



4 T H A N N U A L
**Grief Awareness
Conference**



Friday, November 17
8:45am - 4:30pm
Creighton University
Harper Center

Join us for...

A professional conference to enhance awareness, education, and support for all forms of grief in our community.

7811 Farnam Drive
Omaha, NE 68114
402-502-2773
griefsjourney.org

SCHEDULE AT A GLANCE



8:00-8:45 am	Registration, Breakfast, & Exhibitors
8:45-9:00 am	Welcome & Introduction
9:00-10:30 am	Opening Keynote (1.5 CEs) <i>From “Staying Inside” to the “Other Side”: The Suffocated Grief of African American Youth</i> (Tashel Bordere, PhD, CT)
10:30-11:00 am	Networking & Exhibitor Break
11:00-12:00 pm	Session A: Concurrent Workshops (1 CE)
12:00-12:30 pm	Lunch
12:30-1:30 pm	Luncheon Keynote (1 CE) <i>Spiritual Identity & Religious Diversity: Ethical Implications for Our Work</i> (Beth Katz, MSW, MPP) <i>This session meets the criteria of an approved continuing education program for mental health and social work practice related to ethics.</i>
1:30-1:45 pm	Break
1:45-3:15 pm	Session B: Concurrent Workshops (1.5 CEs)
3:15-3:30 pm	Break
3:30-4:30 pm	★ Session C: Concurrent Workshops (1 CE)

Tashel Bordere, PhD, CT

Tashel C. Bordere, PhD, CT is Assistant Professor of Human Development and Family Science and State Extension Specialist in Youth Development at the University of Missouri-Columbia where she teaches Childhood Death and Bereavement, Black Families, Adolescence and Young Adulthood, and Lifespan Development. She is past editor of *The Forum* (ADEC), past board member of the Association for Death Education and Counseling, and past Chair of the People of Color/Multicultural Committee. She is also a certified thanatologist in Death, Dying, Loss and Grief. Dr. Bordere has conducted numerous workshops, consultations, trainings and published works relating to diversity and resilience through loss, including her recent co-edited and co-written book (with Darcy Harris), *Handbook of Social Justice in Loss and Grief*. Dr. Bordere was featured on NPR, "Teens and Grief", in a Hospice Foundation of America's Live National Webcast, "Living with Grief: Helping Adolescents Cope with Loss", and Open to Hope Cable Show, "Saving At-Risk Youth". Her research focuses on adolescent adjustment to death and loss, with emphasis on assaultive violence, homicidal death, coping and grief among African American youth. She also studies New Orleans death rituals. Dr. Bordere developed SHED Grief Tools to educate and equip teachers with tools to support youth coping with death and non-death loss in the context of school settings.



From “Staying Inside” to the “Other Side”: The Suffocated Grief of African American Youth

African American youth from diverse socioeconomic statuses are often faced with grief following homicide loss, race-based trauma, and ever-present threats to their personal safety, frequently in the absence of formal support and protection. Drawing from her research on African American youth bereavement and recent highly publicized cases in the media, findings will be presented on the complexities of grief and coping surrounding homicide loss for African American youth and families from cultural-contextual, systemic, developmental, and social justice perspectives. We will also explore the concept of “suffocated grief” as a culturally-relevant framework for understanding the experiences of youth coping with significant losses related to gun violence in their primary settings. Resiliency factors (e.g. New Orleans Death Rituals) will be explored as well as creative and effective approaches, including a cultural iconic approach and culturally conscientious practice, in work with bereaved disenfranchised youth.

