

Exploring Mindful Grief: A Journey for Families and Professionals

September 2, 3 & 4, 2010

Fiesta Resort, Tempe, AZ

Featured Keynote Speaker:

Title: Loss, Grief, and the Reconstruction of Meaning: Recent developments in bereavement theory and research have challenged earlier emphases on grief stages and symptomatology by assigning a central role to the reconstruction of a world of meaning that has been challenged by loss. In this presentation I will extend this contemporary view by describing how our life stories can be profoundly challenged by loss, and detail processes of meaning making that promote adaptation even in the face of such disruptions. Finally, I will suggest several principles that support a meaning-informed grief therapy, one that seeks to find significance in suffering, sustaining connection to those we have loved and lost, and reorientation in a world transformed by bereavement.

Robert A. Neimeyer, Ph.D., is a professor in the Psychotherapy Research Area of the Department of Psychology, University of Memphis, where he also maintains an active clinical practice. Since completing his doctoral training at the University of Nebraska in 1982, he has conducted extensive research on the topics of death, grief, loss, and suicide intervention.

Neimeyer has published 23 books, including *Meaning Reconstruction and the Experience of Loss*, *Constructivist Psychotherapy*, and *The Art of Longing*, a book of contemporary poetry. The author of over 300 articles and book chapters, he is currently working to advance a more adequate theory of grieving as a meaning-making process, both in his published work and through his frequent professional workshops for national and international audiences.

Neimeyer is the Editor of two respected international journals, *Death Studies* and the *Journal of Constructivist Psychology*, and served as President of the Association for Death Education and Counseling. In recognition of his scholarly contributions, he has been granted the Distinguished Research Award, the Distinguished Teaching Award, and the Eminent Faculty Award by the University of Memphis, elected Chair of the International Work Group on Death, Dying, and Bereavement, designated Psychologist of the Year by the Tennessee Psychological Association, made a Fellow of the Clinical Psychology Division of the American Psychological Association, and given the Research Recognition Award by the Association for Death Education and Counseling. Most recently, he has received the Robert Fulton Founder's Award for Outstanding Teaching, Research and Service by the Center for Death Education and Bioethics and ADEC's Clinical Practice Award for his contributions to grief therapy.

Sitting with Suffering: The Alchemy of Full Presence

Providers suffer when confronted with death, particularly untimely and traumatic child death. This suffering, unless engaged in a mindful and aware manner, can interfere with their ability to sit with a patient's experiences of loss absent *furor sanandi*, what Freud refers to as the rage to cure. Yet, psychosocial care during and in the aftermath of traumatic loss is a salient variable influencing adverse psychiatric sequelae. This presentation proposes a mindfulness based paradigm through which interdisciplinary providers can understand and deliver appropriate care which may reduce the risks of adverse psychological outcomes for families experiencing the death of a child. ATTEND is an evidence-based and patient centered model of provider care that may moderate the negative effects of trauma, decrease psychopathology, and increase the likelihood of posttraumatic growth after loss.

Joanne Cacciatore, PhD, MSW, Fellow in Thanatology, MISS Foundation CEO and Founder. She also specializes in counseling those affected by traumatic losses, most often the death of a child. She is Certified in Bereavement Trauma by the American Academy of Experts in Traumatic Stress and is a Board Certified through the American Psychotherapy Association. Her therapeutic interventions include Mindfulness Cognitive Behavioral Therapy, Narrative Therapy, Dialectical Behavioral Therapy, Logotherapy, and various other therapies, such as Repeated Exposure Therapy, to manage Post-Traumatic Stress Disorder (PTSD). She is currently an Assistant Professor and researcher at Arizona State University.

As an advocate of “green” mental health care after a traumatic experience, she is a member of the American Psychotherapy Association, the Association for Contemplative Mind in Higher Education, the International Society for Traumatic Stress Studies, and the National Center for Crisis Management. She spearheaded and directs the graduate Certificate in Trauma and Bereavement program at ASU.

Her research has been published in peer reviewed journals such as *Death Studies*, *Omega Journal of Death and Dying*, *Social Work*, *Social Work and Healthcare*, *Birth*, and *Families in Society*.

Dr. Cacciatore received her Doctorate from the University of Nebraska-Lincoln and her Masters degree and Bachelor's degree in psychology from Arizona State University. She has a Fellowship in Thanatology from ADEC. Her work has been featured in major media sources such as *People* and *Newsweek* magazines, the *New York Times*, *Boston Globe*, *CNN*, *National Public Radio*, and the *Los Angeles Times*. She received the prestigious *Hon Kachina Award* in 2007.

