



Heidi Bausch-Ryan & Hannah Dufek
Clinical Director *Mental Health Professional*
CARE Counseling *CARE Counseling*

Hannah Dufek, MS, LADC, LPCC is a mental health professional and the Diversity, Equity, and Inclusion (DEI) Specialist at CARE Counseling. Prior to working in outpatient mental health, Hannah Dufek worked in higher education as a career and academic advisor and participated in leading panels and discussions regarding DEI initiatives at the university. She has additional professional experience working at an intensive residential treatment facility as well as community mental health work supporting refugees and immigrants. Hannah has studied the experiences of marginalized groups in therapy and has training in assessing and treating substance use and recovery in individual and group settings. Her clinical interests include identity exploration and intersections, substance use concerns and recovery, relational work, and trauma.

Heidi Bausch-Ryan, PsyD, LP is a licensed psychologist and the Director of Training at CARE Counseling. For the past decade, Dr. Bausch-Ryan has gained clinical training and professional experience as a generalist practitioner: on inpatient behavioral health units, at an outpatient mental health practice, in a university department of psychiatry, and at a residential substance use treatment center. She has delivered professional training presentations on topic such as modalities of therapy, grief, depression, anxiety, trauma, co-occurring concerns, recovery pathways, and resiliency.

“Whole Person Conceptualization & Intersectionality with Grief & Loss”
60-minute In-Person Session

- **Description:**
 - This presentation will explore the multifaceted nature of grief, examining the biological, psychological, social, environmental, and cultural factors that influence the grieving process. We will delve into how these aspects intersect with various identities, including race, ethnicity, gender, age, ability, neurodivergence, socioeconomic status, sexual orientation, religion, and indigenous heritage. Attendees will gain a comprehensive understanding of how to conceptualize grief through an intersectional lens, enhancing their ability to support diverse populations effectively.
- **Learning Objectives:**
 - Identify and describe the biological, psychological, social, environmental, and cultural factors that influence grief.
 - Utilize the ADDRESSING model to further understand the impact of intersectionality on the grieving process.
 - Develop strategies for conceptualizing and addressing grief in a manner that is inclusive to the diverse experiences of individuals.



Jackie Bohrer

*Bereavement Coordinator, Lifespark Hospice
Hospice Clinical Social Work, LICSW*

Jackie is a creative, passionate and innovative teacher, artist and licensed clinical social worker. Before she became a grief counselor, she spent decades in the classroom with young people on topics such as ethics, leadership, spiritual growth, healthy communication and creating social justice in the world. She has also worked as a crisis social worker, elementary school counselor and campus minister. She has been resourceful and resilient through her own losses so as to help others stand up in their darkness and learn to thrive in their life.

Although she is a homegrown Minnesotan, she has a special fondness for hiking and camping in the Pacific Northwest.

“Navigating Grief for Professional Caregivers”

60-minute In-Person Workshop

- **Description:**
 - Everyone has had losses in their life but often we don't see how ignored grief can restrict and prevent us from being healthy human beings and effective professional caregivers. Learning how to practice self-care on a regular basis is especially critical for caregivers. This presentation will invite participants to examine their own life with humor and honesty so they can prioritize healthy self-care for themselves and those they serve.

- **Learning Objectives:**
 - Participants will learn about the different types of grief, the stages of grief, and the emotional, spiritual, and physical dimensions of grief.
 - Participants will learn about the best tools for self-care and be able to name 5 strategies to use to best navigate through their own grief.
 - Participants will learn how to support and help their clients understand and work through their grief through their professional role as caregivers



Dr. Katie Clarke
Founder and CEO
My Journey Consulting

Dr. Katie Clarke is the Founder and CEO of *My Journey Consulting*, where she helps schools and educators navigate trauma, loss, and leadership challenges with empathy and clarity. A former principal, district leader, and university faculty member, Katie blends over 20 years in education with her lived experience as the mother of Molly, who died at age 17 in an ATV accident.

Today, Katie supports schools, nonprofits, and communities with grief-informed coaching, professional development, and student presentations. Her sessions are known for their vulnerability, strength, and practical strategies. She believes schools can hold space for grief without losing momentum—and that healing is possible, even in the hardest seasons.

