

Pet Owner Healing Workshop

Helping people who have lost/will lose a pet get over the grief.

Fox Team

Anqi
Service Design

Yichi
Design History

Yiming
Environmental Architecture

Xiran
Jewellery & Metal



Fox

Caring Society

**THE PAIN THAT HAS NO
PLACE TO BE TOLD,
TO BE TOLD TO US.**

PET OWNER HEALING WORKSHOP

Who Should Join:

- 1 Aging Pet's owners.
- 2 Pet owners who have lost pet.

2025. 3.10 Mon, 4-6 PM
STE001, RCA Kensington

WHAT WE OFFER:
GROUP HEALING ACTIVITIES
MINDFULNESS & MEDITATION
ART THERAPY

SCAN TO JOIN



LIMITED 12 PEOPLE

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Problem Statement

- **The emotional loss caused by the passing of a pet is difficult to fill, and there are fewer healing services available.**

Mission Statement

- **We will help pet owners ease the pain of losing a pet through a healing workshop.**

Secondary Research

Psychological Interventions and Support Strategies

Cognitive Behavioral Therapy (CBT)

- Cognitive Behavioral Therapy (CBT) has been shown to be effective in **modifying negative thought and behavior patterns** and **alleviating grief symptoms** (Neimeyer & Currier, 2009; A Therapist's Guide, 2014).
- Approaches such as **pet loss counseling** and **group support** provide grieving individuals with outlets for **emotional catharsis, experience sharing, and social support** (Leonhardt-Parr et al., 2022; Kogan & Erdman, 2019).

Continuing Bonds Theory

- The theory of **persistent connection** suggests that the **emotional connection between people and their departed loved ones** (including **pets**) is not completely severed by death, but rather **exists in a new way**.
- Research by Klass et al. (1996), as well as Turner (2003), supports this view, suggesting that the **proper maintenance of such connections helps individuals better integrate the experience of loss and facilitate psychological recovery**. In practical terms, many pet owners do this by **preserving photographs of their pets, creating mementos, or holding memorial ceremonies**.

Secondary Research

Practices of Promoting Continuing Bonds & CBT

- **Memorial Activities:** Encourage pet owners to memorialize their pets through **photos, mementos, and ceremonies**, thereby maintaining a healthy continuing bond.
- **Implement CBT:** to help individuals **reframe negative thought patterns** and **behaviors** associated with pet loss.
- **Group therapy:** combined with **support workshop** to facilitate **shared expression** and **mutual support** among bereaved pet owners.



Secondary research

Exploring the Use of Art Therapy Through the Framework of Attachment Theory While Grieving the Loss of a Pet

By Yekuciel Jacobs

Methodology

- This study uses an art-based self-study approach, incorporating art response to explore attachment relationships in the grieving process.

Findings

- Art-making helps individuals deeply understand their grief.
- Facilitates internal emotional expression, promoting post-traumatic growth (PTG).



Secondary research

Art Therapy And Pets: Exploring The Benefits Of Art Therapy To Support Pet Owners Before, During, And After The Process Of End Of Life Care And Euthanasia

By Keren Arroyo Mora

Research Questions:

- Can engaging in art therapy before a pet's passing help owners cope better with their loss?

Findings

- Art therapy helps pet owners form a deeper emotional connection with their grief and their pets.
- Creating art before a pet's passing helps ease emotions and preserve positive memories.
- Art therapy is an effective tool for processing pet loss, offering psychological support and healing experiences.



Primary Research-17 Interviews


SURVEY QUESTIONNAIRE QUESTIONS

- 1. Have you ever experienced the pain of losing a pet?
 - 2. What's your opinion on making some souvenirs with the pet's fur after it passes away?
 - 3. Would you tend to make such a souvenir to commemorate your lost pet?
 - 4. What methods do you think can help you relieve the pain of losing your pet? (For example, talking about it, holding a memorial ceremony or making a keepsake, etc.)
 - 5. If you were to consider making souvenirs, which contents would you prefer (for example, custom-made felt portraits, making your own pottery, or other forms)? At the same time, when participating in such activities, are there any forms or contents such as touch and sound that might offend you?
- Additional questions:
- 1. I hope / don't hope to communicate with other pet owners.
 - 2. Getting a new pet can / can't relieve the pain of losing a pet.

Preliminary interview


We interviewed students who have pets and talked to them about the trauma of losing pets. We all know that the death will happen eventually and we cannot avoid it.

What can we do to ease the long-term trauma caused by the death of our pets?



Tracy

- She wants to make pet photo albums to remember the happy times with her dog.
- She doesn't want to keep pet items that her dog used but rather it would make her feel sadder. She wants to give pet supplies to other people who have pets.
- She does not plan to get a new pet after losing her dog
- She hopes to communicate with pet owners on how to ease the anxiety of eventually losing their pets.



Suzy

- Want to keep pet hair for accessories
- Will keep using toys and other used things
- Trying to ease the loss of losing a pet by getting a new pet
- Want to communicate with other people who have lost a pet how to get over the trauma of a pet's death
- Getting a new pet doesn't ease the pain of losing my pet

C

- She doesn't want to make keepsakes out of her pet's hair
- She kept pet's toys as a keepsake, but will not look at them often because it makes her feel sad.
- She doesn't want to get a new pet after losing one, because she feels that the new pet cannot replace the place of her dog in her heart.
- She doesn't want to discuss the death of her pet too much with others because it reminds her of a time when the pet was alive and makes her feel sad.

P from xiran

I've never lost a pet, but I'm more than willing to answer your questions. Actually, I can accept keeping my pet's hair as a memento. It's nice to have something to remember them by. For instance, a pet blogger I used to follow took her pet's ashes with her when she fled during an earthquake. If I ever have a pet in the future, I think I would also consider keeping some mementos.

As for ways to help me cope with the pain of losing a pet, I feel that compared to talking to others, I'd prefer to do it by making mementos. For example, making pottery or metal jewelry would be fine. Although I haven't experienced it yet, I think I might break down emotionally during the process. But I believe it would also be a way to relieve stress and deal with my grief.

If there are people with similar experiences, I think I would be willing to talk to them. However, I wouldn't consider getting a new pet to ease the pain of losing the previous one.

B from xiran

I haven't experienced the pain of losing a pet yet, as I haven't settled down in one city for a long time, so I haven't considered the issue of keeping a pet. But for this reason, the answers to the following questions are given under my very rational state of mind.

I have heard of the industry of making pet memorials, but I'm more curious about whether these biological samples can be preserved for a long time! If it were me, I probably wouldn't consider keeping my pet's hair to make a memorial, because I think the physical parts of them should be taken away when they die.