She is a mother to five children, now mostly grown, she notes “four who walk and one who soars”.

Her life changed profoundly in 1994 when her daughter, Cheyenne, died.

Title: We Need the Arts to Live: Using Music and the Arts to Navigate the Grief

Journey Bereaved parents find themselves in a sea of overwhelming emotions following the death of their children. In the session participants will explore the use of the Arts, specifically music, for expressing and mitigating the emotions that accompany grief in a mindful way

Audrey Berger Cardany, D.M.A., is Assistant Professor of Music Education at the University of Rhode Island. Dr. Cardany is an active clinician in regional and national conference venues with topics in general music education, music in early childhood, and music and movement. Her work is published in the *Journal of Research in Music Education* and *The Mountain Lake Reader*. The death of her daughter, Caitlin Anne, spurred an extension to her music research agenda to include a quest for understanding how the Arts aid bereaved parents in their grief.

Thriving as a Couple After Your Child Dies: Thriving as a couple, let alone surviving individually or as a couple may seem out of reach. The goal is to be emotionally present to one another (vs. fixing). In this workshop you will experiment with behaviors designed to bring you comfort, understanding, and connection. You will find your underlying similarities in grief despite differing styles of grieving and coping, and practice specific tools that create new neural pathways in your brain that promote a healing, thriving coupledness.

Chandrama L. Anderson, MFT, specializes in grief and couples therapy. She received her M.A. in Counseling Psychology, from John F. Kennedy University. Chandrama invented *Mapping Your Personality* which she has been presenting/teaching, and is the author of *No U-Turn at Mercy Street, a Memoir and Resource Guide for Grieving Parents*.

In her previous career in high technology, Chandrama served in executive/management positions, and is co-author of the Stanford Professional Education workbook "Building an eCommerce Website," and was a speaker for industry conferences including Women in Technology (WITI), Seybold Seminars, Stanford's "Publishing on the Web" and the "Conference on eCommerce."

When Volunteers Grieve

Anne Bach-Starling. Anne earned her Bachelor's degrees in Psychology and Gerontology and Master's in Counseling and has been providing mental health and substance abuse counseling with a focus on grief issues specifically. She has Managed Bereavement Services for Hospice for the past seven years as well as an Internship Supervisor for both University of Phoenix and Argosy University. Anne is a Certified Grief Recovery Specialist and was Founder and President of the Az Hospice Bereavement Association, as well as Vice President of Az Bereavement Alliance, and Chair of the Compassionate Care Foundation. To be more available to her three newly adopted children, Anne has changed focus professionally to an On-line Faculty for GCU and a part-time counselor for CPES.

A Geography of Grief and it's Transformative Qualities is a look at the personal journey of one bereaved parent and how the experiences in childhood can be re-mapped and re-ordered so that the damage incurred when experiencing grief as an adult is minimized so as to have the full

spectrum of a healthy and natural grief experience.

Sarah Bain is a writer, marketing professional and grieving mother. She has presented at three MISSconferences in the past and continues to hold grief workshops in Spokane, Washington for professionals in the field. She writes a blog at www.geographyofgrief.blogspot.com.

Her writing and editing experience includes former Managing Editor of *Willow Springs* magazine, newsletter editor for numerous organizations, former book reviewer for Heinle and Heinle, former Accreditation Editor for Eastern Washington University, and current fiction reader for *Bellevue Literary Magazine*. She has writing forthcoming or published *The Loss Journal*, *The Philosophical Mother*, *Mothering Magazine* and LongStory Short, and more.

Some Babies Die: *Some Babies Die* is an award winning documentary film made in the mid 1980s by Martyn Langdon Down. The film records the work of an Australian perinatal bereavement team – Peter Barr, Deborah de Wilde and Julie Dunsmore — with three families experiencing a stillbirth or neonatal death. The film explores the existential encounter with the death in a way that openly respects the needs and wishes of parents and siblings as they come to know, memorialize and honor their babies and begin to assimilate the tragic loss into their lives.

Peter Barr is senior staff physician in neonatology at the Royal Alexandra Hospital for Children, Sydney, Australia. He has an abiding clinical and research interest in existential and “problematic” self-conscious emotions (fear of death, shame, guilt, envy, and jealousy) as personality predispositions and their relationship to psychological symptoms in parents experiencing adverse pregnancy outcomes. He lives close to Sydney Harbour with his beloved wife Deborah de Wilde, who is the quintessential perinatal bereavement social worker, and their daughters Freya and Maddy.