“A Coaching Approach to Grief: Practical Tools for Support”

60-minute Virtual Workshop

- **Description:**
 - Grief is deeply personal—yet when we are in a supportive role, whether as educators, funeral home professionals, or colleagues, we are often asked to walk beside others during their most vulnerable moments. This session introduces a coaching approach to grief support, helping participants build the mindset and practical skills to support others without stepping into counseling or therapeutic roles. Participants will explore how to hold space for grieving individuals, listen without fixing, and ask questions that foster resilience and personal reflection. Through interactive practice, real-life examples, and reflection, attendees will leave more confident in their ability to support those who are grieving—while maintaining healthy boundaries and caring for their own emotional well-being.

- **Learning Objectives:**
 - Participants will define the role and limits of a coaching approach to grief support.
 - Participants will practice active listening and question-asking techniques appropriate for grief support.
 - Participants will explore how to support grieving individuals while honoring professional boundaries and personal well-being.



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“When the Principal Grieves: Insights for Educators and School Communities”
60-minute In-Person Workshop

- **Description:**
 - What happens when the school leader becomes the grieving parent? As a former principal and district administrator—and the mother of 17-year-old Molly, who died in a tragic accident—I bring both personal and professional perspectives to this interactive session on navigating grief in school communities. We will explore practical strategies to support families grieving the loss of a child, students mourning the death of a sibling, and employees navigating the grief of losing a child within their own family. Through storytelling, discussion, and reflection, participants will gain insight into how to respond with compassion, communicate with clarity, and build school cultures that hold space for grief without losing their footing. Molly’s spirit continues to guide this work and remind us that healing is possible

- **Learning Objectives:**
 - Participants will learn strategies to support grieving families and staff with compassion and care.
 - Participants will identify ways to support students grieving the loss of a sibling.
 - Build awareness and empathy around grief in school communities.



Michele DeVille
Grief Coach, Speaker, and
Author of "Dare to Grieve"

Michele DeVille is a grief specialist, educator, speaker, and coach who seeks to create a safe place for anyone experiencing the devastation of loss.

She is the author of *Your Loss Matters - Real Talk About Grief in a World That Doesn't Get It* and *The Path to Forgiveness*. Michele holds degrees in psychology and communications, has several grief support certifications, and draws expertise and compassion from her own experiences with loss. She is passionate about changing the conversations around grief in a grief illiterate world and helping grievers to feel less alone.

"Changing Conversations about Grief in a Grief Illiterate World"

60-minute Virtual Workshop

- **Description:**
 - This workshop will talk about how uncomfortable society is with grief and how it impacts grievers, some of the myths, platitudes, and outdated beliefs. Michele will talk about how important it is to tell our stories, talk openly about loss and grief, and how to better support one another when grieving.

- **Learning Objectives:**
 - Debunking the myths, outdated beliefs, and "grief rules."
 - How to normalize grief for those grieving.
 - How to change the conversations in and around grief and help people to better support grievers.



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"Supporting Children Through Loss and Grief"

60-minute In-Person Workshop

- **Description:**
 - You may have heard or witnessed personally or professionally, that children grieve differently than adults. So what does that mean? How do children and teens process grief and how does grief impact a child depending on their age? How can you best support a child or teen who is grieving at home, in your office or at school? Michele DeVille, Grief Coach, Educator, Advocate, Speaker, and Author will share what grief and mourning can look like for children of all ages as well as some practical tips and reminders on how to support a child or teen through the grief process, personally and professionally.

- **Learning Objectives:**
 - Understanding the different ways children and teens process grief depending on developmental stage and age.
 - Recognizing normal reactions to grief in children and teens as well as the many different ways grief can affect them.
 - Learn what to say and what not to say to a grieving child or teen. What is needed versus what is not needed when trying to offer support.



**Rick, Monique, and
Alyssa Elgersma**
Owners, Therapists
Real Connections Counseling

We are Rick and Monique Elgersma, a husband-and-wife cotherapy team and the founders of Real Connections Counseling. Together, we specialize in guiding couples through the terrain of chronic pain, invisible illness, relational trauma, and the deep shifts that happen when life no longer looks like it used to. Our work is rooted in faith, forged in lived experience, and shaped by years of clinical practice.

