

Hope and Help for the Holidays and Beyond



A grief seminar providing hope and healing.

Tuesday, November 13, 2018

8:30 AM - 2:30 PM

First Baptist Greenville, Fellowship Hall
847 Cleveland St.
Greenville, SC 29601

8:30-9:00	Registration and Coffee
9:00-10:45	General Session
10:45-11:00	Break
11:00-12:15	Session 1 - Choice of smaller breakout session
12:15-1:15	Lunch/Break
1:15-2:30	Session 2 - Choice of smaller breakout session
2:30-2:40	Break
2:40-3:00	Closing
3:00	Adjourn

This seminar is for anyone who has experienced loss and grief, as well as professionals who help grieving individuals, such as Nurses, Counselors and Therapists, Social Workers, Chaplains, Clergy Members, Guidance Counselors, Psychologists, LTC Administrators and Educators.

9:00 AM – 10:50 AM General Session - “Proactive Grieving, Hope for the Holidays and Beyond” -Mitchell D Carmody CGSP, CCPv

Description: The holiday season is rough for a lot of people. When you’re grieving, they can feel impossible. How do you survive the season proactively and with hope?

Objectives:

1. Discuss ways the holiday season can be difficult for grieving people and differentiate between general holiday blues and grief.
2. Articulate the challenges of this time period and what steps to take to support self and others through the holiday season.

Bio: Mitch Carmody has been providing provocative insightful healing resources for the bereaved for over 25 years with writings, workshops, books, and more recently YouTube videos (MrHeartlight) on Proactive Grieving. Mitch is the author

of *Letters To My Son*, hosts his own radio show “Grief Chat”, member ADEC, and longtime presenter for BPUSA, TAPS, TCF and other grief organizations and has presented in almost every major US city including Newtown/Sandyhook and Parkland Florida.

Morning Breakouts (11:00 AM – 12:15 PM)

1. **Grief and Loss Due to Substance Abuse** – Mildred Williams, MA, MA, ABD, Associate Professor of Psychology/Social Science Internship Coordinator, Southern Wesleyan University (FOR PROFESSIONAL – **ONLY BREAKOUT OPTION FOR NURSING CE CREDIT**)

Session Description: How does substance abuse impact individuals and their communities? How is the opioid crisis affecting individuals and communities? This session will examine grief and loss due to substance abuse, how to cope with such a loss, and where to go from here.

Objectives:

1. Describe the various types of Drugs & Their Impact on Individuals & the Community
2. Discuss the Opioid Crisis and its impact on Individuals & Community
3. Examine Grief and Loss as it pertains to Substance Abuse

Bio: Mildred D. Williams is a 1987 graduate of Rutgers University in N.J where she earned a Bachelor of Arts Degree in Psychology and Sociology. She also holds a Master of Arts Degree from Webster University in Counseling and a Master of Arts Degree from Webster University in Human Resource Development. Mildred did doctoral work at Capella University in Human Services and was ABD. She’s currently pursuing more doctoral work at Piedmont International University where she’s studying for a PH.D in Leadership. She will complete this work in December of 2018. She currently serves full-time as an Associate Professor of Psychology at Southern Wesleyan University in Central S.C.

2. **You Can Lean on Me: How Grief Can Either Push Relationships Apart or Make Them Stronger** –

Andrew Johnston, MDiv, MA, LPC

Session Description: Why do strong emotions break apart some families, while pulling others even closer together? With Attachment Theory as our guide, we will look at how emotions operate differently in close relationships, how your limbic system gets involved, and some practical steps for strengthening your emotional bonds during grief. This is appropriate for people grieving, their loved ones, or professionals.

Objectives:

1. Develop understanding of relationship dynamics during grief.
2. Be able to recognize negative and positive Attachment Cycles
3. Become aware of additional resources if needed

Bio: Mr. Johnston specializes in helping couples develop greater intimacy, resilience, and peace with one another. He is trained in Emotionally-Focused Couples Therapy (EFT), which uses new research in neuroscience and Attachment Theory to improve relationship quality even in highly distressed couples. In 2016 he started the Greenville Relationship Institute to provide educational materials, therapy, and other resources to couples in the Upstate region.

3. **Losing Your +1: Life After the Death of A Partner** – Tamara Hanna, LPC, Certified Grief Recovery Specialist Private Practice Owner of Love & Loss Counseling

Session Description: Grieving is natural, but what we have learned about dealing with grief is often unhelpful. During this session we will discuss how to filter the well-intended yet hurtful things people say to the person grieving or beginning a new relationship. We will explore the 5 Myths about grief that hinder healing (specifically “Replace the Loss”). Through the lens of Attachment Theory we’ll learn how the uniqueness of the relationship

(quality, quantity of time, etc) and the nature of the death (sudden, natural, and traumatic) impacts the grief experience. May you leave less constricted and less conflicted about your grief journey.

