Caring for the Grieving: Examining the many ways we can help the grieving including caring for the caregivers

June 5–7, 2017 | La Crosse, Wis.

Pre-conference Workshop: June 4, 2017

This educational offering is recognized by the following for continuing education units/hours:
- American Psychological Association (APA)
- Association for Death Education and Counseling®
- National Board for Certified Counselors (NBCC)
- University of Wisconsin-Extension

www.uwlax.edu/conted/dgb
OPTIONAL EVENTS:

Morning events:
Monday, June 5 and Tuesday, June 6 | 7:15 a.m.
Mindfulness with Andrew Vitale
Student Union—Outdoor Fire Pit

Evening events:
Sunday, June 4: $25, La Crosse Queen Mississippi River Cruise, 5:30–8 p.m.
Monday, June 5: Newbie Gathering, 5–6 p.m.
Student Union—First Floor Fireplace Lounge
Tuesday, June 6: FREE, Documentary showing and discussion, 7–8:30 p.m.
Student Union—Room 0120, The Theater
Screening of:
Professional CAREgivers: Their Passion, Their Pain

SAVE THE DATE:

University of Wisconsin-La Crosse Presents

INTERNATIONAL
Death, Grief and Bereavement
Conference 2018
Resilience
Helping ourselves and those we serve
to become more resilient

June 4–6, 2018
Pre-conference Workshop:
June 3, 2017

INTERESTED IN PRESENTING?
See page 13 for our Call for Proposals information.

DON’T FORGET ABOUT EXHIBITING!
Does it make sense for your organization to be represented at this conference? Bring the information along next year to exhibit and share the wealth of knowledge.

www.uwlax.edu/conted/dgb
1.866.895.9233 | conted@uwlax.edu
## PRE-CONFERENCE WORKSHOP

**SUNDAY, June 4, 2017**
All session are held in the Student Union

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30–8:30 a.m.</td>
<td>Registration and Continental Breakfast</td>
<td>2120 Cliffwood</td>
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<tr>
<td>8:30–10 a.m.</td>
<td>Pre-conference Workshop The Breath of Life and Bereavement</td>
<td>Room 3310</td>
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<td>Thomas Attig, Ph.D., Author</td>
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<tr>
<td>10–10:15 a.m.</td>
<td>Break</td>
<td>2120 Cliffwood</td>
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<tr>
<td>10:15–11:45 a.m.</td>
<td>Pre-conference Workshop Catching Your Breath in Grief I</td>
<td>Room 3310</td>
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<td>Thomas Attig, Ph.D., Author</td>
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<tr>
<td>11:45–12:45 p.m.</td>
<td>Lunch</td>
<td>2120 Cliffwood</td>
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<td>11:45–4 p.m.</td>
<td>Bookstore</td>
<td>2120 Cliffwood</td>
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<tr>
<td>12:45–2:15 p.m.</td>
<td>Pre-conference Workshop Catching Your Breath in Grief II</td>
<td>Room 3310</td>
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<td>Thomas Attig, Ph.D., Author</td>
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<td>2:15–2:30 p.m.</td>
<td>Break</td>
<td>2120 Cliffwood</td>
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<tr>
<td>2:30–4 p.m.</td>
<td>Pre-conference Workshop Catching Your Breath in Grief III</td>
<td>Room 3310</td>
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<td>Thomas Attig, Ph.D., Author</td>
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<tr>
<td>5:30–8 p.m.</td>
<td>Optional Evening Event</td>
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<td>La Crosse Queen</td>
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<td>Mississippi River Cruise</td>
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## MONDAY, JUNE 5, 2017
All session are held in the Student Union

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<thead>
<tr>
<th>Time</th>
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<th>Location</th>
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<tbody>
<tr>
<td>7:15 a.m.</td>
<td>Mindfulness with Andrew Vitale</td>
<td>Student Union—Outdoor Fire Pit</td>
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<tr>
<td>7:30–8:15 a.m.</td>
<td>Registration and Continental Breakfast</td>
<td>2120 Cliffwood</td>
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<tr>
<td>8 a.m.–5 p.m.</td>
<td>Bookstore &amp; Exhibitors</td>
<td>2120 Cliffwood</td>
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<td>Hosted by Centering Corporation</td>
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<tr>
<td>8:15–8:30 a.m.</td>
<td>Welcome &amp; Announcements</td>
<td>2130 Grandad</td>
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<td>8:30–9 a.m.</td>
<td>Storytelling</td>
<td>2130 Grandad</td>
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<td>Andy McNeil &amp; Joy Johnson</td>
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<tr>
<td>9–10:30 a.m.</td>
<td>Keynote Session</td>
<td>2130 Grandad</td>
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<td>Honoring Healthcare Professionals’ Experiences of Suffering, Grief, and Hope</td>
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<td>Kathie Kobler, M.S., APN, PCNS-BC, CHPPN, FPCN</td>
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<tr>
<td>10:30–11 a.m.</td>
<td>Break</td>
<td>2120 Cliffwood</td>
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<tr>
<td>11 a.m.–12:30 p.m.</td>
<td>Concurrent Sessions</td>
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**Concurrent Sessions**

