University of Wisconsin-La Crosse Presents

INTERNATIONAL
Death, Grief and Bereavement
Conference 2019

Hospice and the Arts: Coping with Dying & Grief

June 3–5, 2019 | La Crosse, Wis.

Pre-conference Workshop: June 2, 2019

www.uwlax.edu/conted/dgb
2019 International Death, Grief and Bereavement Conference
Hospice and the Arts: Coping with Dying & Grief

OPTIONAL EVENTS:

Sunday, Monday and Tuesday | 4 p.m.
Mindfulness with Andrew Vitale
Student Union—Outdoor Fire Pit

Sunday, June 2: Tour and dinner at the Shrine of Our Lady of Guadalupe. Preregistration required. $40

Monday, June 3: Newbie Gathering, 2:30–3 p.m.
Student Union—2110 Miller, Student Union

Tuesday, June 4: Staged reading of “Dusk”: Using Theatre to Encourage Community Conversations and Outreach About Dying and Grief
4:15–5:45 p.m., 0120, The Theatre, Student Union

SAVE THE DATE:

University of Wisconsin-La Crosse Presents
INTERNATIONAL
Death, Grief and Bereavement Conference 2020
Ambiguous Loss and Grief
June 1–3, 2020

INTERESTED IN PRESENTING?
See page 17 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
2019 International Death, Grief and Bereavement Conference
Hospice and the Arts: Coping with Dying & Grief

AT-A-GLANCE

PRE-CONFERENCE WORKSHOP
SUNDAY, JUNE 2, 2019
All sessions are held in the Student Union

7:30–8:30 a.m.  Registration and Continental Breakfast
Grandad 2130

8:30–10 a.m.  Pre-Conference Workshop
Room 3310
Finding Our Inner Poet: Medicine for Healing, Part I
– Doug Smith, M.Div., M.A., M.S., Healthcare Trainer and Consultant, Speaker, Author, University of Wisconsin Department of Continuing Studies, Madison, WI

10–10:15 a.m.  Break | Room 2110

10:15–11:45 a.m.  Pre-Conference Workshop
Room 3310
Finding Our Inner Poet: Medicine for Healing, Part II

11:45 a.m.–12:45 p.m.  Lunch | Room 2130

11:45 a.m.–4 p.m.  Bookstore | Room 2110
Hosted by Centering Corporation

12:45–2:15 p.m.  Pre-Conference Workshop
Room 3310
Finding Our Inner Poet: Medicine for Healing, Part III

2:15–2:30 p.m.  Break | Room 2110

2:30–4 p.m.  Pre-Conference Workshop
Room 3310
Finding Our Inner Poet: Medicine for Healing, Part IV

4–4:15 p.m.  Mindfulness with Andrew Vitale
Student Union—Outdoor Fire Pit
– Andrew Vitale, CT®, Author, Bereavement Coordinator-Spiritual Counselor, Northern Illinois Hospice, Rockford, IL

4:30–6 p.m.  Optional Evening Event:
Tour Shrine of Our Lady of Guadalupe and Dinner at Culina Mariana Cafe
Rural La Crosse

MONDAY, JUNE 3, 2019
All sessions are held in the Student Union

7:30–8:30 a.m.  Breakfast & Registration | 2130 Grandad

8:30–8:45 a.m.  Welcome & Announcements | 2130 Grandad

8:45–10:15 a.m.  Keynote Address | 2130 Grandad
– Harmony Requires the Right Spacing…the Same is True for Life. Resonate with a Grateful Heart!
– Andrew Vitale, CT®

10:15–10:45 a.m.  Break & Posters | 2110 Miller
– The Theoretical Framework and Practice of the Grief Recovery Method
– Rachel Nolan, Ph.D., MPH, CPH
– A to Z Healing Toolbox: Practical Tools for Navigating Grief and Trauma with Intention
– Susan Hannifin-MacNab, M.S.W., PPSC
– Grief Counseling for Persons with Physical Disabilities: A Professional Issue for Counselors
– Kathryn Linich, Ed.S., NCC, LPC

10:45 a.m.–Noon Concurrent Sessions
– Music as a Spiritual Resource | Room 3310
– Thomas Dennis, D.Min., LCPC, CT®
– Troubled Waters: A Metaphorical Approach to Understanding Grief Across the Lifespan | Room 3314
– Healing Grief: What Happens When People Can’t Share Their Stories | Room 3130
– Diana Ensign, J.D.

