



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



Thursday, November 15
8:30am - 4:30pm
**Creighton University
Harper Center**

402-502-2773
griefsjourney.org

Join us for...

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

SCHEDULE AT A GLANCE

8:30-8:45 am	Welcome & Introduction
8:45-10:15 am	Opening Keynote (1.5 CEs) <i>Healthy Healing</i> Michelle Steinke-Baumgard
10:15-10:45 am	Networking & Exhibitor Break
10:45-11:45 pm	Session A: Concurrent Workshops (1 CE) <ul style="list-style-type: none">• The Impact of Adverse Childhood Experiences on Adult Grieving (Scott Butler, Ed.D. & Kay Kronholm, MS, LMHP, NCC)• Young Adult Grief (Michael Kelley, Ph.D. & Madeleine Moore, PLMHP)• School-Based Grief Support (Kathie McGill, NCC, LMHP)• Learning to Live Again After Loss (Michelle Steinke-Baumgard)
11:45-12:30 pm	Lunch
12:30-2:00 pm	Luncheon Keynote (1.5 CEs) <i>The Art of Compassion: Managing Compassion Fatigue & Burnout through the Use of Expressive Arts</i> Jea Theis, MSW, LCSW, LIMHP & Betsy Funk, LCSW, LIMHP, MPA, REAT
2:00-2:15 pm	Break
2:15-3:15 pm	Session B: Concurrent Workshops (1 CE) <ul style="list-style-type: none">• How Media Presents Death & Grieving to Children (Nicholas Cabal)• Understanding Grief through the Cultural Dimensions (Javier Castellote, MA)• Taking Grief to School (Marlena Laney, LMHP, LPC)• Hidden Trauma: Supporting Families Impacted by Incarceration (Teela Mickles)
3:15-3:30 pm	Break
3:30-4:30 pm	Session C: Concurrent Workshops (1 CE) <ul style="list-style-type: none">• Art & Grief: Art Interventions to Aid the Grieving Process (Barb Daubenspeck, Ph.D. & Kristin Erickson, Ph.D.)• The Death of Promise & the Promise of Death: Substance Abuse, Addiction, & Grief (Edward DeSimone, R.Ph., Ph.D., FAPhA) <i>This session is an approved continuing education program for alcohol and drug counselors for 1.0 hour (Approval Number 18.063).</i>• The Untold Stories: Migration Loss & Grief (Jumoke Omojola, LICSW)• Embracing Hearts Affected by Pregnancy & Infant Loss (Jennifer Sommer)

Michelle Steinke-Baumgard

Michelle Steinke-Baumgard is an author for HarperCollins, speaker for WME, virtual fitness coach, mother and a re-married widow. After losing her husband, Mitch, in 2009, she turned to exercise as an outlet for grief and a way to handle stress. Michelle found it so powerful that she eventually quit her corporate job to become a fitness trainer and launched the popular blog, One Fit Widow, where she writes about using fitness as a grief coping mechanism. Since then Michelle has been featured in Fitness Magazine, Shape Magazine, contributed to articles for Prevention Magazine, The Huffington Post, and countless other media outlets. In addition to her virtual training business, Michelle launched her nonprofit, Live the List, in 2014 focused on helping widows and widowers complete bucket list dreams to honor their late spouse while moving boldly into their future. You can find Michelle on the One Fit Widow Facebook page and on her blog.



Michelle's new book, *Healthy Healing: A Guide to Working Out Grief Using the Power of Exercise and Endorphins*, focuses on using fitness as a grief coping mechanism and is available now wherever books and e-books are sold. Learn more at www.healthyhealingbook.com.

Healthy Healing

In the world of grief and loss, we often forget that not only do we need to take care of our emotional state, but it is critical that we take care of our physical state as well. The body and the mind are not two separate entities, but instead, they work together to help us process the unthinkable and move forward stronger and healthier. My goal is to get people moving with exercise so they are better able to move forward with their lives in a positive and life-affirming way.

Learning Objectives:

1. Identify strategies for grieving clients to process grief response in a healthy way
2. Describe steps for healthy movement forward in the grief process
3. Discuss health and wellness outcomes related to grief and loss

Jea Theis & Betsy Funk

Jea Theis is a licensed independent mental health counselor and social worker and co-founder of Omaha Therapy and Arts Collaborative. Jea has been working in the social services and mental health field for almost twenty years, starting in the area of family violence as a men's domestic violence counselor and CPS worker. After completing her MSW, Jea practiced in a community mental health counseling center, then spent time working with children and families impacted by sexual abuse and other trauma. She has received specialized training in EMDR, Trauma-Focused Cognitive Behavioral Therapy, Parent-Child Interaction Therapy, Child-Parent Psychotherapy, and Compassion Fatigue. Her other passion is increasing awareness about compassion fatigue, providing education and consultation to agencies and supporting those working in helping professions in our community.