- “Going on a Bear Hunt...We’ve got to go through it!” | Room 3130
- MyGrief.ca: The new Canadian Virtual Hospice Loss and Grief Interactive Tool for Patients and Families | Room 3310
- Exploring Grief Dreams | Room 3314
- Joshua Black, B.A., M.A., Ph.D. (student)

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<tr>
<td>12:30–1:30 p.m.</td>
<td>Lunch</td>
<td>2130 Grandad</td>
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<td>1:30–3 p.m.</td>
<td>Keynote Session</td>
<td>2130 Grandad</td>
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<td>Seeing Demise thru Humorous Eyes</td>
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<td>Allen Klein, M.A., CSP</td>
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<td>3–3:15 p.m.</td>
<td>Break</td>
<td>2120 Cliffwood</td>
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<td>3:15–4:45 p.m.</td>
<td>Concurrent Sessions</td>
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</table>

- Manage Conflict and Maintain Ethical Communication Through the Throes of Grief | Room 3130
- Laura Smythe, M.A., M.A., J.D.
- Caring for the Caregiver: Retreats as a Novel Approach to Caring for Perinatal Loss Health Professionals | Room 3310
- Lindsey Wimmer, CPNP, CPLC
- Treasuring Memories—Using Art in Grief work (even if you aren’t an artist) | Room 3314
- Amy Kitsembel, M.Ed., CSW, FT

<table>
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<tr>
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<th>Location</th>
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<tbody>
<tr>
<td>5–6 p.m.</td>
<td>Newbie Gathering for New Conference Attendees</td>
<td>2130 Grandad</td>
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**AT-A-GLANCE**

2017 International Death, Grief and Bereavement Conference
Caring for the Grieving: Examining the many ways we can help the grieving including caring for the caregivers
# 2017 International Death, Grief and Bereavement Conference

**Caring for the Grieving: Examining the many ways we can help the grieving including caring for the caregivers**

Continued from previous page

## Tuesday, June 6, 2017

All sessions are held in the Student Union

<table>
<thead>
<tr>
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<tr>
<td>7:15 a.m.</td>
<td>Mindfulness with Andrew Vitale</td>
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<tr>
<td>7:30–8:15 a.m.</td>
<td>Registration and Continental Breakfast 2120 Cliffwood</td>
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</tbody>
</table>
| 8 a.m.–5 p.m.| Bookstore & Exhibitors | 2120 Cliffwood  
Hosted by Centering Corporation  |
| 8:15–8:30 a.m.| Welcome & Announcements | 2130 Grandad  |
| 8:30–9 a.m.| Storytelling | 2130 Grandad  
— Andy McNeil & Joy Johnson  |
| 9–10:30 a.m.| Keynote Session | 2130 Grandad  
Together We Are Stronger  
— Stacey Jutila, M.Div., BCC  |
| 10:30–11 a.m.| Break | 2120 Cliffwood  |
| 10:30–11 a.m.| Roundtable Poster Sessions | 2120 Cliffwood  
*The Compassion of Laughter: You Can’t Be Serious*  
— Jim Jelinske, M.S.  
Grief Healing Retreats  
— Eunie Alsaker, MSSW, LICSW, CT and Jamie Sanders, MSW, LGSW, APSW  |
| 11 a.m.–12:30 p.m.| Concurrent Sessions  
*Put Your Oxygen Mask on First: Care for the Professional Caregivers* | Room 3130  
— Laurel Hilliker, Ph.D.  
*Perinatal Loss and its Impact on Grandparents*  
Room 3310  
— Joann O’Leary, Ph.D., M.P.H., M.S and Lynnda Parker with Shauna Lipsack, Lynne Jensen and Sue Crothers  
“Well, ain’t this a fine howdy-do!” Helping caregivers navigate postmortem discoveries  
Room 3314  
— Harold Ivan Smith, D.Min., FT®  |
| 12:30–1:30 p.m.| Lunch | 2130 Grandad  |
| 1:30–3 p.m.| Keynote Session | 2130 Grandad  
The sanctification of place: The importance of location for the living and death  
| 3–3:15 p.m.| Break | 2120 Cliffwood  |

3:15–4:45 p.m. **Concurrent Sessions**  
Meaning-based group counseling for bereavement: Reconstructing meaning with others in loss  
Room 3130  
— Chris MacKinnon, Ph.D. and Shelly Cory, Executive Director  
COPE - Compassionate Options in Pediatric EMS  
Room 3310  
— Richard Forest, D.Min., FT®  
Habits of the Heart: Attachment Reframe for Habitual Longing  
Room 3314  
— Joshua Magaria, LICSW