If it's just about making related portrait paintings or ceramic sculptures, I think I would consider it. Compared to keeping their hair, I would rather try to preserve the things they used, such as their food bowls and toys.

Recently, I've learned about some new industries, and I think I would consider turning their ashes into fireworks.


I should hope to talk to others about my pet, just like many parents like to show off their children to others, they are so cute, and sitting with other pet owners, there would be endless things to talk about.

I probably couldn't accept the idea of getting a new pet to ease the pain of the previous one, because as long as the memory is there, the pain will always be there. Even if I get a new cat, dog or bird, it's not the same one.

Preliminary interview


We interviewed students who have pets and talked to them about the trauma of losing pets. We all know that the death will happen eventually and we cannot avoid it.

What can we do to ease the long-term trauma caused by the death of our pets?



Fan

- I didn't keep any of my pet's belongings, but I have kept photos of it.
- I think the act of using pet hair as a souvenir is quite meaningful, but may not be inclined to do this personally, because for me, the photo has recorded a lot of my pet and I don't need other media.
- Want to communicate with other people who have lost a pet how to get over the trauma of a pet's death
- Getting a new pet doesn't ease the pain of losing my pet



Connie

- I'll leave pet toys and cat crawlers and stuff like that
- I hope to use my pet's hair to make some souvenirs, such as wool felt
- I will take lots of pictures of my pets to make a souvenir book
- I want to talk to other people who have lost a pet. How did they get over it
- I may get a new pet, but the purpose is not to replace the previous pet in my heart, but I need the company of the pet

A

- I don't want to make keepsakes out of her pet's hair
- What do I want to pluck out the fur of my pets as souvenirs, and I don't like the practice of taxidermy pets.
- To be honest, I don't think it makes much sense to use real pet hair as a souvenir, because I don't think it can replace the pet itself. Not even a photo some video.
- I feel that getting a new pet or connecting with other people who have lost a pet can ease my pain of losing a pet.

H from xiran

Yes, but it was when I was quite young. Maybe this pet was also different from others. What I lost was a goldfish. Actually, for me, keeping the pet's hair as a souvenir is a way to preserve the memory, which feels similar to taking photos. But I probably wouldn't choose to keep a part of its body.

I might look at some photos or videos instead, because I think these souvenirs would be very sad and make me fall into painful memories. If I consider ways to help me relieve the pain of losing a pet, I might still choose to let time pass slowly to ease it. I would focus on other things to reduce the pain. If there are related activities to make souvenirs, I would consider participating. I think making them by hand is fine, as it can incorporate my own emotions and allow me to immerse myself in it.

I do hope to communicate with others, but I can't predict for now whether getting a new pet would be helpful to me. Maybe it would, I think so.

W from xiran

I have experienced the pain of losing a pet. I once lost my little bird, which had green feathers and was very beautiful. So I support keeping some souvenirs to have a memory by my side. I haven't done many memorial acts. I think time will gradually ease the pain. Since it was a bird, I could keep its feathers. I prefer to have a memorial like framing the feathers.

At first, I couldn't accept the loss. But as time passed, I think I will be able to accept it.

I still hope to have some communication with other pet owners. Not long after it left, I did get a new bird. I felt it was very helpful to me. I understand they are different little animals, but it really helped me a lot and helped me get over the previous pain.

How people get over the trauma of losing a pet

Here are the top five ways people are coping with the trauma of losing a pet, based on our previous interviews.

Based on our interviews, we found that most people want to talk with other pet owners about how to ease and overcome the trauma of losing a pet, and how to deal with the anxiety that we will eventually lose a pet. Most people want to make something physical to remember their pets. But there are different ideas about the form of keepsakes. Some people prefer to make a memorial album, while others want to leave a physical sculpture of their pet.



1. 有没有经历过失去宠物的伤痛？
Have you ever experienced the pain of losing a pet?
答：有。
Answer: Yes.
2. 之前养过一只狗，后来去世了，当时觉得伤心，经常都会想念。回到家，她总是在门口等候，这让我感受到被陪伴的温暖，她离开让我很难过，所以后来很长一段时间我都没有再养宠物，直到最近，我才重新鼓起勇气去养宠物，并且希望她能它们最好的生活和陪伴。
I used to have a dog, but she passed away. At that time, I was heartbroken and often thought about her. She would always wait for me at the door when I came home, which made me feel deeply accompanied. Her passing was very painful for me, so I didn't keep any pets for a long time. It wasn't until recently that I finally had the courage to have pets again, and now I want to give them the best life and companionship.
3. 你会倾向于做这样的纪念品来纪念自己失去的宠物吗？
Would you like to communicate with other pet owners?
答：特别希望！喜欢和养宠物的人聊天，就像在分享自己的亲密伙伴一样，别人可能觉得我的宠物没什么特别的，但在我眼里，它们最可爱、最懂事。
Answer: Absolutely! I love talking with other pet owners, just like sharing stories about close companions. Others may not find my pets particularly special, but to me, they are the cutest and most understanding.
4. 希望不希望与其他养宠物的人交流？
Would you like to communicate with other pet owners?
答：希望！喜欢和养宠物的人聊天，就像在分享自己的亲密伙伴一样，别人可能觉得我的宠物没什么特别的，但在我眼里，它们最可爱、最懂事。
Answer: Yes.
5. 养一只新的宠物能不能缓解失去宠物的伤痛？
Can having a new pet alleviate the pain of losing a pet?
答：是的。
Answer: Yes.
6. 如果在冥想工作坊中提供一种模拟宠物毛发触感的物品，以帮助唤起对宠物的美好回忆，您是否愿意尝试这种体验？请分享您的意见。
If a meditation workshop were to offer an object that simulates the touch of pet hair to help evoke your beautiful memories of your pet, would you be willing to try this experience? Please share your thoughts.
答：我愿意尝试这种体验，因为对我来说，能再次感受到自己珍爱的宠物是一件非常非常美好的事情，或许在短暂的体验之后我会重新回到现实生活中，感受到那种伤痛，但或许可以重新感受到那份美好对我来说会更加珍贵。
Answer: I would be willing to try this experience because, for me, being able to feel as if I'm seeing my beloved pet again would be something truly wonderful. Perhaps after the brief experience, I would return to reality and feel the pain again, but being able to relive that beautiful feeling is something incredibly precious to me.

PF from xiran

I have experienced the pain of losing pets many times, and each time I kept their fur as a memento. Because I have adopted many stray cats, the numerous experiences have actually made me grow a lot. I would hold some ceremonies to bid them farewell, such as holding a funeral or playing the Sutra for the Departed.