Learning Objectives:

1. Define patterns unique to the suffocated grief experiences of African American youth and families bereaved by homicide loss from a developmental, historical, contextual, and social justice perspective
2. Describe factors that complicate the grief process for youth and families bereaved by homicide loss as well as factors that enfranchise grief and promote survival
3. Identify approaches to support and outreach among bereaved African American youth and families

Beth Katz, MSW, MPP

Beth Katz is a social entrepreneur and consultant with nearly two decades of experience advancing human rights, diversity, and inclusion. She founded and for ten years served as the Executive Director of Project Interfaith, a non-profit organization whose mission was to create understanding, respect, and relationships among people of all faiths, beliefs, and cultures. Through her work, she has collaborated with a variety of communities and institutions locally and across the globe including the American Academy of Religion, the Obama administration, and the UN Alliance of Civilizations. Beth also has served as an adjunct professor at Creighton University's Heider College of Business and at the University of Nebraska at Omaha in the College of Education and in the Political Science Department. As an adjunct professor, she has developed and taught courses on the intersection of religion and business, religion and religious diversity in the public schools, and international conflict transformation. She holds a Master of Public Policy and a Master of Social Work from the University of Michigan and has a Bachelor of Science in Education from Creighton University.



Spiritual Identity and Religious Diversity: Ethical Implications for Our Work

Join us as we consider how serving spiritually and culturally diverse clients and our own spiritual and cultural identities and backgrounds impact the care and services that we provide. We'll briefly survey highlights from recent research about how people identify and express spiritual and cultural identities and reflect on the questions that this raises and the resources that we need to more effectively serve diverse individuals and communities. We also will sample some of the available tools and resources that may be helpful in navigating these conversations with clients and community members.

Learning Objectives:

1. Demonstrate awareness about the shifting local and national spiritual/religious and cultural landscapes
2. Critically reflect on one's own spiritual and/or religious identity and how this potentially impacts one's work as a professional
3. Share opportunities, concerns, challenges, and/or needs regarding serving spiritually and culturally diverse clients
4. Discuss a sampling of professional tools and credible resources for helping to navigate conversations with clients about religious, spiritual, and/or cultural identity and practices

This session meets the criteria of an approved continuing education program for mental health and social work practice related to ethics.



Session A Workshops

Dusk to Dawn: A Hospital-Based Violence Prevention Program

Charity Evans, MD, MHCM, & Ashley Emmel, MSN, MBA, RN

Dusk to Dawn is a youth violence prevention program created in collaboration with the University of Nebraska Medical Center's trauma team, hospital administration, community youth programs, and the police department. An idea born out of a trauma surgeon's desire to do more than simply treat the injured, this violence prevention program educates Omaha's youth about the emotional, physical, and social consequences of interpersonal violence, while challenging them to find pathways to a healthier life. At-risk youth are brought into the hospital trauma bay where they are guided through real-life circumstances surrounding the violent death of a local 20-year old man. During this interactive experience, youth see the realities of interpersonal violence, as well as reflect on their own feelings, ability to problem solve, and risk and protective factors towards violence. Join us to hear each collaborator's perspective on creating a hospital-based violence prevention program and the impact this can have on youth.

Learning Objectives:

1. Demonstrate the Dusk to Dawn program in action
2. Discuss each collaborator's impetus for creating a hospital-based violence prevention program
3. Describe steps involved in creating your own hospital-based violence prevention program

Perinatal Hospice: Providing Hope for the Hopeless Pregnancies

Jennifer Sommer

This presentation equips the multidisciplinary team that walks with families carrying a baby with a life-limiting condition. That team can include obstetricians, nurses, perinatologists, NICU, social workers, chaplains, doulas and volunteers. The family-centered approach embraces families where they're at and allows opportunities for more options and resources.

Learning Objectives:

1. Recognize bereaved parents' experiences and the need for options and resources when facing perinatal loss through hearing personal testimonies
2. Discover ways in which a palliative care team can create long-lasting memories with a family experiencing a perinatal loss
3. Describe a collaborative approach to forming a comprehensive family-centered perinatal loss support program, including HEALing Embrace, hospitals, and clinics



Co-Parenting Grief

Michael Perdunn

Co-parenting, or two parents working together to raise a child even though they are not living together, is becoming more common. As of 2015, over 1.6 million children were born to unmarried couples, accounting for 40% of all births in the US. The death of one co-parent presents a very unique grief journey for the surviving parent. Through an active dialogue, this session will discuss the unique challenges for co-parents dealing with loss and provide insight to differences and similarities to traditional spousal loss that may present.