7:30–9:30 p.m. **Optional Evening Event**  
Room 01120, The Theater  
Documentary Showing and Discussion  
Professional CAREgivers: Their Passion, Their Pain  
(no additional fee required, runtime 90 minutes)

## Wednesday, June 7, 2017

All sessions are held in the Student Union

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<th>Time</th>
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<tr>
<td>7:30–8:45 a.m.</td>
<td>Registration and Continental Breakfast</td>
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</table>
| 8 a.m.–12:30 p.m.| Bookstore & Exhibitors | 2120 Cliffwood  
Hosted by Centering Corporation  |
| 8–8:45 a.m.| Memorial Service | 2120 Cliffwood  |
| 8:45–9 a.m.| Welcome & Announcements | 2130 Grandad  |
| 9–10:30 a.m.| Concurrent Sessions  
*Shoulda, Woulda, Coulda: Confronting Guilt and Shame During Bereavement* | Room 3130  
— Janet McCord, Ph.D., FT®  
*Waving Good-bye and Waving Hello*  
Room 3310  
— Kimberly Batement, Ph.D.  
*Saying Goodbye to Someone You Love: Meaningful Conversations at End of Life*  
Room 3314  
— Fredda Wasserman, LMFT  |
| 10:30–10:45 a.m.| Break | 2120 Cliffwood  |
| 10:45 a.m.–| Keynote Session | 2130 Grandad  
The Language of Loss and Caring  
— Neil Thompson  |
| 12:15 p.m.| Closing Ceremony | 2130 Grandad  |

2017 International Death, Grief and Bereavement Conference

**Caring for the Grieving: Examining the many ways we can help the grieving including caring for the caregivers**
General Information

Parking:
You must purchase a parking pass to park in campus parking lots at:
Parking and Transportation Services
605 17th Street North
La Crosse, WI 54601
• Any parking tickets issued are your responsibility.
• For campus maps and directions, visit:
  www.uwlax.edu/map

Shuttle/Taxi Transportation:
Taxi Service
• Bee Cab, Inc: 608.784.4233
• CTS Taxi: 608.784.7700

Hotel Shuttle Service:
• Radisson Hotel provides a shuttle to and from the airport. Please contact 608.784.6680 to make arrangements.

Shuttle from Hotel to Conference:

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<tr>
<th>Date</th>
<th>Time</th>
<th>Pick Up</th>
<th>Drop Off</th>
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<tr>
<td>Sunday, June 4</td>
<td>7:15 a.m.</td>
<td>Radisson Hotel</td>
<td>UWL, Student Union</td>
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<td>Front St. Entrance</td>
<td>Farwell St. Entrance</td>
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<td>4:15 p.m.</td>
<td>UWL, Student Union</td>
<td>Radisson Hotel</td>
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<td>Farwell St. Entrance</td>
<td>Front St. Entrance</td>
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<td>4:45 p.m.</td>
<td>UWL Reuter Hall</td>
<td>Riverside Park</td>
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<td>1824 La Crosse St.</td>
<td>La Crosse Queen Cruise</td>
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<td>8 p.m.</td>
<td>Riverside Park</td>
<td>UWL Reuter Hall</td>
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<td>La Crosse Queen Cruise</td>
<td>1824 La Crosse St.</td>
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<tr>
<td>Monday, June 5</td>
<td>7:15 a.m.</td>
<td>Radisson Hotel</td>
<td>UWL, Student Union</td>
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<td>Front St. Entrance</td>
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<td>5 p.m.</td>
<td>UWL, Student Union</td>
<td>Radisson Hotel</td>
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<td>Farwell St. Entrance</td>
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<td>Tuesday, June 6</td>
<td>7:15 a.m.</td>
<td>Radisson Hotel</td>
<td>UWL, Student Union</td>
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<td>5 p.m.</td>
<td>UWL, Student Union</td>
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<td>Farwell St. Entrance</td>
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<td>6:30 p.m.</td>
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<td>UWL, Student Union</td>
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<td>8:30 p.m.</td>
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<td>Farwell St. Entrance</td>
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<tr>
<td>Wednesday, June 7</td>
<td>7:15 a.m.</td>
<td>Radisson Hotel</td>
<td>UWL, Student Union</td>
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<td>Front St. Entrance</td>
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<td>12:45 p.m.</td>
<td>UWL, Student Union</td>
<td>Radisson Hotel</td>
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<td>Farwell St. Entrance</td>
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A Special Thank You to our Sponsors/Exhibitors:

**SPONSORS:** Gundersen Health System
Centering Corporation
UW-La Crosse Psychology Department
Grief Support Center

**Exhibitors:** Resolve Through Sharing Bereavement Education — Gundersen Health System
UW-Madison Continuing Studies Grief Support Specialist Certificate
Canadian Virtual Hospice
Marian University, Thanatology Certificate
Star Legacy Foundation
Kat Biggie Press