Noon–1 p.m.  Lunch & Round Table Sessions | 2130 Grandad
Professional Caregiver Grief: When Hospice Goes Wrong—Making Do and Moving on Personally and Professionally
– Janet Buntrock, M.A., LPC, FT®
– Preparedness and Attitudes of Bereavement Professionals Related to the Needs for Spiritual Care
– Kristine Florczak, R.N., Ph.D., CNL, CNE
– Nancy Lockie, Ed.D., R.N., M.S.
– LGBTQ End-of-Life Experiences
– Caroline Werner, LPSW

1–2:30 p.m.  Keynote Address: | 2130 Grandad
– The Expressive Arts and Creative Imagination in Coping with Grief and Loss
– Barbara Thompson, O.T.D., LCSW, OTR/L

2:30–3 p.m.  Break & Newbie Gathering | 2110 Miller

Sessions continued on next page
3–4:15 p.m. Concurrent Sessions

- **Wandering Grief: Finding a Path Home through Poetry** Room 3310
  - Cynthia Rollo-Carlson, M.A., M.S.W., LICSW, LCSW, ACSW, CT®, BCPCC

- **Art Therapy in Bereavement Care: Facilitating Creative Transformation in Grief** Room 3314
  - Trisha Lundin, M.A.

- **Beyond Words: The Restorative Power of the Arts in Healing after Loss** Room 3310
  - Christine Linnehan, M.S., LCPC, BC-DMT, FT®

4:15–4:30 p.m. Mindfulness with Andrew Vitale
Student Union—Outdoor Fire Pit
- Andrew Vitale, CT®

Tuesday, June 4, 2019
All sessions are held in the Student Union

7:30–8:30 a.m. Breakfast & Registration | 2130 Grandad
8:30–8:45 a.m. Welcome & Announcements | 2130 Grandad
8:45–10:15 a.m. Keynote Address: | 2130 Grandad
  - Art as Part of the Healing Process
  - Eva Marie Restal, M.A., Ceramic Artist, La Crosse, WI

10:15–10:45 a.m. Break and Posters | 2110 Miller

- **Engaging Young Adults in Conversations and Contemplation About Death, Dying and Grief**
  - Cameron Kiersch, D.N.P., R.N.
  - Lynne Kuhl, M.S.N., R.N.

- **Comparing Interprofessional Socialization in Mixed Discipline and Nursing Student Only Cohorts of Learners in an Online Interdisciplinary Palliative Care Course**
  - Kara Groom, Ph.D.(c)

10:45 a.m.–Noon Concurrent Sessions

- **H.U.G.S. Helping Children Understand Grief Sessions** Room 3130
  - Christine Dernederlanden, CTSS

- **Creative Patchwork Activities: Language of Grieving** Room 3310
  - Susan Adams, Ph.D., LPC

- **Black Male Grief Through the Lens of Racialization and Oppression: Decreasing Pathology to Increase Healing and Coping** Room 3314
  - Allen Lipscomb, Phy.D., LCSW

Noon–1 p.m. Lunch | 2130 Grandad

1–2:30 p.m. Keynote Address: | 2130 Grandad
- Using Music in Grief Processing
  - Mark VandeBraak, Ph.D., FT®, MT-BC

2:30–2:45 p.m. Break | 2110 Miller

2:45–4 p.m. Concurrent Sessions

- **Dignity Therapy provides a Generativity Document with Valid and Credible Benefits for Patients and Family Members** Room 3310
  - Brent Birkhoff, M.S., CT®, SPHR

- **Losing and Finding: The Use of Poetry in Grief** Room 3314
  - Laura Lewis, Ph.D., M.S.W., B.S.W., RSW
  - Eunice Gorman, Ph.D., M.S.W., B.S.W., R.N

- **An Introduction to Somatic Experiencing Therapy for Traumatic Loss** Room 3130
  - Linda Cherek, R.N., M.S.W., LICSW, FT®, SEP

4–4:15 p.m. Mindfulness with Andrew Vitale
Student Union—Outdoor Fire Pit
- Andrew Vitale, CT®

4:15–5:45 p.m. A Staged Reading of “Dusk”: Using Theatre to Encourage Community Conversations and Outreach About Dying and Grief | Theater 0120
- Lisa Veglahn, M.F.A
- Bryan Harmentaux, Playwright-in-Residence
2019 International Death, Grief and Bereavement Conference
Hospice and the Arts: Coping with Dying & Grief

General Information

Parking:
You must purchase a parking pass to park in campus lots:
Parking and Transportation Services
605 17th Street North
La Crosse, WI 54601
608.785.8061

• 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.