I once ordered a portrait painting of my pet on an online shopping app.

Since I have many cats, I'm not sure if this counts as adopting new pets to ease the previous pain, but I think this method should be helpful.

Y from xiran

I haven't experienced the pain of losing a pet yet. I think it's fine to make a good-looking memorial, but it's not easy to make something nice with the fur. If there are other ways, I might not choose to make a memorial from the fur. I prefer to make a stuffed toy similar to the pet because it's very vivid and I can think of it as soon as I see it. I think the way to relieve the pain of losing a pet is probably not to think about it and shift my attention. Looking at the memorial might make me feel even worse.

If I were to consider making a memorial, I think a pet portrait would be a good choice. Stuffed toys made of various materials are also fine, as are ceramics. Anything that can be recognized as belonging to it at a glance and is vivid would be okay with me.

I still prefer to communicate with others.

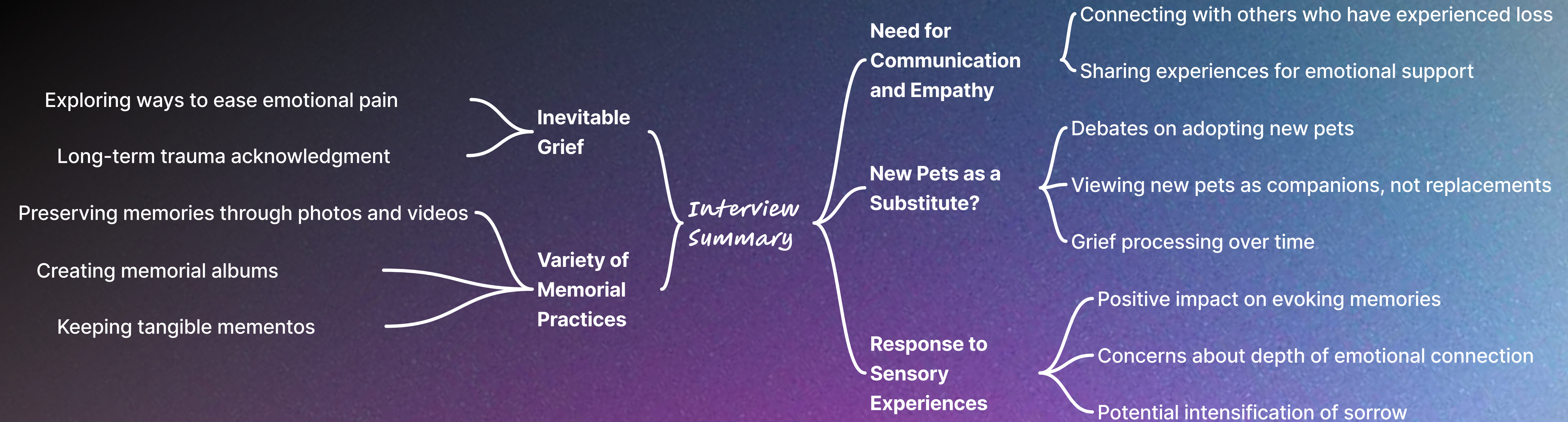
I think getting a new pet should also be able to relieve the pain of losing one.

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Have you ever experienced the pain of losing a pet?
答：有。
Answer: Yes.
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I used to have a dog, but she passed away. At that time, I was heartbroken and often thought about her. She would always wait for me at the door when I came home, which made me feel deeply accompanied. Her passing was very painful for me, so I didn't keep any pets for a long time. It wasn't until recently that I finally had the courage to have pets again, and now I want to give them the best life and companionship.
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Answer: Absolutely! I love talking with other pet owners, just like sharing stories about close companions. Others may not find my pets particularly special, but to me, they are the cutest and most understanding.
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Answer: Yes.
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Answer: As an experience, I think it is quite interesting. It might help me to imagine.

pet g

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Answer: As an experience, I think it is quite interesting. It might help me to imagine.

Interview Summary



Persona

Dog Owner - Celia



Info: 22/Female

Occupation: University student

Characteristic: High degree of emotional expression and social needs

Pet Background: Has experienced the loss of a pet or is currently facing the anxiety of an aging/ill pet; deeply affected by pet

Psychological Traits

- **Emotionally Sensitive:** Deeply attached to pets, viewing them as more than just companions but as family members.
- **Craves Empathy:** Desires to connect with others who have experienced pet loss for mutual emotional support.
- **Memorial Needs:** Seeks ways to preserve the cherished memories of their pet through photos, videos, or handcrafted mementos.
- **Internal Conflict:** While longing to commemorate the pet, there is also fear that dwelling on memories might intensify sadness; uncertain about whether adopting a new pet can fill the emotional void.

Goals & Motivations

- **Emotional Healing:** Aims to gradually overcome the grief of pet loss through professional guidance, meditation, group discussions, and commemorative rituals.
- **Preservation of Memories:** Wants to keep tangible reminders (such as albums, mementos, or custom crafts) that gently honor the happy times shared with their pet.
- **Mutual Support:** Looks forward to being part of a safe, empathetic community or workshop where pet owners can share experiences and coping strategies.

Pain Points

- **Lingering Grief:** The pain of pet loss remains long-term and can disrupt daily life.
- **Uncertainty in Memorializing:** Confusion or hesitation about choosing the right form of keepsake (e.g., pet hair mementos vs. visual records).
- **Communication Barriers:** Despite a desire for peer support, discussing pet death may trigger intense emotional responses.
- **Substitute Dilemma:** Struggles with the idea of adopting a new pet as a remedy, fearing that a new pet cannot replace the emotional significance of the lost one.

Needs

- **Professional Guidance & Emotional Regulation:** Sessions including counseling, guided meditation, and emotional release exercises to help participants process their grief.
- **Creative Memorial-Making:** Hands-on activities for creating mementos (custom photo albums, pottery, jewelry, etc.) that honor and preserve treasured memories.
- **Supportive Community Exchange:** Safe sharing sessions or online forums for exchanging stories and coping methods with other bereaved pet owners.
- **Sensory Experiences:** Optionally, gentle tactile experiences (e.g., simulated pet hair) may be offered—but only in a respectful, optional format to accommodate varied emotional responses.

Strategy Mapping



Workshop process:

Guide acceptance:

Admit your feelings-mindfulness: be aware of your emotions and feel "shock, denial, anger, bargaining, depression, try, accept" without evaluation.

Express and release emotions-draw your own emotions; Cry, scream, bang on the floor, say it.

