About

1. Acknowledge endings & inherent feelings of loss
2. Review what has happened,
3. Attend to what is next (even if neutral time): actions, needs, possibilities now
4. Acknowledge there, re: some who re: not here, did not make it this far and /or have been lost/ended already or previously
5. One good-bye brings up old/past good-byes and losses & deaths
6. All endings are arbitrary; there is not such thing as ‘complete’
7. Importance of a good ‘good-bye’ so can later have a good hello
   a. i.e. ritual = form for good-bye

Transition stages

<table>
<thead>
<tr>
<th>Ending</th>
<th>Neutral / in between</th>
<th>Beginning</th>
</tr>
</thead>
</table>

Transition qualities

1. Disengagement
2. Dismantling
3. Dis-identification
4. Disenchantment
5. Disorientation

Interventions

• Validate loss
• Listen to stories/importance of what is lost or different
• Mark the ending
• Reflect on previous transitions & what can bring to this one
• Teach transition stages & qualities

What we call the beginning is often the end.  
And to make an end is to make a beginning.  
The end is where we start from.

~ TS Eliot, 4 Quartets: No. 4 ‘Little Gidding’, V. 5