Learning Objectives:

1. Recognize the growth of co-parent grief
2. Describe the unique challenges faced by co-parents dealing with grief
3. Analyze similarities and differences in co-parent grief to traditional spousal loss models that practitioners may encounter

The Role & Impact of Grief in the Addiction Journey

Alan Fredericksen, MA

This session is an approved continuing education program for alcohol and drug counselors for 1.0 hour (Approval Number 17.042).

The relationship between grief, loss, and addiction can be seen in countless stories and experiences of those who have struggled with addiction. Grief can also be found in various stages of the addiction cycle including the pre-addiction, active use, and recovery stages of addiction. This presentation seeks to help audience members identify the role and impact that grief and loss has in the addiction process including the challenges it presents to a life of sobriety.

Learning Objectives:

1. Identify the role and impact grief and loss has in the pre-addiction, addiction and recovery stages of the addiction process
2. Recognize the challenges grief and loss can present to recovery
3. Implement techniques to facilitate the grieving process with clients who are struggling or have struggled with addiction



Session B Workshops

Space and Place for Grief Support in Schools: A Cultural Framework

Tashel Bordere, PhD, CT

Individuals working with youth can play pivotal roles in enfranchising grief around both normative and stigmatized death and non-death losses. The cost is great when youth bereavement goes unrecognized as youth may be faced with “suffocated grief” (Bordere, 2014, 2016) or penalties around grief-related behaviors that are improperly assigned or labeled. Children coping with high rates of violent death losses may be especially vulnerable to suffocated grief in their primary settings. This interactive presentation will highlight ways to create and maintain communities of support for grieving children, teens, and young adults in schools and youth organizations. Drawing from a research-based grief support training program, grounded in contextual-developmental, social justice, and positive youth development theories, findings and exemplars will be presented.

Learning Objectives:

1. Explain the utility of grief support for youth coping with death and non-death loss employing developmental, social justice, and positive youth development frameworks
2. Describe ways to recognize and enfranchise the grief of bereaved youth
3. Identify resources for supporting bereaved students, staff, administrators, and families

There is No Good Grief, Charlie Brown: How the Brain and Body Process Grief

Barb Harris, PhD

This workshop encourages participants to notice where and how the body holds tension and stress. Attendees will leave with an understanding of the brain on stress and its relationship to physical well-being, practical brain chemistry, the digestive system as the “second brain”, and how the vagus nerves connect our breath, body, and thoughts. Participants will practice breath and movement techniques to begin a deeper understanding of the impact of grief. This experiential workshop is for anyone who wants to be reminded that the mind encompasses the body and that there are practices to alleviate the physicality of grief.

Learning Objectives:

1. Explain the physiology of grief
2. Evaluate where participants hold grief in their bodies
3. Practice breath and movement techniques to notice the physical reactions to grief and acquire skills to connect the body to the mind



Grief from Inherited Trauma

Scott Butler, EdD & Kay Kronholm, MS, LMHP, NCC

This session is a roundtable discussion of the book *It Didn't Start With You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle*.

Participants in this session are encouraged to read the book prior to the conference. A brief synopsis presenting key highlights will be presented. The facilitators will then lead a discussion in which participants will be challenged to relate the content to professional practice. Emphasis will be placed on the strategies used to identify a case in which the grief emotion is inherited as well as the strategies outlined in the book by which this dynamic can be resolved.