Betsy Funk is a licensed independent mental health practitioner and co-founder of Omaha Therapy and Arts Collaborative. She has been a certified social worker for over 21 years and a mental health practitioner for 14 years. She has worked with various agencies including Goodwill Industries, Nebraska Health and Human Services, and Lutheran Family Services. Currently, she works with people coping with challenges of all kinds with a specialty in trauma and childhood abuse related issues. She has specialized training in Trauma-Focused Cognitive Behavioral Training as well as Expressive Arts Therapy, having just completed the training requirements for a REAT (Registered Expressive Arts Therapist) certification. Her passion involves bringing the arts into treatment in a way that promotes healing and resiliency. She is the founder of the "GREAT" Teen and Kids Groups, which are Expressive Arts focused therapy groups currently being piloted in area schools.

The Art of Compassion: Managing Compassion Fatigue & Burnout through the Use of Expressive Arts

We will bring an experiential workshop to the Grief Awareness Conference which will provide an educational and engaging discussion about compassion fatigue and expressive arts to helping professionals. Additionally, this workshop will provide a hands-on opportunity to learn to utilize and incorporate expressive arts techniques and practices in relation to symptoms and issues related to compassion fatigue. We will also teach new art-related coping skills practices to prevent burnout and compassion fatigue.

Learning Objectives:

1. Define and differentiate between compassion fatigue, primary and secondary trauma, vicarious trauma, burnout, and compassion satisfaction
2. Examine contributing factors, signs, and symptoms of compassion fatigue and vicarious trauma
3. Identify and practice individual expressive arts strategies that help mitigate the symptoms and effects of compassion fatigue and vicarious trauma
4. Discuss issues related to workplace burnout and reconnect with the rewards of your work



Session A Workshops

The Impact of Adverse Childhood Experiences on Adult Grieving

Scott Butler, Ed.D. & Kay Kronholm, MS, LMHP, NCC

Research has made clear connections between adverse childhood experiences (ACES) and a variety of physical and mental health outcomes for adults. These connections can be "unpacked" in order to inform professionals who work with adults so that we can better refine our practices to maximize results. This presentation will equip participants to unpack the ACES research so they can apply it to their daily practice.

Learning Objectives:

1. Identify a history of adverse childhood experiences and their potential impact on adult mental health
2. Implement strategies to assist adults who are impacted by adverse childhood experiences process grief
3. Assess when adverse childhood experiences may be complicating grief processing for adult clients

Young Adult Grief

Michael Kelley, Ph.D. & Madeleine Moore, PLMHP

This presentation will explore the unique concerns facing grieving college-aged individuals. We will present case studies of young adults' reactions to the death of a loved one. Primarily, we will explain several major processes: the identity shift, the isolation, and the disillusionment, in addition to the profound sadness and reality of loss. These realities pose challenges to young adults, who have lost a sense of security, whose peer support group often cannot understand, and who have never before experienced something so complex and painful. Presenters will draw upon their experience from two years of running Creighton's Grief Support Group, and will discuss effective approaches used in addressing grief with this population.

Learning Objectives:

1. Identify the unique challenges of grieving college-aged individuals
2. Differentiate how young adults differ from older adults in their grief
3. Summarize approaches to grief counseling that are effective for the young adult population



School-Based Grief Support

Kathie McGill, NCC, LHMP

School professionals may find themselves supporting students who are grieving a death loss at any time. The variety of experiences encountered may include:

- spending time in a “grief room” with children during a crisis response
- supporting students on an individual basis who have experienced the death of a loved one
- facilitating a weekly small grief group
- supporting teachers and staff in working with students
- connecting with bereaved families

Those attending this session will learn about materials, strategies & considerations for school-based grief support. This session is also appropriate for group facilitators and other professionals working with grieving youth to learn practical, hands-on techniques to support youth outside of school settings.

Learning Objectives:

1. Identify materials that are helpful in school-based grief support
2. Implement new strategies for use with bereaved students, staff, and families
3. Apply Wolfelt’s Central Needs of Mourning in the school environment

Learning to Live Again After Loss

Michelle Steinke-Baumgard

Genuinely living again after a loss is one of the hardest things to do. People put great pressure on themselves to get over their loss rather than accepting it as part of who they have become. Taking small, necessary steps towards a “new normal” makes it possible to live one’s own beautiful life after loss. This session discusses a variety of topics to help those who are grieving develop a unique plan and take the necessary first steps to beginning again.

Learning Objectives:

1. Describe the process of establishing goals following a loss
2. Identify achievable steps to integrate loss into one’s life and establish a “new normal”
3. Discuss strategies to empower clients to pursue goals following a loss



Session B Workshops

How Media Presents Death & Grieving to Children

Nicholas Cabal

From classic children's books and TV shows such as *Charlotte's Web*, *Bridge to Terabithia*, and *Mr. Roger's Neighborhood* to modern favorites such as *Daniel Tiger's Neighborhood* and the movies *Up!* and *Coco*, storytellers have sought to introduce the concepts of death and grieving to children. This breakout session will present and discuss the ways these different media platforms approached their task.

