Memory Book: A Journey of Healing through Scrapbooking

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Abstract:
Grief and loss are universal human experiences. For some, the pain of grief and loss can be experienced more intensely. When people have issues processing grief in a normal manner, complicated and unresolved grief issues may develop. Individuals who experience complicated and unresolved issues of grief and loss can develop serious mental health issues. This study examined how scrapbooking can be used to help individuals who were experiencing grief and loss in their lives using a cognitive-behavioral and narrative approach. This six-week study used scrapbooking to preserve memories and life events. The study utilized a pretest design, a discussion questionnaire, as well as reflections from the participants. Results indicated that scrapbooking was meaningful and cathartic for participants. This study contributes to the field of art therapy through an exploration of how scrapbooking can benefit individuals experiencing grief and loss.

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A Healing Journey. Wednesday, February 3, 2010. We Feel You With Us. He didn’t promise them that they’d never pass through anything hard again, or that they’d never be required to sacrifice again on his behalf, but he did covenant that they’d never encounter the flood again. I now believe that the symbol of the rainbow was so significant and special to Noah and his family because it instilled an added amount of trust in the Lord. On Christmas eve we sat down together and pulled our each little strip of paper and read them, and then after the holidays were over I made a special Christmas Memories book where we scrap booked pages and pages with each little piece. Each time we look at the book we are filled with joy and peace. How to Make a Memory Book. As their name suggests, memory books are collections of personal memories put together by one or more individuals. They can have many themes, from remembering special events to recording a set of a baby’s... Memory books are typically physical and styled like a scrapbook. However, with digital scrapbooking and custom printing services becoming more common, digital memory books are gaining in popularity.[1]. Steps. Method 1.