

Valerie Milholland's Goodbye book termination ritual

Valerie Milholland is an art therapist at a residential children's psychiatric hospital and she teaches art therapy classes at the University of Evansville.

## **Goodbye book instructions**

ETC  
Kinesthetic/Affective/Cognitive  
MDV: Structured

The goodbye book was created as a termination ritual for children living at the hospital. Our clients live at this hospital for 1-2 years, so it becomes like a home and family for them. To honor their transition, their grief and the importance of the relationships they have formed, a book is made. The children help make the book and personalize it-they have been made out of paper, fabric, wood, leather-to reflect the child's interest and personality. As the book is made, the stay at the hospital is reflected upon-best and worst times, and lessons learned. Future plans are also discussed-with affirmation that leaving can be exciting and scary, happy and sad.

After the book is completed, it is carried around the facility by the child as a physical symbol of their impending departure. Each staff and child signs the pages of the book, wishing the child well and reflecting on what they have achieved. The children take the book with them, as a visible record of their time at the hospital.

The instructions below call for sewing the pages, I usually staple them, and I use a large piece of paper for the outside of the book.

Any questions? [Milhollandv@insightbb.com](mailto:Milhollandv@insightbb.com)

## **How to Make a Cloth Covered Book**

### **Materials:**

2 pieces 6 1/2" by 9 1/4" cardboard

needle and thread, or sewing machine

cloth about 16" \* 12"

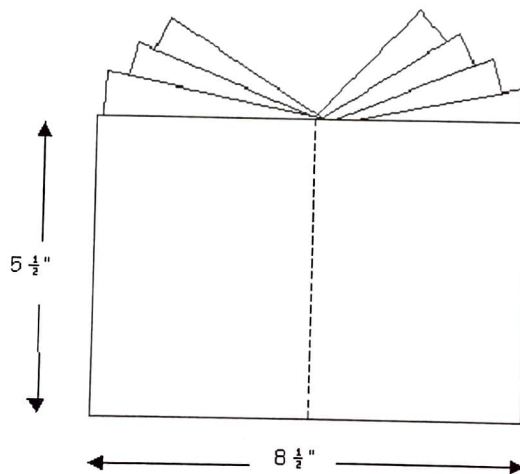
paper

ruler

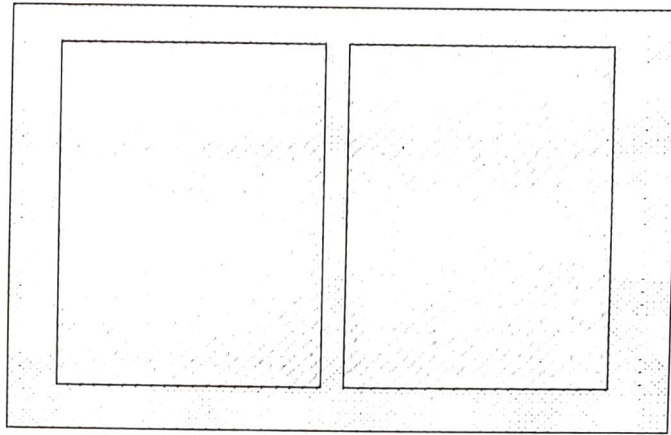
glue

pencil

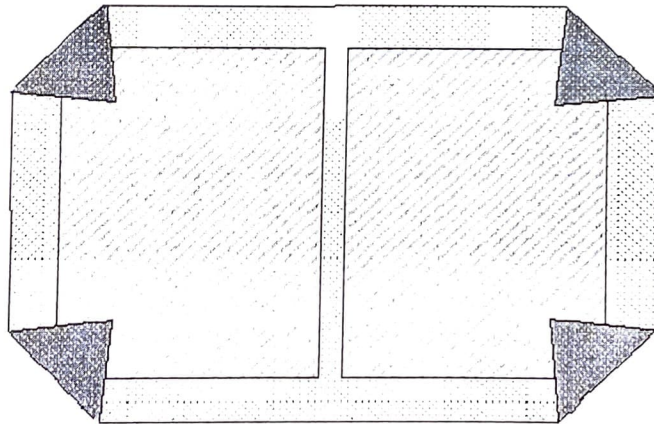
1. Take the paper and cut it so it equals  $5\frac{1}{2}$ " by  $8\frac{1}{2}$ ".
2. First, decided how many pages you need for your book, and add one extra page (So if you need 8 pages to write on, put in 4 papers for writing and 1 extra, or 5 total pages.) Sew the pages together, about 5 or 6 sheets at a time. If you can't sew ask your parent or teacher to help you.



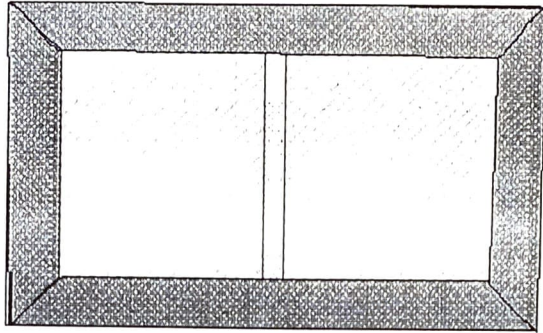
3. Set the two pieces of cardboard on the wrong side of the cloth. Leave about  $\frac{1}{4}$ " between the two pieces of cardboard (about the thickness of a pencil.) Glue the cardboard to the cloth.



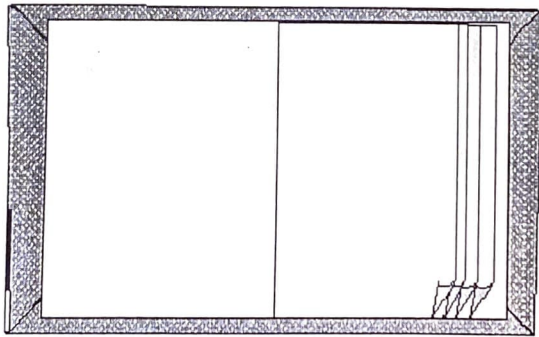
Fold the edges of the cloth like this to make it look good. First fold and glue each corner.



Then fold and glue each side.



**4.** Put the paper so the middle of the paper is in the gap between the cardboards. Take the very first page and the very last pages and glue them on the inside of the cardboards.



**5.** You are now ready to write a story!