Commemoration such as photo/video collage-

build a photo album of pet mobile phone, play video slides, and then put it in padlet-need projection screen.

Padlet everyone builds an independent page collage photo video, and we find someone to operate it.

Finally, we put everyone's pet collage on a big page for a group photo.

Share photos/videos/collages Recall the good times, share the present/story and talk about your loss with others.

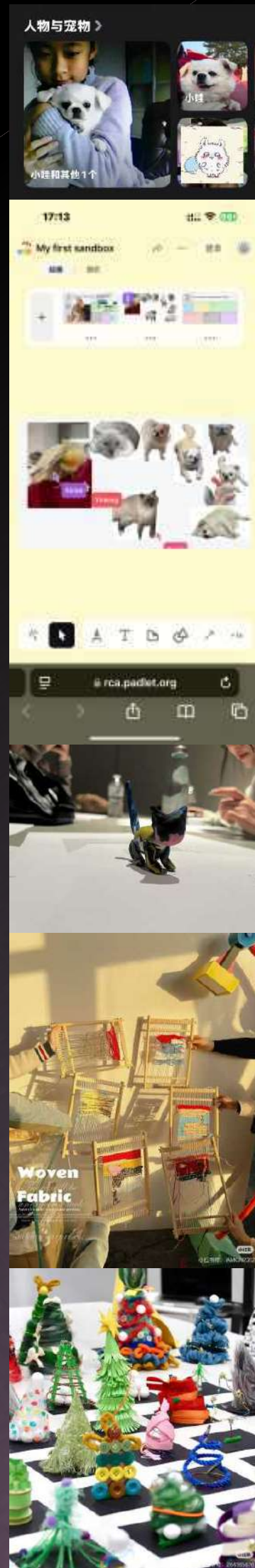
Write letters to pets: express their feelings and memories in poems, stories or letters to pets.

Commemorative ceremony: get together to commemorate your precious pet.

Meditation-End:

Meditation to help beloved pets make a peaceful transition to the afterlife. Things in meditation are made of clay.

Art healing: clay, painting, wool, felt, making candles. ... Scene layout: smell, touch and taste



Pet Owner Healing Workshop Blueprint 3.10 Monday

8-10 people ~120 minutes
Kensington



1
20 min

Opening

Don't forget the music!
Introduce Yourself Pet Names Pet Pictures

- Preparation:
- Plastic candles
 - Background Music

Pet Photo Collage

Let the owners airdrop their pet photos to us, then we put together a figma, each with a whiteboard, and cast the screen.



2
20 min

Self-awareness

Have you ever experienced the loss of a pet or been anxious about losing a pet? How do you feel when you hear or think about losing a pet?

Be aware of your emotions, your feelings.

Now write down your emotions.

- Shock, denial, anger, bargaining, frustration, trying, acceptance or other



- It's normal for you to feel these emotions. You don't need to judge them.
- Feel these emotions and accept them.



3
15 min

Draw emotions

Now draw your emotional feelings

Drawing - need sketchpad/grab a book to hold on to

Emergency Situation:Crying - Buy tissues.



4
30 min

Release Emotion

People share their feelings and experiences
Talking about the process/ anxiety of losing your own pet

Emergency Situation:
Crying - Buy tissues.

Control the field

- Comforting Language
- With Comfort Dog
- With doll pillow

REMOVE

5
15 min

Write A Letter

Write a letter to your pet

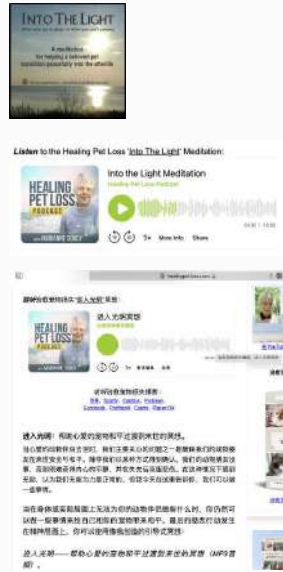
6
10 min

Meditation

Scene Setting: Smell, Touch, Taste

Enter the Light: a meditation to help beloved pets transition peacefully into the afterlife.

Put a video background + bgm
Help with meditation



7
20 min

Art Healing.

Clay, Painting, Wool, Felt, Candle making, Mixed media...



8
10 min

After the meeting

Take a picture,Feedback Survey

- Thank everyone and take a celebratory screenshot
- Follow up and share next steps
- Set date for next gathering



Workshop feedback and assessment

- *How do you feel about this workshop?
☐ Very unsatisfied ☐ Unsatisfied ☐ Average ☐ Satisfied ☐ Very satisfied
- *Do you think this workshop is helpful for your self-awareness?
☐ Very unhelpful ☐ Unhelpful ☐ Average ☐ Helpful ☐ Very helpful
- *Do you think this workshop helps you relieve your emotions?
☐ Very unhelpful ☐ Unhelpful ☐ Average ☐ Helpful ☐ Very helpful

*What suggestions and expectations do you have for the process of this workshop?

Thank you for your cooperation!!!

Tactics

Opening Script
Brief introduction to the program
Introductory words for introductions and photos

Self-Awareness Script

Guided drawing scripts
Handing out drawing props, paper money, cardboard pads
Finding books to put on the mat - Borrowing books from the library
Transfer to table to draw?
Finish drawing and sit on the couch.

People share their feelings and experiences - talk about the loss of their pets/anxiety script + comforting words
Two of us will share our own experiences to start with

Let's get people to write letters.

Meditation Facilitator
Losing Your Pet Meditation +
No Pet Loss Meditation

Guided Art Healing Sessions

Conclusion
Collecting Feedback
Each person collects two people's feedbacks
Invite to fill out survey

Props

Poster
Set up the lights in advance
Link up equipment for projection
Sound test
Record the video
Take pictures

20 plastic candles
Computer + advance device projection +
Airdrop + background music
Figma Collage

Sad bgm
Printed Assessment Forms for Distribution
Pens
Tissue paper

Painting Props
Paper
Pens - Bring 3 black pens per person, or more.
Tissues - bring 2 packs of toilet paper
Sad bgm
Borrow some thin hard books A4 size - hard magazines / albums

Bring doll pillows - 1/2 per person
Paper towels
Comfort Dogs
Sad bgm

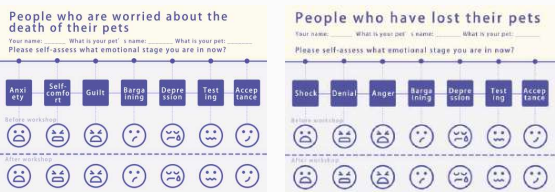
White Paper / Letterhead Picture
Printing
Characters
12 pens
Calm bgm
Printer Shun Dot Paper

Light candles during meditation - with candles
Selection of meditation videos - mostly for owners who have not yet (anxiously) lost a pet, who have not passed away
Two projectors for two videos
Meditation audio selection

Art Healing Props Clay
Release
Teaching
Healing bgm

Take a picture and let them take it with them.

