b>Grieving Process</b>	<b>Lavender</b>	Supports relaxation and emotional balance through nonlinear grief stages	Diffuse essential oil or add to a warm
<b>Module 3</b> <b>March 14 2025</b> <b>Coping Strategies</b>	<b>Lemon Balm</b>	Uplifts the mood and reduces restlessness	Tea or tincture during mindfulness or breath-work exercises.
<b>Module 4</b> <b>March 21 2025</b> <b>Self Care during Grief</b>	<b>Ashwagandha</b>	Helps reduce stress and supports physical stamina for self-care routines	Take in capsules or mix powder into smoothies.
<b>Module 5</b> <b>March 28 2025</b> <b>Communication about Loss</b>	<b>Peppermint</b>	Stimulates clarity and improves focus for meaningful conversation	Sipping peppermint tea before difficult conversations
<b>Module 6</b> <b>April 4 2025</b> <b>Seeking Support</b>	<b>Rose</b>	Opens the heart and fosters a sense of emotional connection	Add dried rose petals to tea or bath.
<b>Module 7</b>	<b>Lemon Verbena</b>	Gentle calming herb suitable for children	Mild tea or infused water <b>(CHECK FOR</b>

<b>April 11 2025</b>		to soothe anxiety	<b>CHILD SAFETY &amp; DOSES)</b>
<b>Module 8</b> <b>April 18 2025</b> <b>Memorization and Rituals</b>	<b>Sage</b>	Cleansing and purifying energy during rituals or Designing meaningful rituals or memorial practices	Burn Sage (smudging) or use sage bundles
<b>Module 9</b> <b>April 25 2025</b> <b>Moving Forward</b>	<b>Holy Basil (Tulsi)</b>	Supports emotional resilience and boosts clarity during the healing process	Drink as tea to promote mindfulness and focus
<b>Module 10</b> <b>May 2 2025</b> <b>End-of-Life Planning and Conversations</b>	<b>Valerian Root</b>	Helps with sleep and reduces nervousness during intense discussion	Tea or tincture before engaging in planning activities

# Course Rules and Guidelines

1. Confidentiality and Respect
- What is shared in the group stays in the group. Respect each other’s privacy and emotional experiences.
  - Be considerate of different grieving processes; avoid judgment and allow space for individual journeys.
2. Non-judgmental Environment
- Approach all participants with empathy and understanding. Everyone’s grief is unique, and there is no “right” or “wrong” way to grieve.



### 3. Active Listening

- Practice listening deeply when others share their experiences. Acknowledge emotions without rushing to offer solutions or advice unless asked.

### 4. Safe Expression

- Use “I” statements to speak from your own perspective (e.g., "I feel..." or "I experienced...") to avoid generalizations and to make space for others.
- Physical and emotional boundaries must be respected. If any activity or discussion feels uncomfortable, speak up in a compassionate manner.

### 5. Emotional Integrity

- Feel free to express any emotions that arise, but do so respectfully and with awareness of the group’s collective energy. It’s okay to cry, laugh, or express anger—but always in ways that allow others to feel safe.

### 6. Support, Not Therapy

- While this course offers healing techniques, it is not a substitute for therapy. Encourage professional support for anyone experiencing intense emotions or needing therapeutic intervention.

### 7. One Person Speaks at a Time

- Allow space for everyone to share without interruption. This fosters a healthy flow of communication and gives everyone a voice.

### 8. Group Agreements

- At the beginning of the course, co-create group agreements with the participants. This allows them to feel ownership over the space and ensures everyone feels included in creating the container for safety.

## 9. Inclusivity and Accessibility

- Ensure that everyone feels welcome, regardless of their background, culture, or beliefs. Be mindful of the language used and remain sensitive to diverse grief experiences.

## 10. Self-Care and Boundaries

- Encourage participants to set their own boundaries and honor them. If they need to step away, they should feel comfortable doing so without guilt. Self-care is prioritized above all.

## 11. Supportive Feedback

- When offering feedback or responding to someone else's grief experience, make sure it's gentle and supportive, keeping the tone affirming and non-analytical. Use statements like "I hear you," "I see your pain," and "You are not alone."

## 12. Zero Tolerance for Disrespect

- There will be no tolerance for any form of disrespect, including but not limited to bullying, shaming, or dismissiveness. Participants will be reminded of the safe space agreement and, if necessary, asked to leave the course.

These guidelines aim to ensure that the group is a healing environment, fostering vulnerability and connection while respecting each individual's unique process.

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