From the book jacket:

"It Didn't Start with You builds on the work of leading experts in post-traumatic stress, including Mount Sinai School of Medicine neuroscientist Rachel Yehuda and psychiatrist Bessel van der Kolk, author of *The Body Keeps the Score*. Even if the person who suffered the original trauma has died, or the story has been forgotten or silenced, memory and feelings can live on. These emotional legacies are often hidden, encoded in everything from gene expression to everyday language, and they play a far greater role in our emotional and physical health than has ever before been understood."

Learning Objectives:

1. Understand the recent research showing that stress reactions can be inherited even if the current client is unaware of the traumas of past generations
2. Identify strategies to use in the assessment process to determine if a client is experiencing an inherited trauma
3. Identify and investigate strategies that can be used to resolve inherited trauma

Understanding Suicide Grief

Jill Hamilton

This presentation will provide an overview of general facts about suicide and local suicide statistics. The Metro Area LOSS Team, a team of suicide survivors and clinicians who provide postvention support following a suicide, will be introduced and a panel discussed facilitated as the audience hears suicide survivors share their stories of post traumatic growth.

Learning Objectives:

1. Recognize the complexity and unique considerations of suicide grief
2. Describe the importance of suicide postvention support
3. Compare stories of grief and survival from local suicide survivors



Session C Workshops

Ethics and Decision Making at the End of Life

Jacob Dahlke, MS

This session meets the criteria of an approved continuing education program for mental health and social work practice related to ethics.

This session will engage the audience in a discussion about bioethical principles as they relate to medical decision making, particularly at the end of life and when surrogates are involved. We will review the common language used, relevant state laws, and best practices in participating in such situations.

Learning Objectives:

1. Describe the basic ethical principles relevant to healthcare and medical decision making
2. Apply bioethics principles to specific situations, including those at the end of life and when surrogate decision makers are involved

Hands-On Activities to Support Grief for Children 3-18 Years

Monica White, MSW, LCSW & Hannah Dolezal

This presentation will provide an overview of developmental understanding of death and loss for children ages 3 to 18 along with experiential activities that can be led by supporting adults to assist youth in processing their loss. The presentation will have a lecture format with interactive sharing and activities for each age group, providing a basic foundation for those new to grief support and ideas for grief processing for those currently supporting those who grieve. Parallels will be made with the grief support program offered by Grief's Journey.

Learning Objectives:

1. List 2 activities per age group to support grief processing
2. Demonstrate 1 activity per age group to support grief processing
3. Describe the age-progression of activities for grief support, modeled after Grief's Journey support group program



Grief in Native American Communities

Grace Johnson

Native American grieving practices today are misunderstood. Insight and awareness are needed of historical and cultural factors that affect the way Native peoples, families, and communities grieve. This workshop will present aspects of Native American grief, including: the importance of extended family bonds and ties, the view of death as “going home”, elaborate funeral rituals, and longer grieving time. “Unresolved Grief” and little-known historical events contributing to current grieving issues today will also be discussed.

Learning Objectives:

1. Summarize the impact of historical and cultural factors on Native American grief
2. Describe specific Native American grieving practices

All Gave Some, Some Gave All: Grief Work with Veterans, Active Military, and their Families

Erika Jacobson, MSW, LCSW, LADC

This presentation will provide attendees a basic understanding of the history and structure of the United States Military, Department of Veteran Affairs, and veteran organizations. Attendees will learn how the culture of military/veteran systems impacts the grief experience for not only those who are or have served in the military but for their families as well. Various forms of grief as it relates to the military experience will be discussed, such as the loss of friends in combat, loss of limbs/health, missed life experiences, and loss experienced by military families. Attendees will be provided with basic tools to utilize in working with military personnel/veterans and their families in processing grief issues. Local and national resources for dealing with military grief will also be discussed.

Learning Objectives:

1. Recall a brief overview of the military, Department of Veteran Affairs, and Veterans organizations
2. Identify the forms of grief experienced by veterans, active military, and their families
3. Integrate tools and resources to assist veterans, active military, and their families dealing with grief issues