Surveying Production Printing Distribution



Person in charge

All

gaq

sym

zxr

yichi

gaq

gaq: meditation on not losing a pet
yichi: Meditation on the loss of a pet

zxr

sym

Others take pictures

Prototyping & Practicing Workshop 2 times



Prepare Materials

Preparation – Script Writing

1: Opening remarks, program introduction and self-introduction guide

Opening Remarks:

“Hello everyone, and welcome to the 'Walking with Love' Pet Healing Workshop. Whether you're here today because you're spending time with an aging fur child or because you've already experienced the pain of parting, I want to start by saying to you – your love and attachment is so precious, and you are not alone. Pets are not only our companions, they are family. Their departure or impending parting can leave us feeling alone, helpless, and even self-condemning. But here, together, we create a safe space where all emotions are allowed to flow naturally and where we are allowed to listen to and support each other. What follows is a series of activities to help us all sort through our emotions, honor precious memories with our pets, and find the strength to move on.

“Our workshops have two core goals:
For those of you who are worrying about parting – to help you reduce your anxiety and cherish the time you have with your pet in the present;
For those of you who are already experiencing parting – to support you in moving through your grief and continuing your emotional connection with your pet in a healthy way.

Now, let's start by getting to know each other.

Program Description:

Today, we'll be healing our hearts together through activities such as sharing stories, memorial ceremonies, and emotional detachment exercises. Rest assured, there is no right or wrong here, only sincere companionship.

Now, let's start with the first session – 'Getting to know each other, seeing love and companionship'.

We would like to ask you to play a small game first, that is, choose your most cherished 5-10 photos of your pet, and you can also take a photo together, and then you can airdrop or WeChat to send it to us, we will cast the screen to the screen, so that we can have a preliminary impression of each other's pets~.

Next, please take 1-2 minutes for each friend to briefly introduce yourself and your pet partner. You can share:
Your pet's name and its most unique habits;
Your most cherished group photo or photo of it and tell the story behind this photo.

(Example: 'This is me and my cat, White, who always likes to plop down on the keyboard while I'm working. This photo was taken when we were watching the sunset together, and the warmth of that moment made me feel like time stood still.')

No need to worry about whether the words are perfect or not, real emotions are the most moving expressions. Who wants to be the first to start?

2 : Self-awareness

Sociologists call this feeling of loss after losing a pet "pet loss syndrome", which refers to a phenomenon in which pet owners feel various obvious physical and mental discomfort symptoms after losing their pets.

Have you ever lost a pet?

Are you anxious about losing your pet?

Please carefully pay attention to your feelings and check the emotional stage you are in on the scale.

This emotional assessment scale is based on Elisabeth Dr. Kubler-Ross designed the grief stages for the death of a loved one. In his book, he divided the grief of facing the death of a loved one into five stages, namely denial, anger, bargaining, depression and acceptance.

Briefly introduce the connotations of the important emotional stages:

Denial: Denial is a common way we deal with this feeling of grief. Don't deny the sadness you feel, and allow yourself to express your emotions in any helpful way.

Anger: Pet owners are often angry about "how" and "why" their pets died. Especially those who cause the cause of death, medical staff and family members are angry.

Bargaining: For the death of the pet The anger of the cause will eventually turn into a bargaining. You may imagine to yourself, "What if it could stay with me for another 3 days?", "If I could take it to the hospital earlier, it would be fine." This "if" assumption is stressful and uneasy.

Depression: For most people, depression or sadness will be the longest stage of all stages. Some people will still feel sad about the loss after months or even years. Some people even develop depression because of this.

Acceptance: As time goes by, the feeling of sadness will gradually disappear, and pet owners will begin to be able to control their emotions more and gradually accept reality. But acceptance does not mean forgetting. At this stage, you will feel that your life is back on track. You may also consider whether to get another pet.

6. Meditation

“Next, we will conduct a special meditation service.

This session is designed to help those of you who are spending time with your senior pet or who are worried about the state of your pet's health and anxious about a possible future departure.

Perhaps at the moment, your mind is filled with the worry of 'what will I do if it's not there one day' or wracked with the self-loathing of 'did I do enough'. These emotions are so real, but psychological research tells us – excessive anxiety about the future often causes us to miss out on the preciousness of the present.

Swiss psychologist Carl Jung once said, 'What you resist, persists; what you gaze upon, dissipates.' This ritual is not a prophecy of parting, but a way for us to practice maintaining inner stability in the midst of uncertainty.”

Through focused imagery, we can develop a deeper emotional resonance with our pets, and this spiritual connection remains even as we face future partings. Dear friends, welcome to this warm and peaceful time of meditation.

Today, let us listen to our inner voices with all our hearts, feel the warmth and security, and rediscover the true emotion of connecting with ourselves and the world. Welcome, and begin this spiritual journey of your own.

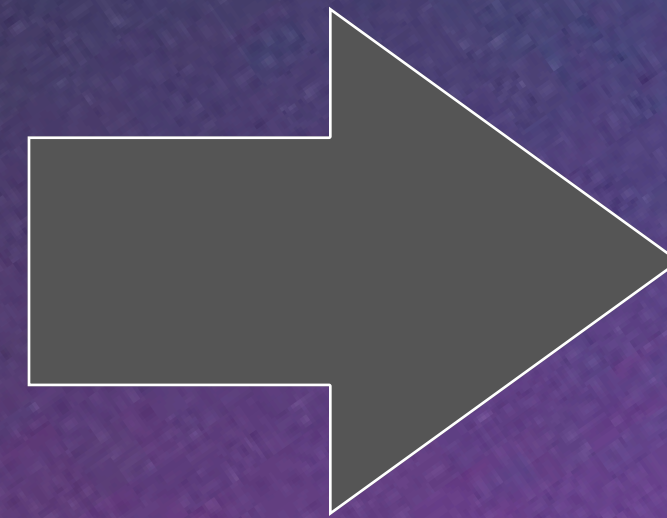
Closing Words:

Thank you for participating in this meditation. Thank you for spending this peaceful time with yourself. May this peace and warmth accompany you on your journey, bringing love and hope. Thank you all.