Monique is a licensed marriage and family therapist who works primarily with Rick and/or Alyssa as a Cotherapy team with couples across age and culture navigating infidelity, grief, and life transitions. Rick, born with Spina Bifida, is a counselor and public speaker who teaches therapists how to ethically and effectively engage with grief, disability and long-term pain. Alyssa is an tLMHC for Iowa and an LPCC for Colorado. She discovered that she enjoys walking along side people during their grief journeys. Along with being a counselor she is the owner of relax-reset-renewed, a mailer sensory box company, that focuses a grief and hopefully in the future other mental health issues. For fun she loves hiking with her family, good stories and snuggling her Shelties.

Rick, Monique and Alyssa are a faith-driven family and understand faith to be a vital part of their story. We're both certified Enneagram coaches, and we believe that healing happens not in isolation, but in connection, with each other, with God, and with the truth of our story. We don't just talk about the clinical. We live it. Our marriage has walked through decades of physical struggle, loss, longing, and loyalty. The way we practice is far outside of standard. We run a Real Connection Relational System starting with cotherapy through sessions and intensives. We are designed as relational people. Couples do not marry to do life alone. Partnerships feel safer, stronger, efficient, and complete; two minds, two hearts, two brains. Relational oneness is DNA; life-blood of relational people. So why trust a client's marriage to a one-size-fits-all model? Couples deserve more than one voice when they're trying to rebuild something together. Whether we're teaching therapists or holding space for clients, our work is always relational, always real, and always centered on wholeness. That's true for grief and loss, for disability, for unconventional change, and all things relational. Unity heals.

"The Grief that Doesn't Wear Black: Unconventional Loss"

60-minute Virtual Workshop

- **Description:**
 - This is not the kind of grief people talk about. No one brings a casserole when your roles shift, or when your marriage has to re-learn how to breathe. There's no funeral for the version of life you thought you'd have. But we grieve it all the same. Many walk through the kind of grief that doesn't end a life but changes everything about how you live it. This means we grieve while still showing up, still doing the dishes, still loving each other. In this space, we talk honestly about the invisible grief of chronic illness and pain in a marriage. We talk about how it affects marriage, identity, faith, and daily life.
- **Learning Objectives:**
 - Recognize and assess the clinical presentation of non-death grief in individuals and couples impacted by chronic illness or pain, including shifts in identity, autonomy, and relational roles.
 - Apply specific therapeutic interventions that support clients in navigating ambiguous grief, relational grief, and the ongoing grief of a changed life, with a focus on restoring emotional connection and meaning.
 - Develop a trauma-informed, spiritually-sensitive framework for working with clients who are grieving the loss of "normal" while still living, allowing therapists to hold space for both sorrow, possibility, and resilience in the therapeutic process.



Kaitlyn Fadden

CCLS, Program Coordinator

Brighter Days Family Grief Center

Kait is a Certified Child Life Specialist working for Brighter Day Family Grief Center as their Program Coordinator.

Previously, Kait worked in the hospital and clinic setting for six years. She recently moved to Carver with her husband Michael and their one-year-old son Harvey.

In her free time, Kait loves to read, paint, cheer on Ohio State football, and spend time with friends and family.

“Supporting Youth Anticipating the Death of a Loved One”

60-minute In-Person Workshop

- **Description:**

- When a young person is anticipating the death of a loved one—whether due to terminal illness, progressive disease, or age-related decline—they often face a complex mix of emotions including fear, sadness, anxiety, and uncertainty. Caregivers are in a unique position to provide stability and support during this anticipatory grief period. This workshop will explore how to recognize signs of anticipatory grief in youth, how it differs from grief after a loss, and how to respond with empathy, boundaries, and appropriate resources. Participants will leave with practical tools to create supportive learning environments and foster healthy communication with grieving youth.

- **Learning Objectives:**

- Recognize the signs and symptoms of anticipatory grief in youth and understand how it may impact emotional regulation, behavior, and academic performance.
- Differentiate between anticipatory grief and other types of stress or mental health challenges, in order to respond appropriately and with sensitivity.
- Identify strategies and resources caregivers can use to support grieving youth experiencing anticipatory grief, including communication techniques, homework and routine accommodations, and referrals to additional support systems.



Andrea Gerrard
Certified Grief Educator
Integrative Grief Guidance

Andrea Gerrard is a certified grief educator, ritualist, and speaker specializing in integrative approaches to bereavement support. With a background in both education and holistic healing practices, Andrea bridges the gap between ancient wisdom and contemporary grief support.

