

Human Storytelling



Part of our modern mythology

T-A-P-:

\$\(\mathbb{C}\) 800.999.TAPS \(\begin{array}{cccc} \opple & TAPS.ORG \\ \mathbb{F} & \mathbb{Y} & \opple & \op

2

Superhero Origin Stories



- Involve stories rooted in love and the traumatic loss of a loved one
- Their grief is what clearly propels their transformative process

T-A-P-S

(800.999.TAPS) (TAPS.ORG) (F Y 🗵 .. | @TAPS.org

What Lessons Can We Learn from Superhero Grief and the Transformative Power of Loss? "It is not that the superhero is impervious to loss and grief; it is through their process that we can learn lessons of profound pain, survival, transformation, and growth." (Harrington, 2021, xviii)

Strengths Archetypes we Can identify with as they Emerge and Live with Loss. Like all who are bereaved - sometimes they wear masks to hide their identity. • The Hulk • Scientist, learns to control anger • Superman • Super strength, flights for justice, protective • Wonder Woman • Loves deeply, brave, strong, just (demi-god) • Batman • Human - brilliant detective skills, beacon of hope • Iron Man • Engineer with super suit for powers and protection • Captain Marvel • Brave, strong, just, stubbornly picks herself up when knocked down

Lessons in Loss: Our Human Powers

EVERYONE HAS A SUPERHERO INSIDE THEM JUST WALTING TO BE DISCOVERED.

- · Learn that we are both vulnerable and strong
- · Learn to be our own hero in our journey with grief
- We may not be able to fly, leap tall buildings, or change time. With an imaginary cape, nurture our inner light, to discover our own human powers for inevitable periods of darkness (self-compassion, forgiveness, patience, acceptance) – to bring the light of hope & healing.

T-A-P-9

€ 800.999.TAPS ⊕ TAPS.ORG F У ⊙ ·· @TAPSorg

7



8











13



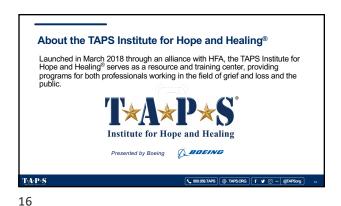
14

References

- Harrington, J.A.(2021). Preface. In J.A. Harrington & R.A Neimeyer (Eds.), Superhero grief: The transformative power of loss (pp. xviii-xxiii). Routledge.
- Shortland, G. (2015, April 3) Superhero Therapy.
 Friday. https://fridaymagazine.ae/life-culture/people-profiles/superhero-therapy-1.1483159

|--|

(800.999.TAPS) ⊕ TAPS.ORG (f 😼 ⊙ .. | @TAPS.org





Upcoming TAPS Institute Programs

February 9

Wellness Techniques for Reducing Stress and Anxiety
Live Webinar, Noon-1:00 p.m. ET
Neil Goodman, Mindfulness and Meditation Instructor

February 23

Understanding the Federal Long Term Care Insurance
Program
Live Webinar, Noon-1:00 p.m. ET
Hunt Kerrigan, Colonel (Ret), Leader, New Hampshire Military
Coaching Alliance
and Lisa J. Roussel, CLTC, LTCP, Account Manager, FedPoint

Visit taps.org/institute to learn more and RSVP!

TAPS

Copyright © 2021 TAPS Institute of Hope and Healing® All rights reserved	
TAPS ⊕ TAPS.CRS f y ⊗ @TAPS.org 9	