Poster - Iteration



Created by Xiran



Iterated by Anqi



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Poster Spread



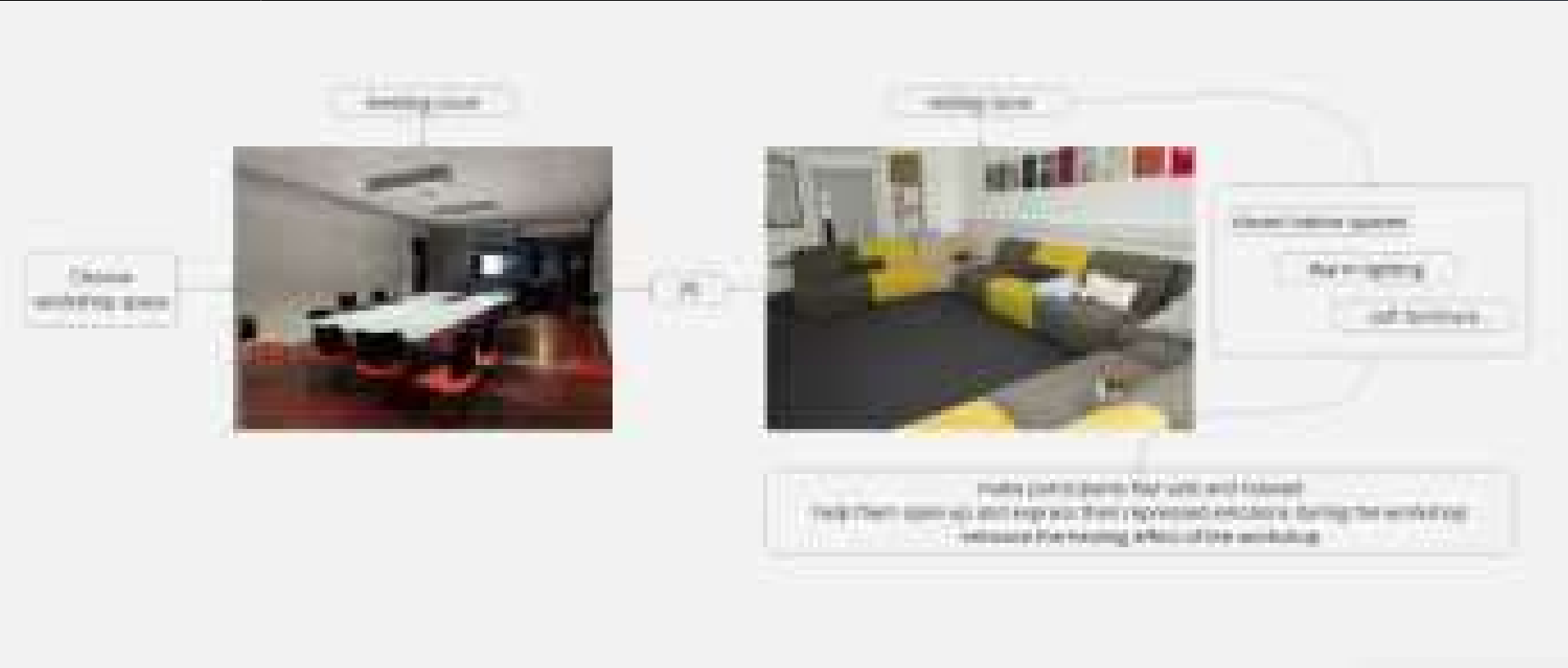
Fox

Caring Society

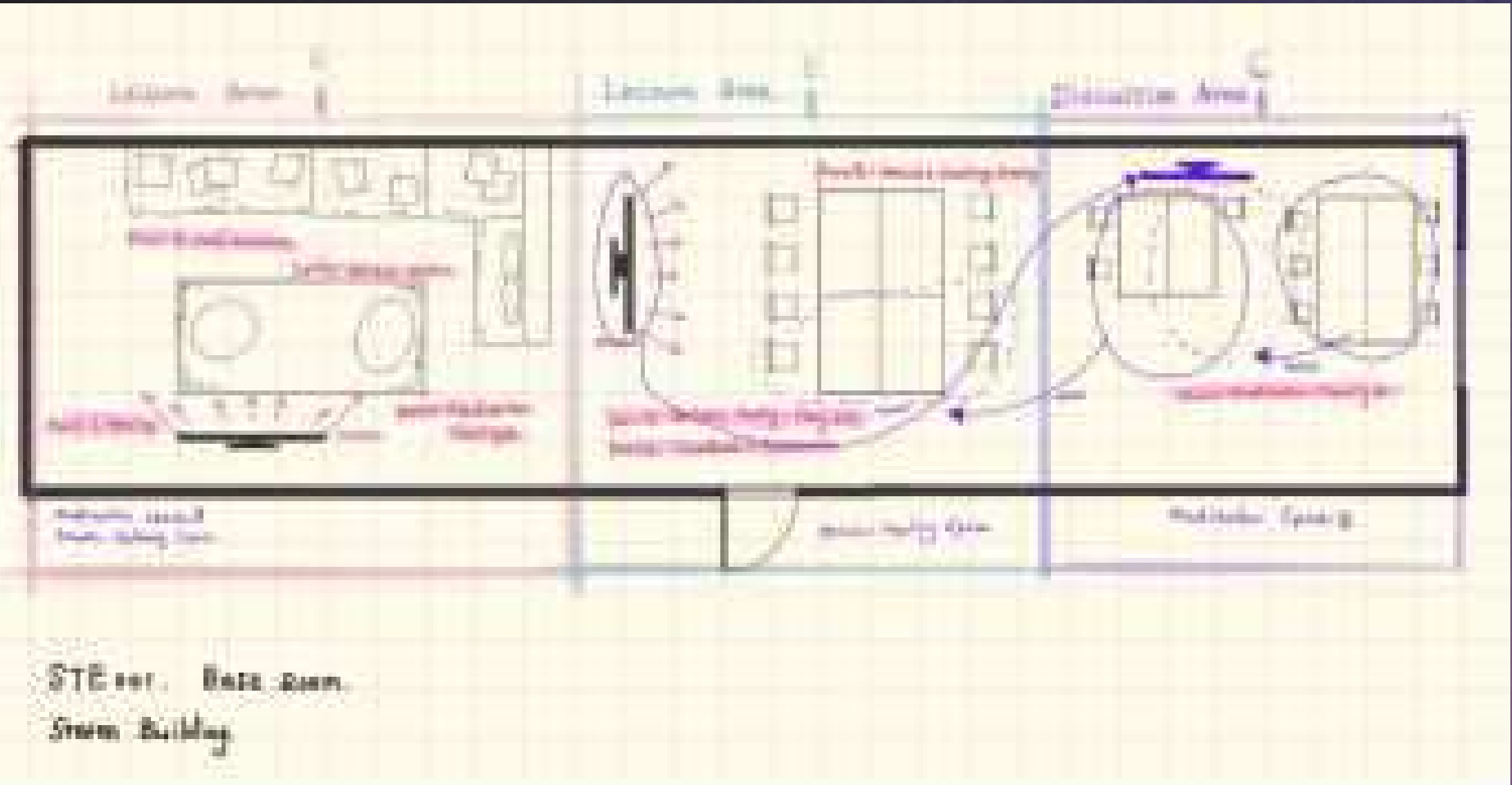
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Healing Workshop Space Design

