



Seasons of Loss: A Guided Experiential Process for Understanding the Transitions of Illness and End of Life

Karen Mueller PT PhD

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Loss is a pervasive aspect of life that challenges us to adapt, grow, and redefine ourselves. Persons coping with terminal illness and end of life will face innumerable losses in many facets of their lives. Health care professionals working with the terminally ill must help their patients confront their fears and cope with their grief.

Books can teach only understanding, but real empathy and compassion require experience. Dr. Karen Mueller has created *Seasons of Loss: A Guided Experiential Process for Understanding the Transitions of Illness and End of Life*, a board game designed to place health care professionals in the situations faced by their patients.

By playing *Seasons of Loss*, the health care professional develops awareness of the issues related to terminal illness and the end of life by engaging in thoughtful discussion about the various life changes presented in the game. Players will encounter realistic challenges and achievements typically experienced by the terminally ill, such as physical changes or joining a support group. Through the guided experiential process, players learn to be more empathetic and comfortable in their interactions with terminally ill patients.

The cycle of life is as remarkable as the caterpillar's metamorphosis from cocoon to butterfly. This beautifully illustrated game uses the butterfly as a symbol of hope and enduring spirit in the face of a great challenge.

Hospice staff, physical therapists, occupational therapists, nurses, medical students, and physicians will benefit from engaging in this unique experience. *Seasons of Loss* is a compassionate and effective tool that demystifies the end of life process with a supportive and distinctive approach.

Inside you will find:

- 1 game board
- 120 playing cards
- 5 game pieces
- 1 instruction booklet

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