Wednesday, June 5, 2019
All sessions are held in the Student Union

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30–9 a.m.</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>8 a.m.–12:30 p.m.</td>
<td>Bookstore &amp; Exhibitors</td>
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<td>Hosted by Centering Corporation</td>
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<tr>
<td>8–8:45 a.m.</td>
<td>Memorial Service</td>
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<tr>
<td>8:45–9 a.m.</td>
<td>Welcome &amp; Announcements</td>
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</table>
| 9–10:30 a.m. | Concurrent Sessions
   LGBT* After Loss: Understanding the Needs of Lesbian, Gay, Bisexual and Transgender Bereaved Persons
   Room 3314
   – Rachel Nolan, Ph.D., M.P.H., CPH
   Visual Journaling: Using the Art of Self-Discovery to Process Grief
   Room 3130
   – Elizabeth Lewis, B.F.A |
| 10:30–10:45 a.m. | Break | 2110 Miller |
| 10:45 a.m.–12:15 p.m. | Keynote Session | 2130 Grandad |
| 12:15 p.m. | Closing Ceremony | 2130 Grandad |

A Special Thank You to Our Sponsors/Exhibitors:

SPONSORS: Centering Corporation
UW-La Crosse Psychology Department
Grief Support Center

Exhibitors: Catspaw Studio
Green Lime Arts
Home Visit Doctor
Hospice Foundation of America
Maitri Mosaics
Marian University
Niche Custom Publishing
Sharing Solace
Tau Healing Arts
University of Wisconsin Division of Continuing Studies

A Special Thank You to Our Bookstore:
Centering Corporation, PO Box 4600, Omaha, NE 68104, 402.553.1200
# PRE-CONFERENCE WORKSHOP

**SUNDAY, JUNE 3, 2019**

All sessions are held in the Student Union

<table>
<thead>
<tr>
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<tr>
<td>7:30–8:30 a.m.</td>
<td>Registration &amp; Continental Breakfast</td>
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<td><strong>Grandad 2130</strong></td>
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<td>8:30–10 a.m.</td>
<td>Pre-conference Workshop—Part I</td>
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<td>Finding Our Inner Poet: Medicine for Healing</td>
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<td>– Doug Smith, M.Div., M.A., M.S., Healthcare Trainer and Consultant, Speaker, Author, University of Wisconsin Department of Continuing Studies, Madison, WI</td>
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This pre-conference workshop will examine how we can get in touch with our “inner poet” and help others find their “inner poets” (that creative, transformative part of ourselves that can change the prosaic, matter-of-fact and common into the poetic, heroic and exalted). All participants will have opportunities to write creative, transformative poems that allow us to constructively face our mortality and ameliorate our suffering in the midst of grief.

**LEARNING OBJECTIVES (Part I & II):**
- Explain various poetic elements, techniques and forms designed to elicit thoughts and feelings.
- Write several poems that focus on grief.
- Describe how poetry can be used in multiple ways to address feelings of sadness, anger, anxiety, fear, spiritual longings and hope.

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10–10:15 a.m.</td>
<td>Break</td>
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<tr>
<td>10:15–11:45 a.m.</td>
<td>Pre-conference Workshop—Part II</td>
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<td>Finding Our Inner Poet: Medicine for Healing</td>
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<td>11:45 a.m.–12:45 p.m.</td>
<td>Lunch</td>
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<td>11:45 a.m.–4 p.m.</td>
<td>Bookstore</td>
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*Hosted by Centering Corporation*

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<tr>
<td>12:45–2:15 p.m.</td>
<td>Pre-conference Workshop—Part III</td>
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<td>Finding Our Inner Poet: Medicine for Healing</td>
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This pre-conference workshop will examine how we can get in touch with our “inner poet” and help others find their “inner poets” (that creative, transformative part of ourselves that can change the prosaic, matter-of-fact and common into the poetic, heroic and exalted). All participants will have opportunities to write creative, transformative poems that allow us to constructively face our mortality and ameliorate our suffering in the midst of grief. LEARNING OBJECTIVES (Part III & IV):
- Discuss several creative ways of eliciting a patient's/client's inner thoughts through poetry.
- Demonstrate how to use several activities designed to evoke anyone's hidden creativity.
- Design a six week grief therapy group focused upon using poetry to experience some healing in grief.

APA: 6 CE Credits, NBCC: 6 CE Hours, UW-EX CEU: 6 Contact hours Note: you must attend Part I-IV to receive credit. No partial credit will be given.

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<tr>
<td>2:15–2:30 p.m.</td>
<td>Break</td>
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<td>2:30–4 p.m.</td>
<td>Pre-conference Workshop—Part IV</td>
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<td>Finding Our Inner Poet: Medicine for Healing</td>
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<td>4–4:15 p.m.</td>
<td>Mindfulness with Andrew Vitale</td>
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<td>– Andrew Vitale, CT®, Author, Bereavement Coordinator-Spiritual Counselor, Northern Illinois Hospice, Rockford, IL</td>
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<tr>
<td>4:30–6 p.m.</td>
<td>Optional Evening Event:</td>
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<td>Tour Shrine of Our Lady of Guadalupe and Dinner at Culina Mariana Cafe</td>
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<td>Rural La Crosse</td>
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Harmony Requires the Right Spacing…
the Same is True for Life. Resonate with a Grateful Heart!
– Andrew Vitale, CT®, Author, Bereavement Coordinator-Spiritual Counselor, Northern Illinois Hospice, Rockford, IL