A Special Thank You to our Bookstore:
Centering Corporation, PO Box 4600, Omaha, NE 68104, 402.553.1200
2017 International Death, Grief and Bereavement Conference
Caring for the Grieving: Examining the many ways we can help the grieving including caring for the caregivers

CONFERENCE SCHEDULE

PRE-CONFERENCE WORKSHOP
SUNDAY, JUNE 4, 2017
All session are held in the Student Union

7:30–8:30 a.m. Registration and Continental Breakfast
2120 Cliffwood

8:30–10 a.m. Pre-conference Workshop | Room 3310
The Breath of Life and Bereavement
Thomas Attig, Ph.D., Author
• Coming to Life at First Breath
• When Loss Takes Our Breath Away
• Grief Reaction—What Happens to Us
• Suffering, Crisis, and the Altered Flow of Breath
• The Understanding That Counselors Can Show

10–10:15 a.m. Break | 2120 Cliffwood

10:15–11:45 a.m. Pre-conference Workshop | Room 3310
Catching Your Breath in Grief I
Thomas Attig, Ph.D., Author
• Grieving Response—What We Do With What Happens to Us
• Breathing Into Suffering Through Sorrow-friendly Practices
• Hope and Resilience
• What Counselors Can Do to Help

11:45–12:45 p.m. Lunch | 2120 Cliffwood

11:45–4 p.m. Bookstore | 2120 Cliffwood
Hosted by Centering Corporation

12:45–2:15 p.m. Pre-conference Workshop | Room 3310
Catching Your Breath in Grief II
Thomas Attig, Ph.D., Author
• Reanimating Our Lives
• Learning to Carry Pain
• Relearning the World
  - Physical and Social Surroundings
  - Our Selves
  - Our Place in the Scheme of Things
• Strategies for Supporting Relearning How to Live Meaningfully

2:15–2:30 p.m. Break | 2120 Cliffwood

2:30–4 p.m. Pre-conference Workshop | Room 3310
Catching Your Breath in Grief III
Thomas Attig, Ph.D., Author
• Relearning Our Relationship with the One Who Died
• Learning to Love in Separation
  - How it is Possible
• Memory
• Legacies
  - Why it is Desirable
• Thinking of Grief Counseling as a Form of Midwifery
• Conclusion of the Workshop

5:30–8 p.m. Optional Evening Event
La Crosse Queen Mississippi River Cruise
(additional $25 fee required)

Catching Your Breath In Grief: A Workshop for Caregivers
LEARNING OBJECTIVES:
• Those who attend the workshop will be able to offer understanding of grief reactions (brokenness and sorrows that come over the bereaved when a loved one dies), comfort those experiencing them, and guide them in learning vital life lessons from them through sorrow-friendly practices.
• Those who attend the workshop will be able to offer understanding of grieving responses (the active engagement with loss and grief reactions and reengagement in life transformed by loss) as a process of relearning the world, learning to carry sorrow, and learning to love in separation.
• Those who attend the workshop will be able to offer understanding, guidance, and support in the labors of love involved in learning how to live meaningfully again in the aftermath of loss.
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Caring for the Grieving: Examining the many ways we can help the grieving including caring for the caregivers

MONDAY, JUNE 5, 2017
All session are held in the Student Union

7:15 a.m.  Mindfulness with Andrew Vitale
Student Union—Outdoor Fire Pit

7:30–8:15 a.m.  Registration and Continental Breakfast  |  2120 Cliffwood
8 a.m.–5 p.m.  Bookstore & Exhibitors  |  2120 Cliffwood
Hosted by Centering Corporation

8:15–8:30 a.m.  Welcome & Announcements  |  2130 Grandad
8:30–9 a.m.  Storytelling  |  2130 Grandad
— Andy McNeil & Joy Johnson

9–10:30 a.m.  Keynote Session  |  2130 Grandad
Honoring Healthcare Professionals’ Experiences of Suffering, Grief, and Hope
— Kathie Kobler, M.S., APN, PCNS-BC, CHPPN, FPCN; Center for Fetal Care, Advocate Children’s Hospital

Health care professionals who bear witness to serious illness are impacted through every caring encounter with those who hurt. This opening presentation will explore the experiences of health care provider suffering and grief, with a focus on strategies to integrate reflection, narrative and ritual into professional self-care practice.