Her work focuses on helping individuals and communities reconnect with the natural cycles of life and death, fostering resilience through personalized rituals and ceremonies. Andrea is passionate about creating spaces where grief is not only acknowledged but honored as a sacred journey toward healing.

“Reclaiming the Sacred: Ritual and Ceremony in Grief Support”
60-minute Virtual Workshop

- **Description:**
 - In our fast-paced, modern society, we've become increasingly disconnected - from nature, from our inherent human experience of mortality, and from one another. These disconnects often go unnoticed until we are faced with profound loss, which amplifies our sense of isolation and disorientation. This workshop invites grief professionals to explore the transformative power of ritual and ceremony as tools for reconnection. By integrating mind, body, and spirit-centered practices, participants explore how to guide grievers back to a sense of belonging and alignment with the natural rhythms of life, as well as rediscover the ancient wisdom of ritual as a means to navigate the grieving process with intention and community.

- **Learning Objectives:**
 - Differentiate between ritual and ceremony, understanding their unique roles and significance in the grieving process.
 - Identify the ways in which modern disconnections from nature, self, and community can exacerbate grief, and how ritual can serve as a bridge to reconnection.
 - Apply a framework to develop personalized rituals that support clients in integrating loss and fostering healing.



Tarra Grammenos, M.S., SC:L, NIC Adv. holds a Master's Degree in Criminal Justice, Graduate Certificate in Legal Interpreting, Bachelor's Degree in Psychology of Deviance, and Associates Degree in ASL/English Interpreting. Born and raised in Minnesota, Tarra has been an ASL/English Interpreter for almost 20 years. Since the death of her youngest brother, Logan to suicide in 2017, Tarra has immersed herself into the field of suicidology. She attends/facilitates two suicide loss support groups (one specifically for the Deaf Community), and presents various workshops nationwide, teaching ASL interpreters and the Deaf Community about the reality that is suicide.

Pam Jackels is a married mother of two college-aged children, a homemaker, Christian, and survivor of three suicides in her immediate and extended family who has found support and healing in her grief journey as a member of the East Metro Suicide Bereavement Support Group the past 6 years.

Dr. Chris Caulkins co-founded the East Metro Bereavement Support Group in 2005. He is a paramedic, emergency medical services (EMS) educator, suicidologist, and lifelong learner. He survived the deaths of his spouse, brother, and numerous EMS colleagues.

Brenda High retired from a lifetime career in the credit industry, while raising four children; she now cares for her grandson. She has survived the devastating losses of two of her adult children to suicide, nine years apart. She is now a co-facilitator with the East Metro Suicide Bereavement Support Group, joining it in 2010.

"Grief From the Eyes of Suicide Loss Survivors"

60-minute In-Person Workshop

- **Description:**
 - In the U.S., close to 50k people take their lives each year, and on average 135 people are impacted by that death. This calculates to 6.7 million people per year who experience the complicated grief that survivors of suicide loss know too well. The feelings of guilt, confusion, shock, and anger, the shame and stigma around suicide, PTSD, and the constant asking "Why?" or "What if?" are common experiences of those left behind after a suicide death. This workshop will be a panel discussion, with loss survivors from a Minnesota based suicide loss support group. They will share their stories, and talk about how they've navigated the complex grief, to shed some light and provide resources for anyone who knows or works with loss survivors to support them best.
***Facilitated by Suicide Loss Survivors*
- **Learning Objectives:**
 - Participants will identify the complex feelings suicide loss survivors experience
 - Participants will collect resources for suicide loss survivors
 - Participants will discuss the differences of grief by suicide loss from other types of losses



Kelly Grosklags &
LICSW, BCD, FAAGC, FT
Conversations with Kelly



Bryan Piatt
MA, Mental Health Therapist, Podcast Host
"Take What Serves, Leave the Rest"

Kelly Grosklags, LICSW, BCD, FAAGC, FT, is a highly renowned expert and compassionate clinical psychotherapist in the areas of oncology, palliative care and hospice. With close to three decades of experience, she has dedicated her life to supporting patients, families, and healthcare providers on their healing journeys, offering solace and guidance through grief and end-of-life care. The founder of *Conversations with Kelly*, an online and live interactive speaking engagement platform, Kelly is also an executive producer, author, and international speaker who embodies the art of compassionate communication through transformative guidance, supporting and empowering medical professionals and patients during times of serious illness, grief, and loss. Kelly's greatest teachers have been her

patients, teaching her what matters most.