Grieving is a learned skill, just as exhaustion makes us sleep, or hunger makes us eat. Someone taught us how to grieve – we learned by watching others or being told as children how to act, react, or to not do either at all! We can un-learn and re-educate ourselves how to heal, if we so choose. By practicing mindfulness and gratitude we can learn that our very brain patterns can be changed (remember ‘fight-flight-freeze’?), our blood pressure lowered, and we can become less aggressive along with other positive changes. We can choose to look at life from a new set of eyes and see joy and hope in what was once darkness and gloom of loss. In this presentation we will practice a few creative means for the bereaved and those who care for them. Hopefully toss out the “Debbie Downers” of our grief journeys and embrace ourselves, and others in our common humanity, with an open heart and create harmony.

LEARNING OBJECTIVES:
• Discuss and understand a working meaning of what mindfulness and gratitude are.
• Use mindfulness and gratefulness to change our attitude and feelings even when depressed.
• Demonstrate and apply some practices that will work for the bereaved and how we can use them for our own self-kindness/compassion.

APA: 1.5 CE Credits, NBCC: 1.5 CE Hours, UW-EX CEU: 1.5 Contact hours

The Theoretical Framework and Practice of the Grief Recovery Method
– Rachel Nolan, Ph.D., MPH, CPH, College of Public Health, Kent State University, Kent, OH

For each US death, four to five grievers are left to mourn and cope with significant loss. Death-associated loss can produce a wide range of emotions, most commonly characterized as grief. Although several programs exist that aim to influence grief, many are not contextualized within a public health framework. This presentation aims to establish The Grief Recovery Method® program as one approach to mitigate grief within populations of people affected by loss.

LEARNING OBJECTIVES:
• Explain the utility of a practice-based, evidence-informed, international program that can be used to mitigate grief in populations affected by loss.
• Apply principles of public health practice to identify grief as a public health issue.
• Demonstrate that having organizations who offer grief recovery programming, or at the very least, referrals to those certified in grief recovery, can serve as an effective public health initiative as a means of primary, secondary, and tertiary prevention.

A to Z Healing Toolbox: Practical Tools for Navigating Grief and Trauma with Intention
– Susan Hannifin-MacNab, M.S.W., PPSC, Founder of A2Z Healing Toolbox, San Diego, CA

As clients, caregivers or professionals, this session will enable learners to: 1) Learn twenty-six positive, practical tools that assist in grief and trauma healing 2) Become familiar with the flip side of post-traumatic stress disorder, post-traumatic growth (PTG), and acknowledge the five general growth areas of PTG.

LEARNING OBJECTIVES:
• List two practical healing tools that decrease anxiety and depression in grieving adults.
• Identify the five key areas of post-traumatic growth.
• Discuss the practicality and success of peer mentoring support programs for grieving individuals.

Continued on next page
Grief Counseling for Persons with Physical Disabilities: A Professional Issue for Counselors – Kathryn Linich, Ed.S., NCC, LPC, Doctoral Student, University of South Carolina, Columbia, SC

Research supports treating a disability as a loss event using grief counseling. However, counselors struggle to demonstrate competency in grief counseling, and also fail to recognize that acquiring a disability could result in bereavement. Education and training for counselors on non-death related loss, specifically as it relates to acquiring a disability, is lacking. Research, conceptual models, and implications for the field of counseling will be discussed.

10:45–Noon Concurrent Sessions
Music as a Spiritual Resource | Room 3310
– Neil Thompson, Ph.D., D.Litt., Writer, Educator, Advisor; Avenue Consulting, Wrexham, Wales, United Kingdom

Music therapy is a well-established and potentially very effective form of therapeutic intervention at the psychological level. This presentation reaffirms the value of music therapy, but also argues the case for a wider understanding of music as a spiritual resource. Various types of music will be used to illustrate how solace can be offered by music. How music operates at a spiritual level will also be explored.

LEARNING OBJECTIVES:
• Explain the role of music as a spiritual resource in supporting people who are grieving.
• Explain how music can be promoted as a source of solace.
• Discuss the practice implications of regarding music as a spiritual resource.
APA: 1.25 CE Credits, NBCC: 1.25 CE Hours, UW-EX CEU: 1.25 Contact hours

Troubled Waters: A Metaphorical Approach to Understanding Grief Across the Lifespan | Room 3314
– Thomas Dennis, D.Min., LCPC, CT®, Bereavement Services Coordinator, NorthShore Hospice, Skokie, IL

The shores of the Mississippi River provide a visual backdrop for two metaphors dominate the conversation around grief and loss, the first being grief is a “process,” the second is grief comes in “waves.” The Grief River model uses the waves metaphor to locate the current loss in the context of the entire life journey. The Mississippi River provides the perfect backdrop to examine the phases of this model; headwaters, rapids, run, delta, and rejoining the sea. This metaphorical approach aims to build resilience and provides an opportunity to explore the existential questions that arise because of loss and life transition.