Title: Give Sorrow Words: Writing Your Way Through Grief. There is extensive research that shows writing is one of the most powerful means to express and ease sorrow. The act of writing brings a structure and order to the chaos of grief. (Zimmerman, 2002) Many people are intimidated by the thought of writing, fearing they won't do it properly. This experiential workshop will offer suggestions for expressing grief through a variety of writing techniques. The presenter, a bereaved grandmother and published author, will guide participants through a writing exercise using partial sentence prompts. There will also be a discussion of grief bubbling, a technique for assisting bereaved people with identifying and mapping their reactions along the grief journey.

Nina Bennett is the author of *Forgotten Tears A Grandmother's Journey Through Grief*. She has 4 grandchildren, one of whom was unexpectedly born still following a healthy full term pregnancy. A healthcare professional and frequently requested guest speaker, Nina presents talks and workshops locally and nationally on issues of bereavement and family dynamics of grief. She is the Principal Investigator of an IRB-approved research study looking at how grandparents incorporate perinatal loss into their

family. Nina is a contributing author to the Open to Hope Foundation, and a member of MISS Foundation/AGAST.

Title: Necessary Goodbyes; Supporting griever's unique needs after a traumatic loss A workshop for professionals exploring the unique support needs of individuals after a traumatic loss. An overview of assessment strategies and intervention techniques will be presented. This session will also address self care and support needs of professionals working with this special population.

Kathy Cromwell, MSW, LCSW is the Director for the Center for Grief and Loss at Hinds Hospice. Kathy provides grief counseling to individuals and couples and facilitates grief support groups. Kathy specializes in working with parents who have experienced the death of their child by both illness and sudden death. She also responds to local hospitals to support families at the time of death. Kathy also coordinates the Angel Babies Perinatal Hospice and Bereavement program which was one of the first of its kind nationally.

Title: The Art of Mindful Listening. A good listener is very valuable when you're grieving. Co-counseling is a way of learning how to listen carefully, to yourself in the first place, but also to others. Co-counseling means taking time to look at and listen to yourself with the loving attention of another person listening to you. It means to discover what you really need and to look for what keeps you from getting it. It is finding out about your fears, grief, anger, etc. and express it. It is also about giving others the opportunity to look at themselves and listening to them with loving attention, mindfulness. Listening is like an art-form then.

Title: Touching the Soul. Drawings are like dreams, they speak symbolic language. In making them we touch our Soul. Drawings can give us the chance to express what cannot be said or done. They carry us beyond talking and talking-about. This way hidden feelings and emotions can be made conscious, perceptible, manageable and treatable. It proved to be a way to express unfinished business easier. When *read* they appear to contain very intriguing and valuable information. It provides us with a way of logging into the sub-/unconscious level in order to fill us in on the very personal meaning of the symbols. It can connect us with our inner strength, the power of healing and the power of life and love.

In this workshop the participants will make drawing(s) and can explore the inner secrets expressed. Anneloes will talk about how you can look at these messages from the soul.

Please bring your own crayons and sketchbook!!!

Title: Love, loss and forgiveness? To light a candle in a dark cave helps more than to curse the cave for its darkness. Most of the time suicide is connected to the darkness of horror, pain, shame, anger and guilt. How can there be forgiveness for the one that left so suddenly and often violently? How can you forgive yourself for whatever it is you blame yourself for? How can there be light to guide the way through that dark cave?

This workshop will be based on the teachings of Elisabeth Kübler-Ross and Michael Murphy. The LLF project Michael started wants to encourage us *mortals* to (re)unite with our soul and spirit. This can work like a light lit in a dark cave. Especially after suicide there can be so much loneliness and disconnection, if there is no loving gaze from the soul-spirit.

The workshop will be a moment of sharing this with companions in distress, while building a ritual in honor of the loved ones that died so suddenly.

Anneloes Eterman, Nurse, art-psychotherapist and counselor Anneloes (1954) attended an LDT Workshop with Elisabeth Kübler-Ross in 1982. This was two months after the birth of her first child Femke, who was born with a severely open spine. Femke died at home when she was 1 year old. Six years after that Anneloes also lost her second child, Sybren, during his birth. She gave life one other chance and was blessed with the birth of her twins, now 19 years old. She lost her older sister through suicide. Anneloes became a volunteer for the EKR-Foundation in the Netherlands when it was founded in 1984 and was president of the board for 3 years. She initiated many EKR-projects and gives lectures, seminars and workshops about coping with grief and the EKR-Work.

