
Creative Interventions and Activities Clearinghouse

Memory Montage: Making Posters for Grief Work

Marlana Robertshaw
Youngstown State University

Purpose:

The purpose of this creative intervention is to help process through issues of grief and loss.

Materials Needed:

Poster board; crayons,/markers/colored pencils; glue and/or tape; cards and letters to/from the loved one; magazines for pictures and words associated with the loved one; any other memorabilia

Procedures:

With the materials listed, the client creates a poster that represents the characteristics, memories, and things they want to remember of the lost love one. The client shares with the counselor or group, explaining the reason behind each aspect of the poster.

Process Questions and Follow-Up:

What items did you choose and what is the significance of these items?

How did it feel to choose items for this montage?

If you are willing and able, would you share some memories you want to keep of your loved one?

How has this been helpful to you? If it has not been helpful, please explain.

Practice Setting:

Mental Health Agency/Private Practice