LEARNING OBJECTIVES:
• Explain key elements of the Grief River model that utilizes a nature-inspired metaphor and offer insight into the lifelong impact of loss.
• Critique the strengths and limitations of existing clinically based models of grief and loss and contrast them with this metaphorical model.
• Apply the model to clinical practice.
APA: 1.25 CE Credits, NBCC: 1.25 CE Hours, UW-EX CEU: 1.25 Contact hours
Professional Caregiver Grief: When Hospice Goes Wrong—Making Do and Moving on Personally and Professionally
– Janet Buntrock, M.A., LPC, FT®, Candlelight Counseling, Littleton, CO
Professional caregivers are also family members and primary caregivers of our own loved ones. What happens when our high expectations for their care is not met? Can one successfully advocate for the necessary care for one’s family member when, to do so, might negatively impact one’s professional standing? Hospice does not always work and emotions run high. In this session, we will discuss ways to navigate the maze and keep both ours, and our colleagues respect.

Preparedness and Attitudes of Bereavement Professionals Related to the Needs for Spiritual Care
– Kristine Florczak, R.N., Ph.D., CNL, CNE, Assistant Professor, College of Nursing, Purdue University NW, Westville, IL
– Nancy Lockie, Ed.D., R.N., M.S., Professor Emeritus, School of Nursing, St. Xavier University, Chicago, IL
The purpose of this descriptive pilot study is to investigate the preparedness and attitude of bereavement professionals regarding the need to address the role of spiritual beliefs when caring for the bereaved. Research has shown that not all health care professionals want to address or are not prepared to attend to their client’s spiritual beliefs. Health care professionals are expected to address the spiritual needs of their clients as mandated by their professional and regulatory agencies.

LGBTQ End-of-Life Experiences
– Caroline Werner, LPSW, Comfort Keepers, Madison, WI
You will hear my personal stories as a lesbian and LGBTQ senior advocate as well as gain information on issues LGBTQ individuals deal with at end of life. My goal is to help communicate the need for LGBTQ clients you may be serving to complete their Power of Attorney documents. I provide resources to continue your education regarding the health care needs and issues of LGBTQ individuals and their families of choice.
Concurrent Sessions

3–4:15 p.m.  Wandering Grief: Finding a Path Home through Poetry  | Room 3310
– Cynthia Rollo-Carlson, M.A., M.S.W., LICSW, LCSW, ACSW, CT®, BCPCC, Senior Lecturer, University of Southern California, Graduate School of Social Work, Walker, MN

Talk therapy seems to be the dominant form of therapy utilized by counselors. Expressive therapies such as creative writing can be more effective particularly when working with those who are dealing with grief, loss, and trauma. By combining the artistic process of creative writing with the desire to heal, one can benefit from journaling, diary writing, memoir, letter writing, storytelling, and poetry therapy.

LEARNING OBJECTIVES:
• Analyzing current poetry with the purpose of promoting thoughts and feelings in a non-threatening fashion.
• Discuss how to use poetry as part of individual or group therapy through collaborative writing that allows clients to develop connection.
• Discuss the process of one’s own individual creative writing as a healing journey so that the participant can understand how patients can express private and often confusing thoughts and feelings as a way out of the pain they experience.

APA: 1.25 CE Credits, NBCC: 1.25 CE Hours, UW-EX CEU: 1.25 Contact Hours

4–4:15 p.m.  Mindfulness with Andrew Vitale  
Student Union—Outdoor Fire Pit
– Andrew Vitale, CT®, Author, Bereavement Coordinator-Spiritual Counselor, Northern Illinois Hospice, Rockford, IL

Beyond Words: The Restorative Power of the Arts in Healing after Loss  | Room 3130
– Christine Linnehan, M.S., LCPC, BC-DMT, FT®, Riverview Counseling, Scarborough, ME

In this interactive session we will explore how the arts can be used to restore resilience and well-being in the wake of loss. Creative mind/body strategies that promote stability and emotional regulation will be demonstrated. Examples of restorative interventions utilizing various art modalities will illustrate how the creative process can mobilize the imagination as a healing force, provide a container for a range of feelings, and serve as a voice when words are not enough.

LEARNING OBJECTIVES:
• List the three components of evidence/based, trauma-informed models that provide the framework for therapeutic interventions.
• Demonstrate at least two mind/body self-regulation and calming strategies.
• Describe an example of how movement, music, and metaphor can be used to process narrative of loss.