Title: *Letting Them Know They Are Not Alone*: This presentation is geared towards parents, families, and professionals who desire to increase their knowledge and understanding of grieving children and adolescents. Through education, and the sharing of children's and adolescent's art work, activities, and stories, participants will gain an awareness of how to be most supportive and available to children and teens who may be grieving

Leslie Finton:

Leslie received her Master's in Social Work from Ohio State University in 1998. She started working with grieving families as a volunteer facilitator at The Evergreen program in Columbus, OH in 1993 where she later went on to become a hospice social worker. In 2003, through the help of committed and supportive community volunteers, Leslie brought the Evergreen model to Centre County known today as Tides. Leslie lives in State College, PA with her husband Chris and two daughters, Hannah and Sarah.

Holly Torbic:

Holly received her Master's in Social Work from the University of Pittsburgh in 1994. In 1999, she began working with grieving families as a hospice social worker with Brookline Home Care and Hospice in State College, PA. She has facilitated children and teen grief support groups since 2007 and strives to educate others about the needs of grieving children and adolescents. Holly lives in State College, PA with her husband Darren and five children, Brittany, Jesse, Lauren, Luke and Joel.

Title: *Reiki – A Complementary Therapy for All* - This presentation will define what Reiki is and is not, its history and practice, and how it can help one relieve stress, promote healing, and enhance one's quality of life. From the touch of a parent's hand on a crying newborn baby, our instincts attempt to relieve pain, suffering, and discomfort. It can assist in alleviating one's physical and/or emotional "needs" by focusing on the power of a God-given universal restorative energy. Reiki is not a religion although many religions use Reiki. Through direct hands-on touch or absentee Reiki (similar to the power of prayer and presumed effect), the focus is on the receiver's natural state of wholeness, balance, rejuvenation, and relaxation.

Title: On Children and Death: A Kubler-Rossian Perspective. This program focuses on children's (of various ages including teens) loss, illness, dying, or death. It will present Elisabeth Kübler-Ross' five stages of grief pertaining to loss, illness, dying, or death and one's suggested responses to these stages. It will present examples of how children, parents, families, loved ones, caregivers, and professionals can live and work through this difficult time with love, compassion, and understanding by allowing honest conversation about the loss(es), illness, and/or impending death.

Marie Hepp, MS, CHPN is the ARNP **Oncology Outreach Education Coordinator** for the Regional Cancer Center in Fort Myers, Florida. She's been a medical researcher and hospice clinical educator; she's a Reiki III Practitioner and Red Cross Instructor. Marie's lost nearly 50 family members to cancer, suicide, a plane crash, and heart attacks; her work began at age 5 caring for her dying grandpa. Marie has advocated for many years on grief and loss education based on Kübler-Ross' works and has authored relevant articles.

Title: Calling on the Hero: Undiscovered Land - Kara & Hawk Jones invite you to take a creative look at your grief experience. When grief comes, it ravages the land we once knew. We are left speechless, no map diagramming the chaos, and we stare into the abyss between what we *wanted* and what *is*. In this session, we'll call upon your inner Hero-self, explore and re-create an inner landscape where you can once again find safe and sacred space to reconnect with your heART. No previous art, meditation, or Hero's Journey work required. We will be working with a broad scope of creative ideas, not just art. This session is an adaptation of The Hero's Journey work pioneered by Joseph Campbell; and the Call to Adventure by Paul Rebillot.

Hero's Confrontation: Harness Grief's Energy - Kara & Hawk Jones invite you to take a creative look at your grief experience. Grief leaves lots of shadows lurking in our worlds. Sadness, rage, guilt, shame, envy, jealous, just to name a few. When our inner Hero-self confronts these shadows, we often find the fires of grief burn with great energy. In this session, we'll learn to recognize shadow and locate the energy. By being conscious in this way, we learn to harness grief's energy and channel it thru the strength of Hero as we learn to live life again in the face of loss. No previous art, meditation, or Hero's Journey work required. We will be working with a broad scope of creative ideas, not just art. This session is an adaptation of The Hero's Journey work pioneered by Joseph Campbell; and the Call to Adventure by Paul Rebillot.

Hero's Walk: Making Your Way - Kara & Hawk Jones invite you to take a creative look at your grief experience. After the initial trauma of loss, we begin learning to cope. Being conscious of our Heroselves allows us to learn to live patiently with grief in this impatient world. In this session, we'll learn how to keep exploring your post-grief landscape. We'll work with tools for keeping the heART conversation open in your life; how to bump up against new obstacles and keep re-integrating your experiences. No previous art, meditation, or Hero's Journey work required. We will be working with a broad scope of creative ideas, not just art. This session is an adaptation of The Hero's Journey work pioneered by Joseph Campbell; and the Call to Adventure by Paul Rebillot.