LEARNING OBJECTIVES:
• Describe clinical situations that give rise to caregiver suffering
• Identify strategies to integrate reflective practices into one’s professional self-care
• Discuss how co-creation of ritual can support team well-being

10:30–11 a.m.  Break  |  2120 Cliffwood

11 a.m.–12:30 p.m.  Concurrent Sessions
“Going on a Bear Hunt”...We’ve got to go through it!  |  Room 3130
— Andrew Vitale, CT, Author; Widow Voyages

Using the story, “Going on a Bear Hunt,” we learn that with grief—“We can’t go over it! We can’t go under it! We’ve got to go through it!” We live in a grief (and death denying) society; and to complicate things more, males grieve differently than females! This presentation will venture into some of these differences and some ‘outside-the-box’ ideas as to help both males and females to walk through their grief experiences. Not only have these helped caregivers, but they also can help staff members deal with their own losses. We will explore meditation and guided-meditation, mindfulness, breathing, silence.

MyGrief.ca: The new Canadian Virtual Hospice Loss and Grief Interactive Tool for Patients and Families  |  Room 3310
— Chris MacKinnon, Ph.D.

The Canadian Virtual Hospice has developed interactive psycho-educative modules in web-based and app versions to provide an online option for those who do not or cannot access existing in-person loss and grief supports. The content includes topics such as anticipatory loss to support families and others struggling with impending loss, as well as grief for the bereft to explore the nature of relationships between survivors and the deceased. The content was developed by families, researchers, clinicians and international leaders in the field of bereavement. The presentation will review the development process, highlight content areas and present the initial findings of a formative evaluation.

LEARNING OBJECTIVES:
• Demonstrate how technology can be used to reach an even greater number of people who require support and services.
• Describe how an interdisciplinary team of experts and clinicians with the guidance of patients and families were able to work together to create a resource that resonate with the end users and fill a service gap identified by healthcare providers
• Identify a clear example of Knowledge Translation from the professional context to patients and families who are experiencing grief and loss in their personal lives.

Exploring Grief Dreams  |  Room 3314
— Joshua Black, B.A., M.A., Ph.D. (student)

The topic of dreams after loss (grief dreams) has been surprisingly overlooked in the academic literature, which has hindered the support for the bereaved. I will discuss how I was led to this field of research and what research has been established thus far. My talk will explore the interactions I had with the bereaved and those who support them, as well as the findings from studies I was involved in during my M.A. and Ph.D.

LEARNING OBJECTIVES:
• Discuss the research on grief dreams
• Describe the issues the bereaved commonly voice
• Explore grief dreams with others

Continued on next page
Caring for the Grieving: Examining the many ways we can help the grieving including caring for the caregivers

Continued from previous page

12:30–1:30 p.m. Lunch | 2130 Grandad

1:30–3 p.m. Keynote Session | 2130 Grandad
**Seeing Demise thru Humorous Eyes**
— Allen Klein, M.A., CSP

This presentation will demonstrate George Bernard Shaw’s notion that “Life does not cease to be funny when people die, any more that it ceases to be serious when people laugh.” With heartwarming, and often hilarious, stories from those who have had the courage to laugh during times of loss, humor tools, and tips and techniques for using humor to deal with the stress of caregiving; this program provides a different perspective on death and dying. In other words, through humor, death doesn’t have to be such a grave matter.

**LEARNING OBJECTIVES:**
• Participants will be able to understand why both laughter and tears are important in death and dying situations.
• Participants will be able to explain why humor is a valid coping and communication tool in life-challenging situations.
• Participants will be able to describe how comedians, cartoonists and other creative artists ease our death-related fears.

3–3:15 p.m. Break | 2120 Cliffwood

3:15–4:45 p.m. Concurrent Sessions

**Manage Conflict and Maintain Ethical Communication Through the Throes of Grief** | Room 3130
— Laura Smythe, M.A., M.A., J.D., Owner and Founder of Communications Connections LLC.

Grief and stress impact the ways in which we process information, interact with people and view our place in the world. Managing conflict in the midst of grief often feels like an additional burden that is impossible to manage. It isn’t. There are some key skills that we can use to communicate with those who are grieving and to role model for those who are grieving—both to help prevent conflict and to manage conflict that is often inevitable in grief-filled circumstances.

**Communication Through the Throes of Grief**

**LEARNING OBJECTIVES:**
• Understand the impact of grief on our ability to listen and communicate effectively.
• Learn and identify personal conflict management strategies.
• Learn how to apply conflict management strategies when experiencing grief or working with those who are experiencing grief.

**Treasuring Memories—Using Art in Grief work (even if you aren’t an artist)**
Room 3314
— Amy Kitsmbel, M.Ed., CSW, FT

This workshop is designed to review a few of the basics about grief and expand our skills and comfort with doing some coloring outside the lines in grief work with folks. There will be practical ways to play presented to enhance our abilities to support and provide avenues for expression for grievers. Presented projects are designed to encourage expression, reflection and memorializing. Several projects with materials and skills needed will be reviewed. When there are no words we have play.