Bio: Tamara works with individuals and couples in Asheville, NC. As a Certified Grief Recovery Specialist®, she is passionate about liberating people through education, helping people navigate the complexity of loss in all its forms, and acquiring the “right tools for the job” in love and loss. She lives fearlessly in deep waters, yet has learned the importance of coming up for air by cultivating beauty, celebration, play, and laughter.

4. **Whispers of Love, signs & synchronicity of continuing connections** – Mitch Carmody, CGSP, CCP, Author, Speaker, Grief Educator

Session Description: Signs, dreams, and other evidential experiences can be important aspects in one’s grief journey. This session will address the various phenomena that bring about the continued connections with lost loved ones.

Objectives:

1. To educate on the phenomenon of signs, dreams, visitations, and other evidential experiences that validate the possibility that the soul and personality lives on beyond death
2. The presenter will share his personal experiences and that of others with anecdotal evidence and photographic evidence that this phenomenon exists.

Bio: Mitch Carmody has been providing provocative insightful healing resources for the bereaved for over 25 years with writings, workshops, books, and more recently YouTube videos (MrHeartlight) on Proactive Grieving. Mitch is the author of *Letters To My Son*, hosts his own radio show “Grief Chat”, member ADEC, and longtime presenter for BPUSA, TAPS, TCF and other grief organizations and has presented in almost every major US city including Newtown/Sandyhook and Parkland Florida.

5. **Lessons Learned From Our Journeys of Healing: From Grief to Grace** – Alice Ann Holman, BA, Med, M+30, NBPT and Jan James, BA, MEd

Session Description: For over a decade Jan and Alice Ann have walked a path no parents should have to walk. The death of a child is devastating. Grieving is hard work. Whether you are a parent or a care giver, let these women share the insights they have gained to help encourage and provide hope for grieving parents.

Objectives:

1. The learner will understand that grief is an individual, complex, and life-long process.
2. The learner will gain appropriate strategies to cope with the death of a child and select 5 that are most appropriate to their situation.
3. The learner will understand that parents have permission to experience a life with hope, purpose, and joy in the years to come.

Bio: Alice Ann and Jan have each experienced the death of a son. As part of their journeys of healing they have come alongside other mothers in loving support and understanding. They have facilitated Heartstrings, a faith-based encouragement group for women who have experienced the death of a child, since 2006, and have sponsored an annual day-retreat for moms since 2013. Both Alice Ann and Jan are retired educators and have spent their careers working with parents and children in a public school setting.

6. **I Want to Be a Greif Buddy: What Do I Do?** - Christopher M. Strom, Volunteer with Interim Hospice in grief support

Session Description: A grief buddy is a valuable resource to one who is mourning. What exactly is a grief buddy? How does one perform that role? This session targets the lay community to improve participants' general understanding of grief and the activities that a grief buddy can perform.

Objectives:

1. The learner will understand the needs of the mourner and the characteristics of being a grief buddy.

Bio: Chris has been co-facilitating grief support groups since 2008. He read half a book and watched a couple of YouTube videos in preparation for this seminar. He retired from full time work as an actuary and now devotes much effort to grief support causes. He is very familiar with the work of Dr Alan Wolfelt, including his book *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart* and Dr. Wolfelt's companioning series of books.

Lunch Break (12:15 PM – 1:15 PM)

Afternoon Breakouts (1:15 PM – 2:30 PM)

1. **Losing Your +1: Life After the Death of A Partner** – Tamara Hanna, LPC, Certified Grief Recovery Specialist
Private Practice Owner of Love & Loss Counseling

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Objectives:

Bio: Tamara works with individuals and couples in Asheville, NC. As a Certified Grief Recovery Specialist®, she is passionate about liberating people through education, helping people navigate the complexity of loss in all its forms, and acquiring the “right tools for the job” in love and loss. She lives fearlessly in deep waters, yet has learned the importance of coming up for air by cultivating beauty, celebration, play, and laughter.

2. **Music & Grief: Creative Resourcing in Bereavement** – Cathleen Flynn, MA, MT-BC, Board-Certified Music Therapist, Music Therapy of the Carolinas

Session Description: Participants will explore how a relationship with music can support the grief process. Music therapy case examples will be provided, and applications of music for the non-music therapist and the non-clinician will be discussed.

Objectives:

1. Name three examples of music as a psychosocial-spiritual resource.
2. Identify music-based experiences that facilitate the therapeutic goals of grievers.
3. Describe music therapy as a primary treatment option in bereavement.