Bryan Piatt is a mental health therapist, specializing in supporting people living with OCD and anxiety. He is a former news anchor and reporter at KARE 11, and the host of the "Take What Serves. Leave the Rest" podcast—which creates a safe space to talk about mental health. Bryan speaks publicly about his own journey with OCD and anxiety. He is also a Breathwork facilitator, meditation guide, and yoga teacher. Woven throughout all his work is the message that—no matter what you're experiencing—you aren't alone

"Dying Is Not Giving Up"

60-minute In-Person Workshop

- **Description:**
 - This powerful, multi award-winning documentary has touched audiences worldwide, offering a transformative perspective on end-of-life care. Centered around Judy's deeply compassionate approach, the film serves as a vital teaching tool for both current and future medical providers. Through honest, heartfelt conversations, "Dying is Not Giving Up" shows how to be fully present with those nearing the end of life and guides clinicians in navigating these difficult discussions with empathy, respect, honesty and grace.
- **Learning Objectives:**
 - Recognize the importance of emotional and psychological support for those nearing the end of life. This includes understanding how compassionate and honest communication, therapeutic interventions, and the presence of loved ones can help individuals find peace and maintain their dignity during their final days.
 - Understand the "perfect patient syndrome" and how to navigate this when working with people.
 - Learn the importance of addressing a person's mental health even at the end of life.



Angela Woosley, MA is a MN-licensed mortician, educator, and funeral celebrant. After teaching in the Program of Mortuary Science at the University of Minnesota for 10 years, Angela founded Inspired Journeys, a funeral provider that invites clients into the experience of caring for their own dead in order to demystify funeral care, reduce barriers of equity and access to the dead, and build a bridge between the worlds of healthcare and deathcare. She is an emeritus president of the National Home Funeral Alliance.

Robert (Bobby) was born and raised in St. Paul, MN. He completed his undergraduate degree in Biology at Saint John's University in Collegeville, MN, with a minor in Peace Studies. He attended medical school at the University of Minnesota and subsequently completed his residency in Emergency Medicine at HCMC in Minneapolis. Bobby is currently a partner with Emergency Physicians Professional Association (EPPA), and practices at North Memorial and Maple Grove hospitals. Bobby and his wife, Michelle, currently live in North Oaks, MN. They have two beautiful daughters and are expecting their third (a boy) this September! Bobby's oldest daughter, Addy, passed away unexpectedly just prior to her 3rd birthday after an abrupt battle with bacterial meningitis. His second daughter, Eleanor, is about to celebrate her 2nd birthday. In his free time, Bobby enjoys all things outdoors, including playing soccer and golf when he has the free time. He also enjoys live music, enjoying local breweries, and travelling.

Kelly Grosklags, LICSW, BCD, FAAGC, FT, is a highly renowned expert and compassionate clinical psychotherapist in the areas of oncology, palliative care and hospice. With close to three decades of experience, she has dedicated her life to supporting patients, families, and healthcare providers on their healing journeys, offering solace and guidance through grief and end-of-life care. The founder of *Conversations with Kelly*, an online and live interactive speaking engagement platform, Kelly is also an executive producer, author, and international speaker who embodies the art of compassionate communication through transformative guidance, supporting and empowering medical professionals and patients during times of serious illness, grief, and loss. Kelly's greatest teachers have been her patients, teaching her what matters most.

Rev. Dr. Tara Parrish is a chaplain, ordained minister, grief counselor, spiritual care provider and artist. She is an alum of United Theological Seminary of the Twin Cities ('12, '16, '24) and received an academic award for her doctoral dissertation, that focused on using the arts for healing grief. Dr. Tara is excited to share her professional experience, compassion and spirit with this community and loves to collaborate with others. In her spare time, she creates art, reads voraciously and lounges around her Minneapolis home with her bestie Lily, her orange cat.

"When Healers Hurt: Navigating Personal Grief and Self-Care in Professional Practice."
60-minute Panel

- Description:
 - We are all grievers. Whether it's the sharpness of a recent loss, the ache that surfaces out of nowhere, or the grief we carry for the suffering we witness; grief walks with

us. As clinicians, we don't get to leave it at the door. We carry it into rooms where others are hurting too. Sometimes, that weight is heavier than anyone realizes. And we don't talk about this experience enough!