Kara L.C. Jones is a graduate of Carnegie Mellon University where she studied Literary, Cultural Theory and Poetics with a minor in Child Development from Chatham College.

When at CMU, Kara mentored with Hedda Sharapan, David Newell, Fred Rogers and the team at Family Communications, Inc., producers of Mister Rogers Neighborhood.

In 1999, after the death of their son Dakota, Kara and her partner Hawk co-founded [Kota Press](#) (KOTA: Knowing Ourselves Thru Art), an expressive arts outreach. Through their KOTA work and in partnership with the [MISS Foundation](#), they have been mentoring other bereaved parents and caregivers around the world, offering creative perspectives on learning to life again after loss. In 2001, they were featured on NPR in an interview with Megan Suyks who then hosted KUOW's show "The Human Condition."

Hawk Jones has been a singer, composer, song writer, talk jock, street preacher, filmmaker, photographer and more in his lifetime. You may currently find him on the gallery scene showing his photos in the Pacific NW area. In his work at KotaPress, he keep the creative look alive. If you like this website, then you like his work as he created it from design to code. He and his wife started KotaPress in memory of their son Dakota.

Title: All the Stars Above – A Therapeutic Tool: After the death of a dear one the world of the next of kin is turned upside down. Most of the times bereaved clients don't really know how to communicate to their environment about what has happened to them and the impact of the loss in their lives. All the Stars Above is a tool designed for therapists working with bereaved clients (age 6-100), the aim is to encourage communication after the death of a dear one.

All the Stars Above also helps clients to open up feelings, thoughts and worries when someone died during topical situations such as military service, natural disaster, terrorism, suicide or murder. In this workshop professionals will experience the magic way All the Stars Above works and they may also gain more insight in their own way of coping with loss

Daisy Luiten, Art Therapist and Human Interaction Skills Professional. Daisy is specializing in bereavement, she has a private practice, trains professionals and leads weekends for children and young adults. Daisy developed the award winning therapeutic tool All the Stars Above for therapists working with clients (age 6-100) who have had someone dear to them die. Daisy is a member of the Dutch league association for Psychologists, Psychotherapists and therapists, the Dutch Association for Art Therapists, the Association for Death Education and Counseling (USA) and the Society for the Arts in Healthcare (USA).

Title: What about Me? Support for Grieving Siblings. This presentation will discuss a child's grief process and how it is different from an adult's grief process. Special emphasis will be given to grieving siblings. This presentation will highlight ways in which you can help your

children cope with the loss of their brother or sister including learning about grief-related activities and resources to help find children's grief support in your area.

Pamela Gabbay, M.A., FT is the Program Director of The Mourning Star Center for Grieving Children in Palm Desert, CA. She is also the Camp Director for Camp Erin, a children's bereavement camp. Pamela is Vice President of the Board of Directors of the National Alliance for Grieving Children and is past President of the Board of Directors of The Southern California Chapter of the Association for Death Education and Counseling. Additionally, Pamela is a co-founder of GriefPosters.com, a poster company that produces sensitive and educational grief-related posters. Pamela is also a contributing author at Open to Hope.

Title: The Physics of Grief: Working with gravity can be uplifting

In this workshop-style presentation, Molly Greist, stone sculptor and bereaved parent, will demonstrate how she believes working with stone accelerated a deeper more complete healing after the sudden traumatic loss of her ten-month-old son in an automobile accident. Molly applies years of searching, study and practical experience to her awareness and understanding of a *total-system* impact of grief. She will introduce participants to her synergistic approach to grief, combining relaxation, physical activity, creativity, spirituality and ritual. This presentation is designed to be hands-on, empowering and transformative.

Title: The Landscape of Grief: Labyrinth and Stones

In this presentation Molly Greist, stone sculptor and bereaved parent brings her personal experience of grief and working with stone to participants. Molly began carving stone in 1989 after the traumatic death of her 10-month-old son in an automobile accident. Molly will take you on a journey through the landscape of grief, calling upon mental, physical and creative action. Participants will be instructed on how to design and build a labyrinth and will collectively lay out a seven circuit labyrinth of walking proportions. There will be discussion about the healing potential, symbolism and use of labyrinths and stone in the context of grief. The workshop will culminate with ritual and walking the labyrinth.

