

My Father's Quilt
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Abstract

The Purpose of this book is to present an art therapy technique to help a family cope with the death of one of its members. It describes the making of a quilt in which the surviving members participate. Through the process of making the quilt the surviving family members are able to attend to their feelings toward the death of the family member, and more importantly allow the surviving family members to grieve openly and re-establish a relationship. The quilt becomes a vehicle for a family ritual to aid the family in the transition from one life stage to another.