This session breaks the silence. We've brought together clinicians from hospice, healthcare, mental health, spiritual care, and deathcare, each of whom knows what it means to serve while grieving. Together, they bring over a century of combined experience navigating the heartbreak, humanity, and healing that comes with this work.

Through storytelling and shared reflection, we'll explore how grief shows up in our professional lives. Whether it's losing a patient, holding the grief of families and loved ones, witnessing or experiencing systemic trauma, or showing up while carrying our own grief and loss. We'll also turn toward what can help: workplace policies and programs that support grief, colleagues that get it and can hold space, and personal practices that allow us to carry our grief.

This work is hard. It asks a lot from us, but it's also full of meaning. And when we give ourselves permission to carry our grief alongside our clinical skills, we move through this work with more integrity, not less. The stories shared in this session remind us that while grief will always be part of the path, it doesn't have to be walked alone. Together, we can create a culture of care that includes us, too.

- Learning Objectives:
 - Identify and validate the unique ways personal and professional grief impact clinicians across disciplines and workplace settings, including grief from patient loss, transference, systemic and cultural trauma, and personal loss experiences.
 - Analyze workplace and peer support practices (both formal and informal) that can help clinicians navigate professional grief and evaluate opportunities for improved organizational responses to grief in professional settings.
 - Explore individual strategies and internal practices (such as boundary setting, emotional regulation techniques, and intentional self-reflection) that enable clinicians to carry their grief while fostering resilience and compassion in their work.



Lauren Grover
LCPC, Counselor

Lauren Grover, LCPC is a counselor with specialized experience supporting children and families navigating grief, trauma, and life transitions. Her clinical work is grounded in play-based, somatic, and relational approaches that help young people process loss in developmentally appropriate ways. Before becoming a therapist, she spent several years working at oncology camps for children and families, where she witnessed firsthand the complex and evolving nature of children's grief in both anticipatory and bereavement contexts.

Lauren is passionate about helping professionals move beyond one-size-fits-all models of grief, and she brings both clinical insight and hands-on tools. She is honored to contribute to the collective wisdom of those supporting kids through some of life's hardest moments.

"Grief Isn't Linear: Supporting Kids Through Loss Across Time"

60-minute Virtual Workshop

- **Description:**
 - Children don't grieve in one straight line, and they don't just grieve once. In this workshop, we'll explore how children revisit and reinterpret their grief as they grow, often experiencing new waves of mourning with new developmental milestones. You'll learn how to recognize signs of "re-grieving," how to hold space for complicated emotions over time, and how to provide developmentally appropriate support that evolves alongside a child's needs. With a blend of case examples, practical tools, and creative interventions, this session will help you move beyond a one-size-fits-all approach to grief and walk away with strategies you can immediately use in your work with kids and families.

- **Learning Objectives:**
 - Identify at least three ways grief manifests differently across developmental stages in children and adolescents.
 - Describe the concept of "re-grieving" and how it may emerge at various milestones following an initial loss.
 - Apply at least two developmentally appropriate interventions to support children experiencing ongoing or recurrent grief.



Karla Hult

Founder of "So Many Goodbyes", Podcast Host of "Hello Alzheimer's", Journalist at Kare 11

Karla Hult is the founder of So Many Goodbyes, host of the "Hello Alzheimer's" podcast and journalist at KARE 11. As an Emmy, Edward R. Murrow and Walter Cronkite award-winning reporter, Karla built her career on a foundation of esteemed education. She received a Master's of International Affairs from Columbia University in New York, where she also earned a writing fellowship. Karla graduated magna cum laude, Phi Beta Kappa, from St. Olaf College in Minnesota.

Today, she continues to report and anchor for the NBC affiliate in Minneapolis. But Karla remains most proud of her work as a fierce fighter, emcee and overall advocate for families and individuals touched by Alzheimer's and other dementia. On Father's Day 2021 -

- and in honor of her own beloved dad who ended his Alzheimer's marathon in 2019 -- Karla launched So Many Goodbyes, a mission to support and educate families, caregivers, the long-term care community and the greater community about the dementia crisis and how families can cope AND still find joy on the journey. She's also the producer and host of the powerful weekly podcast, "Hello Alzheimer's." When she's not working, Karla loves catching the sunset and traveling with her husband, Gary, their two strong girls, Grace and Isabella, and their new puppy, Kaija June.