APA: 1.25 CE Credits, NBCC: 1.25 CE Hours, UW-EX CEU: 1.25 Contact Hours
Tuesday, June 4, 2019
All sessions are held in the Student Union

7:30–8:30 a.m.  Registration and Breakfast  |  2130 Grandad
8:30–8:45 a.m.  Welcome & Announcements  |  2130 Grandad
8:45–10:15 a.m.  Keynote Session  |  2130 Grandad

Art as Part of the Healing Process
– Eva Marie Restal, M.A., Ceramic Artist, La Crosse, WI

New research shows that artwork with specific attributes makes a critical difference in patient care. When patients and their families feel stress and experience a loss of hope, their health and ability to cope becomes inhibited. The presence of intentionally designed artwork has the capability to positively alter thoughts and feelings. Ultimately, this influence allows the artwork to decrease stress and to increase hope throughout the patient care process.

LEARNING OBJECTIVES:
• Describe how and why particular visual art can be part of the healing process and therefore a critical aspect of healthcare facilities.
• Discuss the specific attributes of art pieces that allow art to be part of the healing process.
• Discuss how to pick medically helpful art pieces for healthcare spaces.

APA: 1.5 CE Credits, NBCC: 1.5 CE Hours, UW-EX CEU: 1.5 Contact Hours

10:15–10:45 a.m.  Break & Posters  |  2110 Miller

Engaging Young Adults in Conversations and Contemplation About Death, Dying and Grief
– Cameron Kiersch, D.N.P., R.N., Assistant Professor of Nursing, Viterbo University, La Crosse, WI
– Lynne Kuhl, M.S.N., R.N., Associate Professor of Nursing, Viterbo University, La Crosse, WI

Will focus on innovative teaching and learning strategies that seek to engage young adults in death, dying and grief conversations, as well as contemplative practices, which aim to define one’s quality of life, ease death anxiety and reduce the stigma associated with the topic. Focusing resources on young adults intends to encourage conversations with others as a way to improve the care at the end of life.

Comparing Interprofessional Socialization in Mixed Discipline and Nursing Student Only Cohorts of Learners in an Online Interdisciplinary Palliative Care Course
– Kara Groom, Ph.D.(c), Chief Nurse Administrator, Mount Mary University, Milwaukee, WI

Avoidable failures in communication continue to challenge healthcare providers, educators, and researchers. In response, healthcare has entered an era of interprofessionalism in education and patient care. Substantiating the value of interprofessional education has been limited by the small number of studies that assess the effectiveness of interprofessional education interventions on single-discipline and mixed-discipline groups of learners. This study compared interprofessional socialization.

Love Beyond the Grave
– Lindy Messerly, M.Ed., R.N., La Crosse WI

One sustaining aspect of end of life care occurs when a dying individual reveals that he or she has received contact from someone known and trusted who has died before them. The message is always the same—reassurance, comfort and love in a variety of words and ways. These contacts frequently occur in reverse after the death, the beloved reaches back with love and uniquely individual messages for the survivors. These contacts may be verbal, auditory, visual, sensory or natural.

Continued on next page
Black Male Grief Through the Lens of Racialization and Oppression: Decreasing Pathology to Increase Healing and Coping | Room 3114
– Allen Lipscomb, Ph.D., LCSW, College of Social and Behavioral Sciences, California State University Northridge, Northridge, CA

This presentation is designed to provide an overview to professionals and other community providers in learning how to view grief reactions in Black/African American men. In addition, effective ways to assist black men in their grieving process will be addressed. The presentation will also focus on practice elements and techniques for providing grief counseling services to Black men.

LEARNING OBJECTIVES:
• Describe how Black men respond to grief and loss in the United States.
• Discuss stigmas, stereotypes and cultural beliefs about Black male expressing their emotions as it relates to loss.
• Explain three ways to support, advocate and counsel the unique grief reactions exhibited by Black men.

APA: 1.25 CE Credits, NBCC: 1.25 CE Hours, UW-EX CEU: 1.25 Contact Hours

Concurrent Sessions

Noon–1 p.m. Lunch | 2130 Grandad

1–2:30 p.m. Keynote Session | 2130 Grandad

Using Music in Grief Processing
– Mark VandeBraak Ph.D., FT®, MT-BC, Avera McKennan Behavioral Health Center, Sioux Falls, SD

This presentation will focus on using music as a tool for grief processing. Popular, country, classical and Christian contemporary styles of music will be used. Participants will be encouraged to listen and participate in discussing both the lyrics and musicality of each piece. Music allows us the opportunity to express ourselves as well as connect with each other. It helps us to cope, relax, process and understand our personal self.

LEARNING OBJECTIVES:
• Describe how music can lend itself to healing the pain of grief.
• Explain the Beraan Model and how music can connect to feelings of being robbed.
• Use song lyrics to examine emotions related to grief and loss.