**LEARNING OBJECTIVES:**
• Define grief work
• Define and discuss kinesthetic value in the work
• Ideas and strategies to include touchable items in grief work

5–6 p.m. Newbie Gathering for New Conference Attendees
Student Union—First Floor Fireplace Lounge
2017 International Death, Grief and Bereavement Conference
Caring for the Grieving: Examining the many ways we can help the grieving including caring for the caregivers

CONFEREECE SCHEDULE

Tuesday, June 6, 2017
All session are held in the Student Union

7:15 a.m. Mindfulness with Andrew Vitale
Student Union—Outdoor Fire Pit

7:30–8:15 a.m. Registration and Continental Breakfast
2120 Cliffwood

8 a.m.–5 p.m. Bookstore & Exhibitors | 2120 Cliffwood
Hosted by Centering Corporation

8:15–8:30 a.m. Welcome & Announcements | 2130 Grandad

8:30–9 a.m. Storytelling | 2130 Grandad
— Andy McNeil & Joy Johnson

9–10:30 a.m. Keynote Session | 2130 Grandad
Together We Are Stronger
— Stacey Jutila, M.Div., BCC
This workshop content will be relevant to any graduate level counselor who is charged with responsibility, beyond their individual patient/client work to develop a bereavement program, navigate funding sources and administrative buy-in and how to bring different disciplines at different sites together for coordinated care and support of families.

LEARNING OBJECTIVES:
• Describe journey of health care system’s strategic plan to coordinate education, training and practice in bereavement care across pediatric and perinatal clinical units.
• Examine impact of training on further program development, staff engagement and bereavement resource development and utilization. Discuss the role of a pediatric chaplain in leading and sustaining bereavement clinical care initiatives
• Describe approaches to engaging leadership buy-in of the impact of bereavement team, not only on bereavement care, but overall well-being of staff and hospital culture.

10:30–11 a.m. Break | 2120 Cliffwood

10:30–11 a.m. Roundtable Poster Sessions | 2120 Cliffwood
The Compassion of Laughter: You Can’t Be Serious
— Jim Jelinske, M.S.
Humor offers a humanizing dimension in caregiving that is too valuable to be overlooked. Humor plays an essential role in promoting relationships and adding a human dimension to the care and support that staff provide to grieving patients and their families. Even in the work of hospice, amid the challenges of keeping your head above water, humor is an important tool of effective communication. Humor is valuable tool for stress relief, compassion fatigue and life. Why? Because it works.

11 a.m.–
12:30 p.m. Concurrent Sessions
Put Your Oxygen Mask on First: Care for the Professional Care Givers | Room 3130
— Laurel Hilliker, Ph.D.
Continually meeting demands of people with emotional needs in an array of environments ranging from the emergency room to grief support groups has been shown to take a toll on helping professionals. This interactive presentation explores the occupational hazard known as Compassion Fatigue, its distant sister Compassion Satisfaction, cousin Burnout and step-child Moral Stress. Participants will have an opportunity to score themselves using the Professional Quality of Life scale.

LEARNING OBJECTIVES:
• Improve recognition and awareness of compassion satisfaction, compassion fatigue, burnout and moral stress among helping professionals
• Identify interventions that will assist helping professionals to remain empathetic and compassionate in their jobs and in their personal lives
• Construct a self-care plan based on the results of their Professional Quality of Life Scale score

Grief Healing Retreats
— Eunie Alsaker, MSSW, LICSW, CT and Jamie Sanders, MSW, LGSW, APSW
Winona State University

Healing grief retreats provide an opportunity for individual exploration and self-expression within the support of a community of grievers. We know that individuals grieve in a wide range of styles and that grief impacts holistically. These two truths are the backbone of healing retreats designed for teens and young adults. In this session, we will explore the creation of retreats which offer a variety of healing practices such as expressive arts, creative writing, visual imagery, poetry, yoga, and rituals; tools which can be incorporated into daily life.

Continued on next page
Perinatal Loss and its Impact on Grandparents | Room 3310
— Joann O’Leary, Ph.D., M.P.H., M.S. and Lynnda Parker with Shauna Lipsack, Lynne Jensen and Sue Crother

Perinatal loss does not just impact the bereaved parents but can cause a ripple effect in families. Grandparents struggle with two issues: grieving the loss of their grandchild and the pain of watching their grieving adult child. Family dynamics are greatly altered as they try to provide support to their adult child while not burdening them with their own grief. This presentation will present data from two focus groups with bereaved grandparents and provide information on a support group for grandparents. This will be followed by a facilitated panel discussion with three grandparents.

