
AIMS
To document the different approaches adopted during bereavement by carrying out interviews with individuals and field specific experts.
To determine what similarities are presented across all recorded coping methods, and therefore enhance our understanding of to what extent craft is effective as a healing process.

METHODS
A combination of written and verbal interviews with craftpeople, respondents, and counsellors was carried out. These findings were cross-referenced with literature, studies and journals exploring similar themes. The approach taken towards this research project was as a craftsmanship who has experienced several significant losses in her young life so far.

CONCLUSIONS
The research indicates that experiencing loss opens up new emotional responses in those that have been bereaved.

What is GRIEF, and how do we experience BEREAVEMENT?
"The reaction to the loss of a loved person, or to the loss of some abstraction which has taken the place of one..." 1 (Freud, 1917).
"Related to a favourite belonging, a house move, a habit experienced several significant losses in her young life so far."

RESPONDENTS
If respondents did not resort to craft, then alternative physical activities provided them with solace during their bereavement. For example:

1. At the point of loss or trauma.
3. A significant time after.
4. After similar experiences.

Further research showed that objects, whether crafted or otherwise, could also provide solace. An object has sentimental value if:

- It has an obvious physical quality.
- It was worn or accessorised with the memory of the lost person.
- It was used or experienced by the memory of the lost person.
- It has a direct link to the object or its surroundings, owned, bought, or shared.
- It was valued by the imparted, regardless of function.
- The object was valued by the imparted, regardless of function.

The research indicates that the physical use of the object was valued by the imparted regardless of function.

The emotional nature of handmade objects, as she experienced several significant losses in her young life so far.

Sensory connections through music, films or smells.

Craft is an effective form of therapy because:

- It can manifest itself through physical, emotional or psychological reactions.
- It requires the application of natural materials.
- It gives some personal satisfaction from a thorough approach to the creative process.
- It is a form of therapy that may be turned to because:
- It provides the maker with a sense of control, as a function of their work.
- It can help reread events.

In both instances what is present is how those experiencing bereavement revert to known patterns of behaviour, and create artefacts that form a routine. This offers the maker a sense of normalcy and normality.

Craft is effective at reconnecting makers with their loss, by:

1. It is both mentally and physically engaging and relaxing.
2. It is an alternative form of meditation, makers can enter a state of flow.
3. It is both mentally and physically engaging and relaxing.
4. It is an alternative form of meditation, makers can enter a state of flow.

CASE STUDY
Celia Pym demonstrates the powerful emotional nature of handmade objects, as she finds the intimate nature of her craft, darning knitwear, allows respondents to reconnect with their lost loved ones through the repairing of sentimental items of clothing.

"The things brought to me seemed to have a lot to do with grief and loss. People would bring me things belonging to someone who had died...it seemed to me that that's what's important about these encounters, the mending is just the sort of byproduct of it" (Pym, 2017).

MAKERS
Craftpeople turn to processes that come naturally to them, crafts that don't require a lot of physical or mental energy. Alternatively, some makers turn to crafts that they had lost touch with. In both instances what is present is how those experiencing bereavement revert to known patterns of behaviour, and create artefacts that form a routine. This offers the maker a sense of normalcy and normality.

A proportion of makers may turn their attention to learning or practicing new crafts. This gives them the opportunity to establish new memories, and is often the case some time after the loss.

Craft is a form of therapy that may be turned to because:

- It is an alternative form of meditation. Makers can enter a state of flow.
- It is both mentally and physically engaging and relaxing.
- It gives some personal satisfaction from a thorough approach to the creative process.
- It provides comfort through the knowledge that the departed was aware of the maker's positive intent to their death.
- It is a form of therapy that may be turned to because:

1. Communicating is easier once engaged in a physical activity, as it:
- Reduces the need for verbal contact.
- Allows for comfort and silences.
- Allows the need for comfort and silences.
- Provides an element of focus and a busy mind.
- Relieves tension through a physical activity.

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