Molly Greist, Stone Sculptor

Molly Greist began carving and working with stone in 1989, after the death of her 10-month-old son Peter in an automobile accident. She is the subject of an award-winning documentary film titled, *Grief is More than Crying*, in which she shares her story, her art and her passion for stone. Her stone work is in both private and public collections and has been exhibited locally as well as internationally. Molly presents at conferences and retreats, as well as in school and community venues on grief and hope, inspiration and creativity. She has more than 20 years of experience carving and working with stone, years of study and practical application of her awareness and understanding of grief. Molly speaks of grief and recovery from loss and trauma with compelling conviction, directly from the heart of personal experience. She shares wisdom and discernment beyond the scope of traditional, intellectual knowing.

Title: Connor's Caroline: A Grandparent's Perspective of Talking to Surviving Grandchildren. This workshop is geared to families with young children who have lost a baby to stillbirth and who are struggling to find ways to communicate with those children.

Joan W. Higgs is a retired English teacher, wife, mother and grandmother who lives in Seven Valleys, PA, an agricultural suburb of York, PA. Before she retired, Joan served on the Writing Assessment Advisory Committee for the PA Department of Education. She has conducted workshops throughout PA on implementing an integrated reading and writing English classroom. Following retirement, Joan worked as a teaching consultant until she became a first time grandmother to Connor Higgs in 2005. On December 23, 2007, her granddaughter and Connor's sister Caroline was born still. Joan's passions are her family and contributing to the public awareness of stillbirth.

Title: Dreamscape: A relaxation and imagery exercise using various art mediums including mandalas. Experience would include, but not be limited to: An Imagery Exercise, Dream Sketching, Individual Drawing, Mandala Coloring and Collage Self Expression.

Jane Ivey, Msc. Doctor of Metaphysical Science, Ordained Minister and Practitioner working in the field of Metaphysical Science in a counseling position since 1980. Added Bodywork in 1996 receiving Certification in Reiki, Reflexology, Massage and Massage Instruction over the next few years. Finally adding in Energy Medicine and Meridian work in 1997. I use a combination of all the different caring options I have learned with the clients and patients I see at different facilities. Relying on my early background and further study with Dream instructors I added Dream & Energy Classes to my agenda in the last 13 years.

Title: Packing for Your Journey – Things to Include in Your Grief Bag

Most any journey includes requires some degree of preparation to have core needs met while traveling. Sometimes grief arrives with no warning and no time to prepare yet needs are acute in times of pain and stress. This session addresses some of the key comfort and care needs and how to get them met. Parts of the session will be on self care while other parts will include the journey as a metaphor for transition with some predictable mileposts along the way.

No one wants to take a journey of grief. While the journey is different for everyone, there are also some common denominators of assistance and support for healing. This session introduces and reviews some of the things that can make this terrible trip a little bit easier.

Doryce Norwood is a grieving mother and grandmother since the untimely deaths of her daughter and granddaughter due to a drunk driver in the spring of 2004. Since then, she has volunteered to help other bereaved families at Fresh Start, MADD, Donor Network of Arizona, New Song, Peer Vention, Arizona Supreme Court Panel for Victims Rights and other victim advocate/support organizations as a trained facilitator and/or presenter. She continues to heal on her own grieving process as she attempts to help others heal.

Dr. Sandra Howlett is a Grief Educator and Facilitator in Phoenix, Arizona. Her workshops and support groups are arenas of authenticity, experience and insight. She believes that grief is a natural response to loss and that healing is a journey.

Title: Creating Meaningful Rituals and Memorials for Healing and Remembrance - Rituals and memorials are means of both public and private acknowledgements of life and death with

healing powers on multiple levels. They range from large events to quiet, private acts of remembrance. Share your experience and learn additional contemporary expressions that offer comfort and opportunities for healing. Plan a future remembrance for your loved one.

Title: Precious Conversations

Precious Conversations is an experiential session that taps into the inner wisdom of the individual to facilitate a written dialogue between participants and anyone they choose, living or dead. The methodology is Jungian based and patterned on the work of the late Dr. Ira Progoff, founder and author of [At A Journal Workshop](#). The facilitator has been using this method for over 15 years and has extensive experience in Progoffian journaling techniques. She incorporates dialogue journaling in bereavement support groups as well as 1:1 work with clients.

Dr. Sandra Howlett is a Grief Educator and Facilitator in Phoenix, Arizona. Her workshops and support groups are arenas of authenticity, experience and insight. She believes that grief is a natural response to loss and that healing is a journey.