LEARNING OBJECTIVES:
• Identify four themes found in a focus group with bereaved parents
• Explore why there is a need for support groups for grandparents after a perinatal loss
• Describe ways grandparents have found to support their bereaved adult child while finding support for themselves around their own grief

“Well, ain’t this a fine howdy-do!”
Helping caregivers navigate postmortem discoveries | Room 3314
— Harold Ivan Smith, D.Min., FT®, Teaching faculty, Saint Luke’s Hospital, Kansas City

No matter how well you know or think you know a spouse, partner, parent, sibling, child, business colleague—after a death, griever can be blindsided by a postmortem discovery. The crisis may be initiated by a financial discovery, an updated/ outdated will, the awareness of another sexual partner, a gambling addiction, or the squandering of financial assets and resources. Some caregivers feel betrayal and mutter, “After I gave up to take care of him/her, this is the thanks I get!!!” Two questions emerge or erupt: “Who knows?” and “Who knew?” With support from clinicians, over time, another question emerges: “Now what?”
Meaning-based group counseling for bereavement: Reconstructing meaning with others in loss
Room 3130
— Chris MacKinnon, Ph.D. and Shelly Cory, Executive Director

The reconstruction of meaning in bereavement has emerged as a contemporary and potentially salient theoretical framework to understand adaptation to loss. Attempts to translate this knowledge into clinical practice are flourishing, supported with increasing scientific evidence. The objective of this workshop is to provide participants with practical clinical techniques to inform psychotherapeutic interventions in a bereavement group modality.

**LEARNING OBJECTIVES:**
- Participants will be familiarized with a novel bereavement group counseling intervention.
- Participants will be invited to complete aspects of therapeutic exercises use in MBGC, and encouraged to provide feedback on the potential strengths and limitations of these exercises.
- Participants will be encouraged to consider what refinements may be needed to modify the intervention for their given work settings.

COPE - Compassionate Options in Pediatric EMS | Room 3310
— Richard Forest, D.Min., FT
Chaplain, Norton Children’s Hospital Coordinator, Pediatric Bereavement Care Program

The death of a child outside of a hospital affects not just the parents, but also the emergency responders who care for the child. Our team has developed a resource that assists these workers in compassionately communicating with parents at the scene and in coping with the emotions that can arise in the wake of such an event.

**LEARNING OBJECTIVES:**
- Identify issues EMS workers face when involved in an out of hospital death.
- Describe a new tool to assist EMS workers when communicating with families.
- Identify ways to support EMS workers in dealing with deeply felt emotions in the event of a child’s death.

Habits of the Heart: Attachment Reframe for Habitual Longing | Room 3314
— Joshua Magarial, LCSW Manager of Grief and Loss Services Rainbow Hospice and Palliative Care

Habits of the Heart is an affirming, therapeutic reframe rooted at the intersection where grief/loss meets habit formation, attachment theory, and narrative therapy. This term is used to describe the habitual ways we look for, seek out, and reach toward loved ones who have died. This presentation will demonstrate how these habits can be transformed into establishing an enduring and continued bond aiding in the role of integrated grief. This presentation will use case conceptualization to demonstrate the various uses of this intervention. A thorough review of grief and attachment theory will highlight this intervention as guided by attachment theory and belonging in the toolbox of narrative therapy

**LEARNING OBJECTIVES:**
- Identify multiple ways this intervention could be used in caring for bereaved and caregivers
- Summarize the role of attachment theory in grief and loss
- Understand the role of theory and empathy to create new interventions for bereaved
2017 International Death, Grief and Bereavement Conference
Caring for the Grieving: Examining the many ways we can help the grieving including caring for the caregivers

Wednesday, June 7, 2017
All session are held in the Student Union

7:30–8:45 a.m.  Registration and Continental Breakfast  |  2120 Cliffwood

8 a.m.–12:30 p.m.  Bookstore & Exhibitors  |  2120 Cliffwood
Hosted by Centering Corporation

8–8:45 a.m.  Memorial Service  |  2130 Grandad

8:45–9 a.m.  Welcome & Announcements  |  2130 Grandad

9–10:30 a.m.  Concurrent Sessions

Shoulda, Woulda, Coulda: Confronting Guilt and Shame During Bereavement
Room 3130
— Janet McCord, Ph.D., FT®

Most prevalent among parents after a perinatal death or miscarriage, and in close relatives or friends following a suicide, guilt and shame arise for many during bereavement. This presentation will examine the research related to feelings of guilt and shame during bereavement, as well as strategies for helping others—and ourselves—persist through profound guilt and shame

LEARNING OBJECTIVES:
• Participants will be able to distinguish between guilt and shame
• Participants will be able to discuss the research related to guilt and shame
• Participants will be able to identify strategies for persisting through guilt and shame

Waving Good-bye and Waving Hello
Room 3310
— Kimberly Batement, Ph.D., Executive Dean, Sierra College, Tahoe-Truckee Campus

Using the wisdom of world-wide folktales, this presentation demonstrates how to share, ritualize and transform grief. Themes in the stories teach us that we do have to say good-bye to our material relationship, but we are also being offered the chance to use our imaginations to say hello to a different type of relationship. Creative outcomes to mourning are presented and instead of “getting over it” participants are shown how to keep loving.