1. Space selection



2. Determine the flow of activities according to the process of the workshop



3. Modify the spatial layout and flow of activities in the workshop according to the group rehearsal



Workshop Process

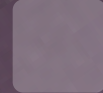


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Decoration & Preparation



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Knowing each other



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Pet Picture Montage



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Helping people who have lost a pet get over the grief

Design of Pet Owner Emotion Stage assessment scales

People who have lost their pets

Your name: _____ What is your pet's name: _____ What is your pet: _____













Please self-assess what emotional stage you are in now?

Shock	Denial	Anger	Bargaining	Depression	Testing	Acceptance
Before workshop						
After workshop						

People who are worried about the death of their pets

Your name: _____ What is your pet's name: _____ What is your pet: _____

Please self-assess what emotional stage you are in now?

Anxiety	Self-comfort	Guilt	Bargaining	Depression	Testing	Acceptance
Before workshop						
After workshop						

Sociologists call the feeling of loss after losing a pet "**pet loss**", which refers to a phenomenon in which pet owners feel various obvious physical and mental discomfort symptoms after losing their pets.

Pet loss is mainly manifested in **emotional, behavioral and physiological aspects**.

These are "**emotions that are particularly difficult to acknowledge and understand in the emotional fluctuations that accompany the death of a pet, and therefore difficult to overcome**" (Maira Anderson Allen, "Coping with Sorrow on the Loss of Your Pet"), and if these emotions are misled, they will worsen.

The Pet Owner Emotion Stage Assessment Scale was developed based on Dr. Elisabeth Kubler-Ross's **Stages of Grief for the Death of a Loved One** and Maira Anderson Allen's **Coping with Sorrow on the Loss of Your Pet**

Distribution of Pet Owner Emotion Stage assessment scales



Distribute emotional assessment scales during the healing workshop



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Art Therapy - Draw emotions



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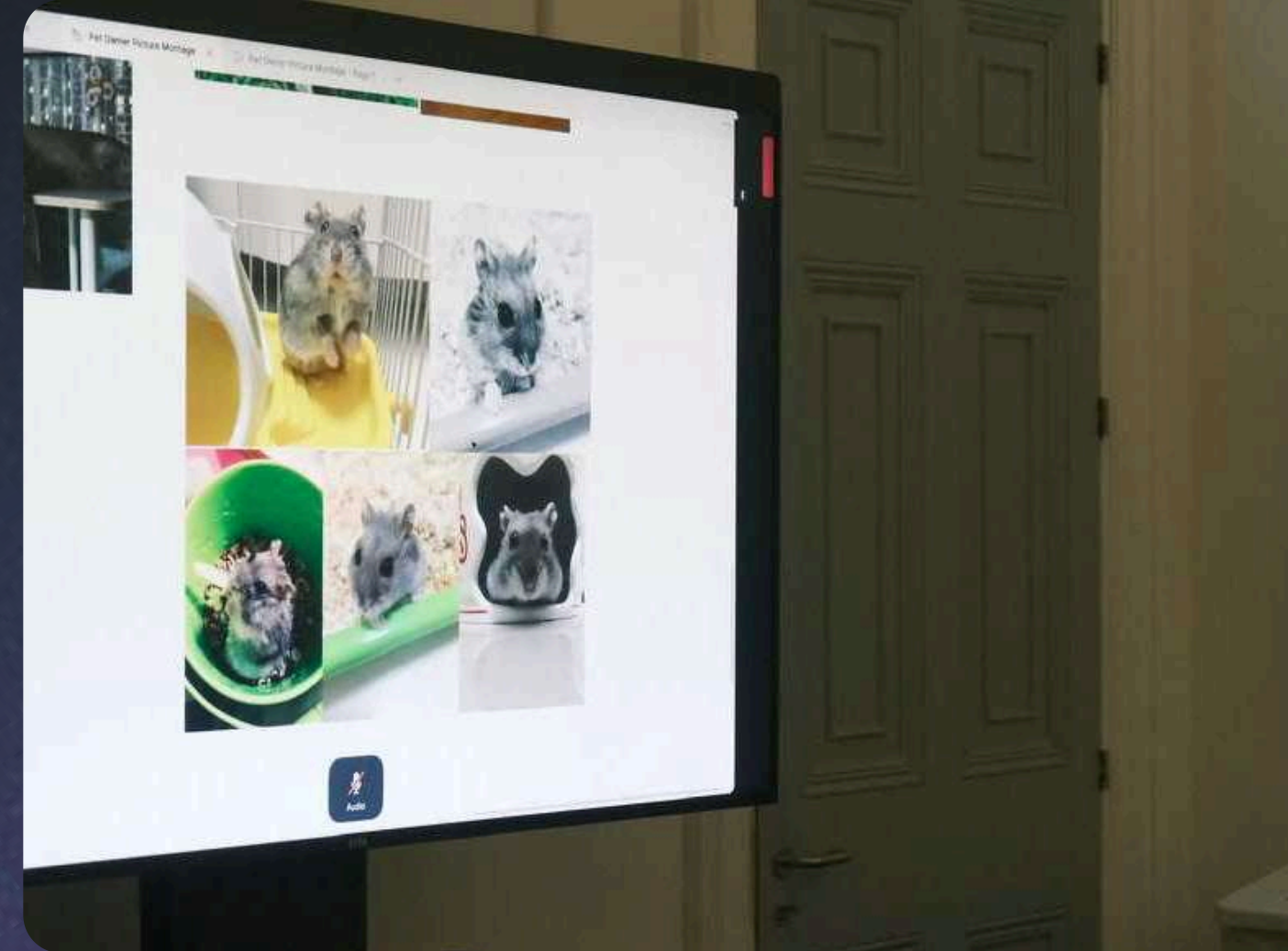
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Emotional Release Session Summary

A Safe Space for Emotional Expression

- This session provided a supportive environment for participants to share their emotions and experiences.
- The deep bond between humans and their pets was evident through each story shared.