Title: Building Bridges to Patient Grief: This ethnographic performance of stillbirth patients' experiences and their interactions with care providers will combine audience participation, mixed method research and embodied ways of knowing to create opportunities for increased understanding, improved patient-centered communication and research-based recommendations for bereavement care. Attendees will be invited to share their experiences of news delivery and share successful strategies for improving patient care.

Suzanne Pullen: For the last three years, Suzanne Pullen has conducted research on the interactions between care-givers and stillbirth parents, seeking to develop more patient-centered communication strategies for health care providers that have a positive long-term impact on patients. She received her Master's Degree from San Francisco State University this spring and was the recipient of the Outstanding Graduate Student Award, was named Galinson Scholar by the CSU Trustees Award, and was the winner of the Edward Kauffman Scholarship. Her research into stillbirth communication between care-providers and patients received a Top Paper award at the Western States Communication Association Convention. She is a speech and communication instructor and has been a guest lecturer in fetal and maternal health courses for nursing students at San Francisco State University. She is also a bereaved parent and volunteers with two non-profit stillbirth organizations, ISA and First Candle and has advocated for stillbirth legislation on Capitol Hill. She is a former journalist for the San Francisco Chronicle who has written extensively on stillbirth issues and a chapter of her poetry will appear in "They Were Stillborn," a stillbirth anthology due out in October.

Title: When Birth and Death Merge: Perinatal Hospice - Perinatal Hospice is viewed as the natural evolution of hospice care extending into the prenatal period. Comprehensive, family centered services are begun when a referral is received in the prenatal period (typically from an Obstetrician or a Perinatologist) and continues through the birth/death of the baby and into the bereavement period. This workshop will cover the macro level process of forming a perinatal hospice program and will showcase at the micro level how the MISS Foundation implement's its perinatal hospice program in the metro phoenix area. * Intended for professionals interested in the perinatal population.

Dana Southworth, MSW: Dana first met Dr. Cacciatore in 1999 during a hospital workshop on providing compassionate care to the family experiencing the stillbirth of their infant. Much to her surprise, she called on the MISS Foundation the next spring when faced with a poor prenatal diagnosis in her own unborn daughter. When her daughter unexpectedly survived for three and a half years, the journey began for Dana and her family.

Dana holds a Master's degree in Social Work, and is a Licensed Practical Nurse. She plans to sit for the Certificate in Thanatology exam this November. She is currently working as a case manager for the Division of Developmental Disabilities where she specializes in medically fragile children aged birth to three.

Dana is the Director of the MISS Foundation's Perinatal Hospice program: Comfort and Resource Enhancement (C.A.R.E.). This program provides family-centered hospice services for families receiving a poor prenatal diagnosis in their unborn baby. The C.A.R.E. program serves families in the metro phoenix area. Dana is also a HOPE mentor for families experiencing the death of a child who had special needs and assists Dr. Cacciatore on special projects.

Kathy Cromwell, MSW, LCSW is the Director for the Center for Grief and Loss at Hinds Hospice. Kathy provides grief counseling to individuals and couples and facilitates grief support groups. Kathy specializes in working with parents who have experienced the death of their child by both illness and sudden death. She also responds to local hospitals to support families at the time of death. Kathy also coordinates the Angel Babies Perinatal Hospice and Bereavement program which was one of the first of its kind nationally.

Title: THIS BEAUTIFUL WOUND: Grief and Transformation: In this workshop, we explore the teachings of the sixteenth century Spanish saints, Teresa of Avila and John of the Cross, who show us how we may approach the radical mystery that often accompanies profound loss as a spiritual opportunity rather than as a problem requiring a solution. By engaging a contemplative in favor of a cathartic approach, we cultivate an environment of emotional safety and deep peace.

Mirabai Starr, M.A. Certified Grief Counselor, Professor of Philosophy and Religious Studies writes fiction, creative non-fiction and contemporary translations of sacred literature. She teaches Philosophy and World Religions at the University of New Mexico-Taos and teaches and speaks widely on contemplative practice and grief and loss. Mirabai has received critical acclaim for her new translations of Dark Night of the Soul by sixteenth century Spanish mystic, St. John of the Cross and The Interior Castle and The Book of My Life, by St. Teresa of Avila, the 6-volume series, "Devotions, Prayers & Living Wisdom, and the chapter on grief in Living Fully, Dying Well. She began to discover the ways in which grief can be significantly transformative in the wake of the death of her fourteen-year-old daughter, Jenny, in 2001.

