This poster presentation explores multiple layers of loss and grief in the African American culture from a historical perspective. Some of the cultural traditions of mourning, bereavement, and spiritual practices that influence many African Americans in the United States are also reflected. The theoretical framework consists of the Interpersonal and Intrapersonal dimensions of the Self that often connects the collective cultural stories to the individual stories experienced in loss and grief situations. The Interpersonal Self consists of the “outer world in connection to others” that constitutes family, friends, ancestry and significant others in one’s life. The Intrapersonal Self consists of the “inner world in connection to one’s own self and constitutes the heart, soul, mind, body, and spirit. Dr. Anderson’s own G.R.A.C.E. model of Personal Healing Action Steps provides a helpful modality to respond to loss and grief, regardless of one’s culture or background.

**Connecting the Importance of Stories**

**Dimensions of Self**

**PART 1: Our Collective Stories**

**Interpersonal Self** (Outer World in Connection to Others)

- Family, Friends, Ancestry, & Significant People in Your Life

1. Explore multiple layers of loss and grief in the African American culture from a historical perspective.
2. Discuss cultural traditions of mourning, bereavement, and spiritual practices that influence many African Americans in the U.S.

**PART 2: Our Individual Stories**

**Intrapersonal Self** (Inner World in Connection to One’s Own Self)

- Heart, Soul, Mind, Body, & Spirit

3. Present the G.R.A.C.E. Personal Healing Action Steps model as a helpful tool for those who may be experiencing loss and grief in their lives.

**The Cultural Connection to Religion & Spirituality**

- African American Traditions of Mourning & Bereavement

- The Cultural Connection to Religion & Spirituality: African American Traditions of Mourning & Bereavement

- Funerals are known as “home goings” or “celebrations of life”

- Death is believed to be a transition to eternal life in heaven or in hell.

**The Healing Steps of G.R.A.C.E. Model**

**Our Individual Stories: The Transcendence of Grace**

- Grief, Loss, & G.R.A.C.E.

- An African American Perspective

- Dr. Gloria Anderson

- Grief, Loss, & G.R.A.C.E.

- Interpersonal Self: (Outer World in Connection to Others)

- Intrapersonal Self: (Inner World in Connection to One’s Own Self)

- Interpersonal Self: Family, Friends, Ancestry, & Significant People in Your Life

- Intrapersonal Self: Heart, Soul, Mind, Body, & Spirit

**Connecting our Collective & Individual Grief Stories**

**References**