Learning Objectives:

1. Discuss examples of children's books, TV, and movies presenting the concept of death and grieving to children
2. Critique the pros and cons of children's media approaches to addressing death and grief

Understanding Grief through the Cultural Dimensions

Javier Castellote, MA

Conversations about culture tend to be rather difficult because of the magnitude of the subject. Also, quite often, our conversations tend to be uninformed because of our lack of understanding of our own culture. Through this presentation, the participant will learn about how to understand culture through the 6 dimensions proposed by Geert Hofstede as a way of gaining more insight into this subject. Participants will also be presented with American perceptions of grief and then explore ways to connect with others cross culturally, so that no one has to walk alone.

Learning Objectives:

1. Identify the dimensions of culture and how they are measured across nationalities
2. Discuss ways in which American culture perceives and responds to grief and how it differs and relates to other cultures
3. Apply techniques to help others with their grief cross-culturally



Taking Grief to School

Marlena Laney, LMHP, LPC

Complicated grief can impact individuals for an entire lifetime. Children process grief differently than adults and often need to experience healing through the use of their senses. This workshop will identify how grief impacts the brain in learning and social relationships. Participants will be able to identify how to use a few activities to engage healing in children and better understand the value of using senses to recover from loss.

Learning Objectives:

1. Describe how grief impacts learning and social relationships in youth
2. Demonstrate activities that facilitate healing by using grief techniques

Hidden Trauma: Supporting Families Impacted by Incarceration

Teela Mickles

This presentation brings awareness to the trauma experienced by persons confined in correctional facilities and the ripple effects their plight has on themselves, their families, and the community. It will expose possible root causes for the trauma and suggest options to identify, embrace, and address possible resolve for that trauma. In addition, it will provide professionals who work with families and children of incarcerated individuals a deeper understanding for a more realistic and holistic approach toward family healing, reunification, breaking generational cycles and reducing recidivism.

Learning Objectives:

1. Recognizing underlying causes for trauma for those who are incarcerated and their families
2. Assist clients in developing a personal recovery plan after traumatic events related to incarceration



Session C Workshops

Art & Grief: Art Interventions to Aid the Grieving Process

Barb Daubenspeck, Ph.D. & Kristin Erickson, Ph.D., LMHP/PC, LPC, NCC, BCB, ACS

Emotions related to grief and loss can be difficult for some individuals to process verbally. In this interactive hand-on session, a variety of creative art interventions that counselors can use with clients to help explore components to grief and loss will be presented. Participants in the session will have an opportunity to engage in the creative process throughout the session. These interventions can be used with a wide variety of populations and ages. Adaptations will be explained and examples will be shared.

Learning Objectives:

1. Describe why art is a useful tool in grief and loss counseling
2. List 5 art-based grief interventions & explain how & when to use these interventions with clients
3. Explain modifications, cautions, and ethics associated with art interventions to address a variety of populations

The Death of Promise and the Promise of Death: Substance Abuse, Addiction, & Grief

Edward DeSimone, R.Ph., Ph.D., FAPhA

Addiction is brought about by the adaptation of the brain to the toxic effects of drugs and alcohol at the biochemical and cellular level. Given sufficient quantities of drugs for an appropriate duration of time, changes in the brain will occur which will lead to addiction. Research has shown that addiction is caused by an interaction of genes, neurotransmitters, memories, pleasure, stress, cravings, and permanent changes that occur within the brain. The development of addiction affects the dynamics of the family system which can have a long-term, or even permanent, behavioral impact on each member. Many emotions, especially anger, mourning, and grief, can follow each family member throughout adulthood in terms of loss of relationships and loss through death. In recovery, the addict can also experience the grief of losing the intimate relationship with a substance that was more important than family. Dealing with grief and loss is crucial for those afflicted by the addict, the addict himself, and the Adult Child in the recovery process.

Learning Objectives:

1. State the causes of addiction
2. Describe the emotional impact of addiction on the addict, the family, and significant others
3. Describe the role of grief in (a) those afflicted by active substance use addicts, (b) those who experience a loss due to separation or death, and (c) substance abusers who work through their recovery from addiction



The Untold Stories: Migration Loss & Grief

Jumoke Omojola, LICSW

Immigration, either voluntary or involuntary, offers opportunities as well as suffering. This presentation focuses on some of the unique losses immigrants experience. These losses are frequently invalidated and over time impact mental wellness and could present as mental health issues. Practitioners working with diverse immigrant populations are encouraged to recognize and provide appropriate treatment for this experience of disenfranchised grief.

Learning Objectives:

1. Identify 5 losses associated with immigration
2. Recognize common mental health challenges among immigrant populations

Embracing Hearts Affected by Pregnancy & Infant Loss

Jennifer Sommer

The loss of a pregnancy or infant is hard water to navigate for the family, but what about the family and friends, co-workers and community? This presentation is to help open the hearts and hands of others who are embracing these families with support resources, options, ideas and ways they can share with the family their love and support. The death of a baby brings a plethora of feelings that many don't know how to respond to. This engaging and uplifting presentation will have the guests feeling encouraged and equipped to walk the dark journey with a family member or friend who has experienced a pregnancy or infant loss.

Learning Objectives:

1. Recognize the needs of bereaved parents following pregnancy or infant loss
2. Describe the impact of pregnancy and infant loss on families and the community as a whole
3. Apply resources and techniques to support someone who has experienced a pregnancy or infant loss