Emotional Release Session Summary

- Sharing Feelings of Loss
- Finding Comfort in New Pets
- Fear of Future Loss

This emotional release session allowed everyone to express themselves, reflect, and find comfort in shared experiences.



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Meditation

“It’s a way to practice maintaining inner stability in the midst of uncertainty. Through focused imagery, we can develop a deeper emotional resonance with our pets.

Listen to our inner voices with all our hearts, feel the warmth and security, and rediscover the true emotion of connecting with ourselves and the world. ”



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Art Therapy Clay



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Collection of Pet Owner Emotion Stage assessment scales and feedback forms



Workshop feedback and assessment

"How do you feel about this workshop?"

- ☒ Very unimpressed ☒ Disappointed ☒ Disregard ☒ Satisfied ☒ Very satisfied

"Do you think this workshop is helpful for your self awareness?"

- ☒ Very unhelpful ☒ Unhelpful ☒ Average ☒ Helpful ☒ Very helpful

"Do you think this workshop helps you relieve your emotions?"

- ☒ Very unhelpful ☒ Unhelpful ☒ Average ☒ Helpful ☒ Very helpful

"What suggestions and expectations do you have for the process of this workshop?"

putting all our personal feelings

Thank you for your cooperation!!!!

Workshop feedback and assessment

"How do you feel about this workshop?"

☐ Very unsatisfied ☒ Satisfied ☒ Average ☐ Satisfied ☒ Very satisfied

"Do you think this workshop is helpful for your self-awareness?"

☒ Very unhelpful ☐ Unhelpful ☒ Average ☐ Helpful ☒ Very helpful

"Do you think it is workshop helps you achieve your goal(s)?"

☒ Very unhelpful ☐ Unhelpful ☒ Average ☐ Helpful ☒ Very helpful

"What suggestions and expectations do you have for the process of this workshop?"

我觉得这个工作坊很好，但时间有点短，希望以后能增加一些时间，多做一些练习，这样会更好。另外，希望以后能有一些小组讨论的机会，这样会更好。

Thank you for your cooperation!!!!

People who have lost their pets

Your name: Edna What is your pet's name: Ann What is your pet's fish

Please self-assess what emotional stage you are in now?

Shock	Denial	Anger	Bargaining	Grief	Acceptance

Before worksheet

After worksheet

People who have lost their pets

Your name: JOE What is your pet's name: JOHN What is your pet's color: BLACK

Please self-assess what emotional stage you are in now?

Shock	Denial	Anget	Bahs [in]ing	Depre- sion	Test ing	Accer- tanc

Below the table, there are two rows of empty sad face icons for self-assessment.

People who are worried about the death of their pets

Your name: Li Min What is your pet's name: Lucy What is your pet's age: 3

Please self-assess what emotional stage you are in now?

Anxiety	Self-compassion	Guilt	Bargaining	Depression	Testing	Acceptance

Before workshop

After workshop

--	--	--	--	--	--	--

People who are interested about the death of their pets

Your name: 333 What is your pet's name 333 What is your pet's name 333

Please tell us what emotional stage you are in now!

Anxiety Self-comfort Guilt Griefing Depression Testing

Before workshop

After workshop

Workshop feedback and assessment

*How do you feel about this workshop?

☒ Very unsatisfied ☐ Unsatisfied ☒ Average ☐ Satisfied ☒ Very satisfied

*Do you think this workshop is helpful for your self-awareness?

☒ Very unhelpful ☐ Unhelpful ☒ Average ☐ Helpful ☒ Very helpful

*Do you think this workshop helps you relieve your emotions?

☒ Very unhelpful ☐ Unhelpful ☒ Average ☐ Helpful ☒ Very helpful

*What suggestions and expectations do you have for the process of this workshop?

Less lecture + Simulation
E. Udo - Day 1 and 2, 3, 4
Thank you for your cooperation!!

Workshop feedback and ass

*How do you feel about this workshop?

☒ Very unsatisfied ☐ Unsatisfied ☒ Average ☐ Satisfied

*Do you think this workshop is helpful for your self-aware

☒ Very unhelpful ☐ Unhelpful ☒ Average ☐ Helpful

*Do you think this workshop helps you relieve your emo

☒ Very unhelpful ☐ Unhelpful ☒ Average ☐ Helpful

*What suggestions and expectations do you have for the workshop?

need to be more interactive and have more group activities

Thank you for your cooperation

People who have lost

some people who have lost their sense of direction

People who are worried about the death of their pets

Your name: 王林 Your pet's name: 乐乐 What is your pet: 狗

Please self-assess what emotional stage you are in now?

Anxiety	Self-comfort	Guilt	Bargaining	Depression	Testing	Acceptance
Before workshop	☹	☹	☹	☹	☹	☹
After workshop	☹	☹	☹	☹	☹	☹

People who are worried about the death of their pets

Please self-assess what emotional stage you are in regarding your pet's death.

Shock	Dental	Anger	Bargaining	Acceptance
Before workshop	After workshop	Before workshop	After workshop	Before workshop

People who are worried about the death of their pets

Your name is Ben What is your pet's name? Ben

People who are worried about the death of their pets

Your name: Liam What is your pet's name: Joe What is your pet? Cat

Please self-assess what emotional stage you are in now?

Anxiety	Self-comfort	Guilt	Bargaining	Depression	Testing	Acceptance

Before workshop

Anxiety	Self-comfort	Guilt	Bargaining	Depression	Testing	Acceptance

After workshop

Merci

Please self-assess what emotions...

Anxiety	Self-comfort	Guilt	Bargaining
Before workshop			
After workshop			

Reflection

Success:

- 1) The practice of this workshop proves the possibility of combining healing workshop with the form of psychological group counseling.
- 2) Healing workshop relieved the emotional stress of the participants and enabled them to pay more attention to the emotional connection between themselves and their pets in their daily lives, and to face their emotions instead of ignoring or avoiding them.

Shortcomings and improvement:

- 1) In the emotional release stage, due to the tight time schedule, there is a lack of mutual emotional support;
- 2) We need to continue to think about how to balance the duration of each session;
- 3) Based on the experience of this workshop, we can gradually increase the number of participants in the workshop. Involving more participants in group discussions will help to create an atmosphere of mutual comfort.



Video Recording

<https://www.youtube.com/watch?v=daIWnH6IVfo>



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Helping people who have/will lose a pet get over the grief





Yichi
Design History

Xiran
Jewelry Design

Yiming
Environmental Architecture

Anqi
Service Design

Thank you!



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