LEARNING OBJECTIVES:
• Connect the personal with the mythic
• Learn the importance of symbol making in bereavement
• Share, ritualize and transform grief

10:30–10:45 a.m.  Break  |  2120 Cliffwood

10:45 a.m.– Keynote Session  |  2130 Grandad

12:15 p.m.  The Language of Loss and Caring
— Neil Thompson, Director for Avenue Consulting, Visiting Professor at Wrexham Glyndŵr University

Caring for people who are grieving is rooted in interpersonal interactions. These, in turn, are rooted in language. But how much attention do we pay to language use? How tuned in are we to the sensitivities involved? In this presentation Neil Thompson explores some of the subtleties of language and shows how a greater awareness of linguistic issues can put professionals in a much stronger position to be effective in their efforts to support people who are grieving.

LEARNING OBJECTIVES:
• Participants will be helped to: Appreciate the significance of language use as a key factor in supporting people who are grieving
• Participants will be helped to: Become aware of pitfalls to avoid
• Participants will be helped to: Be better equipped to use language effectively in supporting people who are grieving

12:15–12:30 p.m.  Closing Ceremony  |  2130 Grandad
2018 CALL FOR CONCURRENT OR POSTER PROPOSALS

University of Wisconsin-La Crosse Presents

INTERNATIONAL

Death, Grief and Bereavement
Conference 2018

Resilience:
Helping Ourselves and Those We Serve to Become More Resilient

June 4–6, 2018

Pre-conference Workshop:
June 3, 2018

Center for Death Education & Bioethics
Continuing Education and Extension

Concurrent Session and Poster Session Proposal Deadline: November 3, 2017
Notification emails will be sent on or before: December 8, 2017

All proposals must be submitted online using the call for proposal submission form found at www.uwlax.edu/conted/DGB/2017-Call-for-concurrent-or-poster-proposals

Proposals for concurrent sessions (1-1/2 hours each) will be accepted based on the relevancy to the theme and to a chosen strand.

Concurrent Session Proposals
- Sessions are limited to 60 minutes of presentation and 30 minutes of questions, discussion and dialogue with participants. It is highly encouraged that you allow 30 minutes for interaction with those attending your session.
- Submission forms require:
  - Session title, 75-100 word abstract and three bulleted learning objectives
  - Chosen strand
  - Your name, title, (i.e. Dr., Rev., Rabbi, etc.) credentials, vita, place of employment (including address), phone number and email address
  - If there is more than one presenter, please provide this information for all those presenting
- Selected concurrent session presenters will receive a discounted conference registration.

Poster and Roundtable Session Proposals
- The poster or roundtable presentation is an ‘open stream’ and presentations are welcome on any topic, theme, theoretical innovation or policy development from across the field of death, dying and bereavement.
- Guidelines for poster or roundtable sessions: 75-100 word abstract and three bulleted learning objectives.
- Posters or roundtable display materials will be up throughout the conference and one 30 minute author presentation will be scheduled.
- Poster size: 5’ x 5’.
- Poster and roundtable presenters are expected to pay full conference registration fees.

For questions, please contact: Continuing Education, 608.785.6500 or conted@uwlax.edu
WALKING TIME

04 minutes
08 minutes
10 minutes

RESIDENCE HALLS

**1 Angell Hall - C2
**2 Coate Hall - D2
**3 Drake Hall - C3
**4 Eagle Hall - E3
**5 Hutchison Hall - C2
6 Laux Hall - E6
**7 Reuter Hall - E6
**8 Sanford Hall - E6
**9 Wentz Hall - C3
**10 White Hall - D6

OTHER FACILITIES
11 Anatomy & Physiology Annex - C5
**12 Archaeology Center - B5
13 Baseball/Softball Fields - G3
**14 Cartwright Center - A5
**15 Centennial Hall - B4
**16 Center for the Arts - B3
17 Challenge & Ropes Course - F3
18 Child Care Center - D4
**19 Cleary Alumni & Friends Center - E5
20 Cowley Hall - C5
21 Graff Main Hall - A5
**22 Health Science Center - C1
**23 Heating Plant - B5
24 Hoeschler Tower - B4
25 Maintenance Building - G5
**26 Mitchell Hall - B6
27 Morris Hall - A4
28 Murphy Library - C4
29 North Field Equipment Building - G4
30 Parking Services - D5
31 Recreational Eagle Center - D3
**32 Roger Harring Stadium at Veterans Memorial Field Sports Complex - C6
33 Science Labs Building - C5
(UNDER CONSTRUCTION)
34 Student Recreation Fields - G1, E7
35 Student Union - D5
36 Tennis Courts - D8
37 Veterans Memorial Field Sports Complex (football, practice, soccer, track and field) - D7
38 Veterans Memorial Monument - C6
39 West Campus Chiller Plant - C1
**40 Whitney Center - D2
**41 Wimberly Hall - D4
42 Wing Technology Center - A4
**43 Witte Hall - B5

*Handicapped accessible
**Limited accessibility