"So Many Goodbyes: Grief During the Alzheimer's and other Dementia Marathon"

60-minute In-Person Workshop

- **Description:**
 - Families and individuals uniquely experience grief during the Alzheimer's and other dementia marathons, as we say So Many Goodbyes to our loved ones (or to our own abilities and expectations). This workshop will inform, inspire and affirm everyone they're not alone, as the grief journey runs parallel to that of dementia. Through a thoughtful review of what the latest research says about grief during the dementia journey, coupled with the humble perspective of a daughter who fiercely loved and grieved her dad during his Alzheimer's marathon, people will walk away with the realization grief and love can coexist, and that love and the joy it brings will help sustain us on the hardest days of the journey.

- **Learning Objectives:**
 - Discuss the unique grief experienced by families and individuals touched by Alzheimer's and other dementia.
 - Learn the latest research and studies of the medical toll of grief, physically and mentally, for those living with or caring for someone with Alzheimer's or other dementia.
 - Share specific language and hands-on strategies for walking alongside people during the dementia journey, while acknowledging their grief.



Taelor Johnson

*Director of Communications, Vice President
Interra Green Burial by Mueller Memorial*

Taelor Johnson is the Communications Director for Interra Green Burial by Mueller Memorial, a local end-of-life service developed to make more sustainable disposition options clear and accessible. In 2024 she testified before the MN House and Senate as part of the successful effort to legalize Natural Organic Reduction in Minnesota.

Taelor is a member of the Association for Death Education and Counseling and is the author of the Grief Compass aftercare program. She has presented at national conventions for ICCFA, TerraCon, and CANA, and has provided contributions to The National, Star Tribune, Memento Mori, American Funeral Director, Civics 101 Podcast, and Funeral Service Insider Podcast.

“Empowering Individuals Through Expanded End of Life Options”

60-minute In-Person Workshop

- **Description:**
 - On July 1, 2025, natural organic reduction (NOR, body composting) became a legal form of final disposition in Minnesota. Do you know how to talk about it? It’s more critical than ever to have an understanding of the end-of-life options available to patients and clients. Burial with embalming or flame cremation might not be the most significant options to someone you’re serving. Leave this workshop prepared to answer client or patient questions about what NOR is, and the differences between flame and water cremation, traditional and green burial. And learn the one thing people forget to plan for when they choose body bequest programs. Join to discover the power of offering a more meaningful set of choices, from tried and true to new and sustainable.
- **Learning Objectives:**
 - Understand the five available final disposition methods available in Minnesota as of July 1st 2025, and gain confidence to respond to questions about customary burial, flame cremation, green burial, alkaline hydrolysis (aquamation, water cremation), and natural organic reduction (body composting).
 - Understand the personal and cultural significance of being offered choice at the end of life.
 - Be better prepared to guide patients and clients toward an end-of-life disposition or ceremony that can offer meaning for their own death, and for their survivors, will lay the foundation for a meaningful grief experience.



Michelle Kaisersatt

*Artist, Author, and Guardian of Sacred Circle
Soul Work, LLC*

Michelle has lived in the 'sacred' and 'creative' world from an early age. From experiencing grief at the tender age of four; to immersing herself in the creation of cremation urns for over a decade; to dealing with multiple losses, she has covered the gamut. Michelle is the owner of Soul Work, LLC, and is a self-published author of *Dear One A Message of Love about Grief, Loss, and the Art of Healing*. She is the designer and co-creator of a sculpture, gifted to the community by a sacred circle, that enables us to step into the space of grief—with the help of a phone receiver, the wind, and nature. This *Phone of the Wind* was installed at the Gustavus Adolphus Arboretum in St. Peter, MN, in 2024. Michelle has facilitated numerous gatherings intertwining grief, loss, life, and art, and has been the 'guardian' of a Sacred Circle since 2019, as she holds

sacred space monthly with hospice nurses, death doulas, and compassionate community members.

