**Playbook to Inject the Healthy Undercurrent of Grief Resolution**

*Unhealed Wound Seed*

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| **A Scrapbook of Memories for Dad**  **Who:**   * Everyone in the Immediate Family- (Grandma, Twin Boys-Rick and Anton. Luke, Jayden, Chaybree and Dad)   **What:**   * The twin boys Rick and Anton with grandmother will research scrapbook ideas on Internet (Google - "scrapbook ideas" ​- or start at this address - <http://www.paperclipping.com/ten-scrapbook-layout-ideas-with-5-to-6-photos/> * We (Rick and Anton) will come up with top ideas and present them to our entire family   ​  **When:**   * Rick, Anton, and Grandmother (Sarah) will meet next Saturday at 11amto research scrapbook ideas Or you fill in different day and time (day) and (time) * After scrapbook idea list is completed, we will meet at therapist's office the following week (day) and (time) to present ideas to entire family, vote on top idea, and assign roles to complete scrapbook * Date to complete our scrapbook: TBD (to be determined) (date) * Date for follow-up family phone call with dad: TBD (to be determined) (date)   **Where:**​   * At home to research scrapbook ideas on internet * At therapist office to present top scrapbook ideas and assign teams and tasks to complete our scrapbook * At therapist's office after dad gets our scrapbook and we will process with him over speakerphone his thoughts and reactions (see Step #8 in "the how" below for proposed agenda for call)   **How:**​   * Step #1- The twins [Rick and Anton] (with grandmother's assistance) will organize and type up with examples their top scrapbook ideas * Step #2- During the next therapy session [insert date and time here], the twins will present this list with example to entire family * Step #3- The entire family will vote by a show of hands for their favorite scrapbook template * Step #4- After winner announced, twins will assign teams (2 per team) to work on different parts of scrapbook (i.e., early years-baby; middle years, favorite memories, funniest moments, etc.) * Step #5- We will commit to finishing the scrapbook by this date [insert date here] * Step #6- We will then send finished scrapbook to dad * Step #7- Therapist and grandmother then arrange a date and time for us to talk to dad via speakerphone * Step #8- We will all meet in therapist office for phone call. Overall proposed agenda for this call-(a) Get his reaction to our scrapbook gift, and then share our reactions; (b) Where do we go from here as a family in the future when dad returns home to create new scrapbook memories? And (c) Which parts of the past do we want to repeat and continue? What parts of the past do we want to leave in the past? And what do we want to do differently in the future? And who is responsible for what future changes, what do they need to get there, and how can we help them as a family? |