Coping with Loss: Effective and Ineffective Communication

Communication plays a vital role in recreating a bereaved parent's identity, sense of meaning, understanding and welfare (Hastings, Musambira & Hoover, 2007; Toller, 2005). Unfortunately, many family and friends fail to meet the communicative needs of bereaved parents (Toller, 2005; Cluck & Cline, 1986). Bereaved parents often feel the need to carefully monitor to whom they speak and the extent and type of information they provide about their deceased child (Toller, 2005). This presentation presents a review of best practices, as defined by the literature, for communicating with others about loss. It takes multiple perspectives into consideration including bereaved parents and the family and friends who do not know how to communicate with them.

Laura Umphrey, Ph.D., is an Associate Professor of Communication at Northern Arizona University. She teaches both graduate and undergraduate courses in health communication. Her research interests include the role of communication in the bereavement support group process. She believes that communication profoundly shapes the quality of our lives. Laura and her husband, Ken, reside in the Flagstaff area and are the proud parents of three children; one who died at the age of 2 years 11 months.

Workshop Title: GRAPPLING with GOD

Sometimes the death of a child can cause a faith crisis. Questions arise about God's power. There may be feelings of anger or confusion about God's role in the death. We may cling to God to get through our grief. This workshop will offer opportunities to share our personal faith and grief journeys in a safe, non-judgmental space.

Evelyn Wald, MS, M.Div., PA Licensed Professional Counselor, specializing in Grief and Loss; Ordained Lutheran Minister Evelyn is a licensed professional counselor with more than 18 years experience, specializing in grief and loss. In addition to individual counseling she facilitates grief support groups, including specialized groups for miscarriage and early pregnancy loss and survivors of suicide. She is also a survivor. Evelyn is also the Clinical Coordinator and a facilitator for TIDES, a support program for grieving children and the people who love them. She also founded a home for people at the end stages of their lives in State College, PA. Evelyn is also a Lutheran minister supplying at a small rural church in Pennsylvania. She brings a wealth of expertise and experience, both personally and professionally. She is looking forward to meeting new folks and sharing our stories together.

Title: RESISTANCE TO RESILIENCY: The Phoenix in Grief. From the boating accident that took his brother, through the progressive loss to cancer of his wife and the mother of his children, to the traumatic auto accident that stole from him his two young daughters; Ted will share the slide into the depths of despair, through his struggle to abandon hope and life, and finally to the reconstruction of his identity and acceptance of his role in the world, giving hope and help to others who are stepping into the realms of loss and elevating to rebirth with a new definition of who they are and who they may become.

In this workshop, he will guide participants through the emotional and spiritual journey of grief and loss, using visual aids, contemplative reading, group discussion, and examples of ritual from a multi-cultural perspective. This workshop will cover the relevance of ritual and spirituality in contemporary grief counseling, both individually and in groups.

Reverend Ted Wiard, LPCC CGC is the Founder and Director of Golden Willow Retreat in Arroyo Hondo, NM, an emotional healing center focused on grief, loss and resiliency. He is a licensed clinical therapist, certified grief counselor, an ordained minister, a NM certified schoolteacher, and a certified tennis teaching professional. Ted's passion for working with grief, loss, and resiliency arose from his own personal losses in which he realized there were very few places to go for support and healing from loss. Ted is sought out for speaking engagements internationally and throughout the country. He has written many articles on the subject of emotional healing and has worked at prestigious places such as Betty Ford Center with grief and loss and the connection/disconnection of spirituality in loss, addiction, and relapse.

Title: Innovative Psychotherapeutic Interventions for Treating Bereaved Families This seminar pinpoints the theme of the Conference with information and interventions designed for dealing with the death of a child and its concurrent effects on the family. The approach is holistic in that it deal with the physical, emotional, psychological, and spiritual effects of trauma and presents many healing modalities. The two highly trained therapists, a psychologist and master's counselor, have over thirty years experience in the field of trauma. Also, both therapists have presented in many conferences, and Dr. Neil Weiner has a published book in the field of trauma.

Neil Weiner, Ph.D. is a licensed psychologist in private practice for 25 years. An Adjunct Faculty at Arizona State University and the University of Phoenix he received the U. of P. Distinguished Teacher of the Year award three times. He is the co-author of *Shattered Innocence* and *The Art of Fine Whining*, and authored, *Across the Borderline*.

Cheryl Mallory earned her Master's of Counseling Degree at Arizona State University. She is a Licensed Professional Counselor and Nationally Certified Counselor who works extensively with trauma and sexual abuse. She has completed training in EMDR - I & II. Currently she is in private practice in Mesa, AZ, serving individual, marriage, grief, chronic pain and trauma populations.