APA: 1.5 CE Credits, NBCC: 1.25 CE Hours, UW-EX CEU: 1.5 Contact Hours

2:30–2:45 p.m. Break | 2110 Miller
**Concurrent Sessions**

**Dignity Therapy provides a Generativity Document with Valid and Credible Benefits for Patients and Family Members**

Room 3310

– Brent Birkhoff, M.S., CT®, SPHR, Owner/President, Legacy Leaders, Dewey, AZ

As honorable as legacy attempts are, none have the scientific validity and credibility provided by Dignity Therapy. A one-hour audiotaped session with a patient provides a written generativity document that has been empirically proven to provide peace and comfort, decrease suffering, enhance quality of life, bolster a sense of dignity, make life more meaningful, increase the will to live, relieve sadness and depression, give a heightened sense of purpose, and enhance the health care experience.

**LEARNING OBJECTIVES:**

- Discuss what Dignity Therapy is and why it is on the cutting edge of providing additional services for hospices.
- Explain the validated and creditable knowledge behind dignity at the end-of-life.
- Explain how to determine if Dignity Therapy is a valid option for certain clients.
- Discuss the empirical support that makes Dignity Therapy a worldwide option for providing dignity at the end of life, creating a generativity document for clients and family members, and a useful tool in funeral rites, eulogies, memorial and bereavement service.

APA: 1.25 CE Credits, NBCC: 1.25 CE Hours, UW-EX CEU: 1.25 Contact Hours

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**Losing and Finding: The Use of Poetry in Grief**

Room 3314

– Laura Lewis, Ph.D., M.S.W., B.S.W., RSW, Associate Professor, King’s University College, University of Western Ontario, London, Ontario Canada

– Eunice Gorman, Ph.D., M.S.W., B.S.W., R.N., Associate Professor, King’s University College, University of Western Ontario, London, Ontario Canada

This presentation will focus on the use of poetry as an evidence-based therapeutic tool for those persons who are grieving losses of various kinds. The presentation will discuss current thinking about the use of this unique arts based method to assist grieving populations, and will specifically elucidate some of the reasons poetry has been used so effectively to assist those who seek greater emotional well-being following a significant loss.

**LEARNING OBJECTIVES:**

- Describe what is meant by the word catharsis, and describe how the use of poetry may facilitate cathartic emotional shifts in those who are grieving.
- Demonstrate how poem selection facilitates group participant response(s), recognizing the importance of poetry selection that meets group goals.
- Write a brief poem in Haiku form that highlights a significant attachment relationship - human, animal, ecological, or spiritual.

APA: 1.25 CE Credits, NBCC: 1.25 CE Hours, UW-EX CEU: 1.25 Contact Hours

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**An Introduction to Somatic Experiencing Therapy for Traumatic Loss**

Room 3130

– Linda Cherek, R.N., M.S.W., LICSW, FT®, SEP, Minneapolis, MN

Somatic Experiencing(SE) is designed to resolve traumatic stress and increase the capacity to negotiate stress and trauma. Somatic Experiencing is a psychobiological-informed treatment modality. Traumatic loss experiences (war vets, suicide survivors, other traumatic/violent deaths) require new innovative modalities to help them resolve the trauma associated with their loss in order to continue their journey of grief and re-negotiate the new normal.

**LEARNING OBJECTIVE:**

- Describe how unresolved traumatic loss/stress creates dysregulation in the nervous system.
- Identify somatic treatment approaches.
- Describe basic SE skills and how they can be utilized in working with trauma and the bereaved: Orientation, Felt Sense, Tracking and Resourcing.

APA: 1.25 CE Credits, NBCC: 1.25 CE Hours, UW-EX CEU: 1.25 Contact Hours

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LEARNING OBJECTIVES:
• Discuss how theatre can create opportunities for community dialogue about hospice and end-of-life decision making.
• List tangible steps in how to develop a community production.
• Describe how hospices can work with other community organizations to utilize the plays for their community or for educational purposes.

Grief and bereavement are universal human experiences that do not discriminate based on sex, gender, or sexual orientation. Existing literature provides valuable insight into the bereavement experiences of persons who identify as heterosexuals, but much less can be found on persons who identify as lesbian, gay, bisexual or transgender* (LGBT*). The purpose of this presentation is to provide insight on how LGBT* persons describe their experiences with partner bereavement.

LEARNING OBJECTIVES:
• Discuss how LGBT* persons describe their personal experiences with partner bereavement.
• Describe the population of people who self-identify as LGBT*.
• Explain how the bereavement experiences of LGBT* identified persons have been historically overshadowed by a wave of stigma due to an atypical sexual orientation and HIV-related issues.