Bio: Cathleen Flynn has worked as a music therapist in end-of-life and grief care, behavioral health, and private practice since 2014. She teaches and presents regionally and nationally, and has published on the topics of music therapy and intersubjectivity in hospice. She enjoys collaborating with clients in music and dialogue to promote connection, creativity, and consciousness in the therapeutic process.

3. **Stigma Surrounding Mental Illness & Grief & Loss** – Mildred Williams, MA, ABD, Associate Professor of Psychology/Social Science Internship Coordinator, Southern Wesleyan University
(FOR PROFESSIONAL – **ONLY BREAKOUT OPTION FOR NURSING CE CREDIT**)

Session Description: How do we, as professionals and mental health specialists, help those who are struggling with grief while also managing a mental illness? This session will describe several types of mental illnesses and the impact of said illnesses on individuals and their communities.

Objectives:

1. Describe the various types of Mental Illnesses & Their Impact on Individuals & the Community
2. Discuss the Suicide Crisis and its Impact on Individuals & the Community
3. Examine Grief and Loss as it pertains to Mental Illness

Bio: Mildred D. Williams is a 1987 graduate of Rutgers University in N.J where she earned a Bachelor of Arts Degree in Psychology and Sociology. She also holds a Master of Arts Degree from Webster University in Counseling and a Master of Arts Degree from Webster University in Human Resource Development. Mildred did doctoral work at Capella University in Human Services and was ABD. She's currently pursuing more doctoral work at Piedmont International University where she's studying for a PH.D in Leadership. She will complete this work in December of 2018. She currently serves full-time as an Associate Professor of Psychology at Southern Wesleyan University in Central S.C.

4. **Grief 101: Who Are You as a Griever?**- Mitch Carmody, CGSP, CCP, Author, Speaker, Grief Educator

Session Description: Participants will explore various emotions experienced in grief and bereavement, personality and how it informs each griever. Information given will shed light on how to use one's personality strengths and weaknesses to increase self-awareness in the grief journey.

Objectives:

1. To identify emotions held by grievers and that of fellow grievers to better understand the variety of emotions of that can be experienced in grief
2. Finding out your personality propensity that you were born with to better understand how you grieve intrinsically with your own skills.
3. Participants will be given time to share their own response to the quiz as it relates to grief.

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5. **Hope After Suicide** – Dan Taylor, Doctor of Ministry

Session Description: Participants will learn about suicide, it's implications for surviving loved ones, and the basic aspects and challenges of loss from suicide. The presenter will discuss coping strategies and how to gain confidence speaking about suicide.

Objectives:

1. Participants will understand basic elements of suicide and suicidality
2. Participants will be able to identify several coping skills in supporting self and others through loss through suicide
3. Participants will learn how to openly discuss suicide

Bio: Doctor Taylor graduated from high school in Munich Germany in 1968 and attended college and seminary in Greenville SC. He married his wife, Judy, in 1975 while serving in the Army Reserves and began his active duty career in the US Army in 1979. He served combat tours in Operation Desert Shield and Desert Storm (serving time as the acting Division Chaplain for the 82d Airborne Division), and Operation Iraqi Freedom II. At Fort Benning GA he was the Garrison Chaplain and the Deputy Installation Chaplain. He currently serves as the Minister for Senior Adults and Pastoral Care at First Baptist Church, Simpsonville. He is a member of the Upstate Senior Network and the South Carolina Silver Haired Legislature.

Continuing Education Credit:

Social Workers: This program has been approved for 4.0 clock hours of non-social work continuing education by Upstate AHEC, as part of the SC AHEC system, under its accreditation by the SC Board of Social Work Examiners.

Counselors/Therapists: This program has been approved for 4.0 hours of continuing education by SC AHEC under its accreditation by the SC Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists and Psycho-Educational Specialists.

Long Term Health Care Administrators: You may apply for individual approval of a course attended that was not pre-approved by the Board. You may demonstrate the course was worthwhile in regards to your position as administrator of a long term care facility. Individual applications for continuing education approval must be submitted to the board office within 30 days of completion of the course. Administrators are responsible for keeping up with continuing education hours. Board staff does not keep continuing education certificates/hours on file.

Others: This program is approved for 0.4 CEUs (4.0 clock hours) by Upstate AHEC and meets the SC AHEC Best Practice Standards.

Licensed Nurses: Upstate AHEC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Upon successful completion of this program, attendees will receive 4.0 contact hours.

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Successful completion of the program requires attendance for at least 90% of the event and a completed online evaluation by the participant within 10 calendar days of the program date. A certificate of completion will not be made available if the evaluation is not completed within this timeframe. No partial credit available.

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ADA: If you need any of the auxiliary aids or services identified in the Americans with Disabilities Act in order to participate in this program, call (864) 349-1160 or email registration@upstateahec.org at least two (2) weeks prior to the program.

For registration issues or questions, please call Upstate AHEC at 864.349.1160.