APA: 1.5 CE Credits, NBCC: 1.5 CE Hours, UW-EX CEU: 1.5 Contact Hours
Visual Journaling: Using the Art of Self-Discovery to Process Grief

– Elizabeth Lewis, B.F.A, Personal Development Coach, Mequon, WI

Visual journaling is the art of self-discovery: through image making your truest feelings are revealed; through writing those feelings are interpreted. In a five-step process that also includes body-centered awareness and guided visualization, visual journaling works as both cognitive and imagistic restructuring by providing a less stressful way to integrate the effects of painful, confusing or life-changing experiences. Visual journaling is an effective tool for processing grief and loss.

LEARNING OBJECTIVES:
• Create 2–3 images to have hands-on experience of the visual journaling process.
• Explain the brain science and research that supports the effectiveness of visual journaling.
• Discuss how visual journaling can be used with clients and patients to support the grieving process.

APA: 1.5 CE Credits, NBCC: 1.5 CE Hours, UW-EX CEU: 1.5 Contact Hours

10:30–10:45 a.m. Break | 2110 Miller

10:45 a.m.–12:15 p.m.

Keynote Session | 2130 Grandad

So Many Little Dyings: Illuminating Loss and Grief through the Arts
– Irene Renzenbrink, M.S.W., Author, Shields, Saskatchewan, Canada

The poet Kenneth Patchen once said: ‘Art is not to throw light but to be light’. In the past, all aspects of caring for dying and bereaved people has relied heavily on verbal communication. However, recent advances in arts based research and arts based interventions have provided an alternative, which not only strengthens capacity in the person who is ill, but also provides comfort and nourishment for family members and professional caregivers. Art has a powerful healing capacity.

LEARNING OBJECTIVES:
• Describe the key principles of expressive arts therapy.
• Discuss the ways in which arts based interventions enhance capacity in the dying person.
• Use jump off lines of poetry to finish unfinished business in bereavement.

APA: 1.5 CE Credits, NBCC: 1.5 CE Hours, UW-EX CEU: 1.5 Contact Hours

12:15–12:30 p.m. Closing Ceremony | 2130 Grandad
HOW TO RECEIVE CREDIT:

To receive continuing education credit/contact hours, participants are required to:

1. Sign in and out at each session
2. Attend each session for which credit is required in its entirety

AMERICAN PSYCHOLOGICAL ASSOCIATION

The University of Wisconsin-La Crosse is approved by the American Psychological Association to sponsor continuing education for psychologists. The University of Wisconsin-La Crosse maintains responsibility for this program and its content.

ASSOCIATION FOR DEATH EDUCATION COUNSELING®:

The Association for Death Education and Counseling® has deemed this program as counting toward the continuing education requirements for the ADEC CT® and FT® programs.

UNIVERSITY OF WISCONSIN-EXTENSION

Continuing Education Units (CEUs) are a means of recognizing and recording satisfactory participation in non-degree programs. University of Wisconsin-Extension (UW-EX) awards one CEU for every 10 contact hours in a continuing education experience. Actual contact hours are recorded. CEUs are offered at no additional charge, through the UW-EX. In order to receive a certificate, participants need to sign up for CEUs at the time of registration.

UW-Ex CEUs fulfill continuing education requirements for many professionals, agencies and organizations. Professional associations may have specific licensing requirements. Individuals should contact their licensing association before assuming UW-Ex CEUs will fulfill all requirements.

NATIONAL BOARD FOR CERTIFIED COUNSELORS (NBCC)

The University of Wisconsin-La Crosse Continuing Education and Extension has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6303. Programs that do not qualify for NBCC credit are clearly identified. The University of Wisconsin-La Crosse Continuing Education and Extension is solely responsible for all aspects of the programs.

The Program Planning Committee members were asked to complete Program Planner Disclosure Forms regarding relationships with commercial entities. Each of the Program Planning Committee members has reported no relevant financial conflicts of interest.

Presenters were asked to complete disclosure forms regarding relationships with commercial entities during the Call for Proposals process. Each presenter has reported no relevant financial conflicts of interest.
**2020 CALL FOR CONCURRENT OR POSTER PROPOSALS**

*University of Wisconsin-La Crosse Presents*

**INTERNATIONAL**

**Death, Grief and Bereavement**

**Conference 2020**

**Ambiguous Loss and Grief**

**June 1–3, 2020**

**Pre-conference Workshop:**

**May 31, 2020**

Center for Death Education & Bioethics

Continuing Education and Extension

Concurrent Session and Poster Session Proposal Deadline: **November 8, 2019**

Notification emails will be sent on or before: **December 6, 2019**

All proposals must be submitted online using the call for proposal submission form found at [www.uwlax.edu/conted/DGB/2019-call-for-concurrent-or-poster-proposals](http://www.uwlax.edu/conted/DGB/2019-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.
- Complete requirements are available on the website
- 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