Michelle is not afraid to broach topics of grief, loss, and spiritual growth, and is in her zone, writing often at *A Mindful Life*, found on her site *The Soul Remains.com*. Michelle offers the opportunity to her readers to dive into these and other challenging topics through compelling questions. She loves to share snippets of inquisitive reflection to foster growth in us all. Michelle has been hosted on multiple radio programs, podcasts and mini-documentaries, and can be found on TPT's *Let's Go Minnesota* and *Project Bike 2019*. She also holds a monthly "The Living Room Poetry Share" with her studio partner, inviting local poets to spread their wings.

"Holding Sacred Space: The Human Experience Surrounding Death and Loss."

60-minute In-Person Workshop

- **Description:**
 - From birth to death, we encounter life experiences that cause us to yearn for sacred space—to feel, process, heal, and support. What does that Sacred Space look like? Michelle invites participants into an interactive exploration of the grief experience. Using shared experiences as a guide, participants will discover what they yearn for and what they appreciate. Attendees will walk away better equipped to support sacred space in community with hospice nurses, death doulas and compassionate community members.

- **Learning Objectives:**
 - Explore what Sacred Space looks like.
 - Explore the unique grief experience.
 - Share experience and knowledge in building, supporting, and growing a sacred circle network for hospice nurses, death doulas, and compassionate community members.



Michelle Kolling

Founder

HELD – Death Doula & Grief Coach

Michelle Kolling is an end-of-life doula, grief relief coach, death educator, and founder of Held (www.heldoual.com). While serving as a caregiver to her husband during the end of his life, she came to understand the transformational possibilities that exist when being deeply present to the dying and grieving experience. Whether planning for the end of life while healthy or because of a life-changing diagnosis, facing your own mortality often brings up issues of identity, meaning, hope, and fear.

Michelle created Held with the intention of creating a safe and sacred place to explore and honor all that arises. It is her belief that we are the creators in our own lives, and she helps guide her clients to authentically live as fully as possible for as long as possible.

Michelle has served on the Steering Committee of the Minnesota Death Collaborative since 2021 and is a member of the International End of Life Doula Association (INELDA), where she completed training in 2019. In addition, she is a Certified Life, Leadership and Communication Coach (Level 8-9), SpiritualNLP™ Practitioner and Hypnotherapist (IntraAwareness), and Certified Grief Educator (David Kessler Training).

“Lessons from the Dying: A Conversation about Grief, Death, and Identity”

60-minute Virtual Workshop

- **Description:**
 - In this interactive workshop, Michelle will share lessons learned through her experiences at the bedside as a death doula, as well as her own transformational healing journey through widowhood. Grief creates a before and after story. Who am I now that my person is gone? Where do I go from here? How do I rebuild my life when I can't see a future for myself? Through a deep examination of personal identities, Michelle has seen first hand in her life and the lives of her clients that healing and living a more meaningful, authentic life after deep loss is possible.

- **Learning Objectives:**
 - Learn how death is the last stage of human development and that letting go and turning within is a natural part of the dying process.
 - Learn how childhood experiences may unconsciously create labels that affect how we see ourselves and others throughout our lives, and how the experience of death and grief offers an opportunity to question, release, and redefine personal identities for more meaningful relationships.
 - Guide through an experiential discovery of their own labels leading to a deeper understanding of their true nature.



Pamela Lanhart
Executive Director
Thrive Family Recovery Resources

Pam Lanhart is the Founder and Executive Director of Thrive Family Recovery Resources, which she started in 2016 as a result of her son's struggles with substance use at the young age of 12. Pam's passion has always been to help families impacted by their loved one's substance use issues, walking through the journey with intention, kindness, compassion and love in an effort to stay connected and promote recovery. Through these experiences, their families relationship with their son had been one rooted in love, in spite of his difficult journey. The Lanhart's lost their son, Jake to an accidental overdose in October of 2021. As she sought to work through her grief, she was able to apply many of the principles of her personal recovery journey to her grief journey, and now helps other families as they walk through the difficulty of grief and loss.

"Resilience After Loss: Healing from Substance Use Grief"

60-minute In-Person Workshop

- Description:
 - When you lose someone to an accidental overdose or other causes relating to substance use disorder, there is a deep layer of trauma, shame, guilt, and even regret. As a mother who lost her son to an overdose, but also a professional in the field of addiction, Pam Lanhart shares the lessons she's learned as she has applied her personal recovery tools, to her journey of grief and loss.

- Learning Objectives:
 - Understanding the complexity of trauma, shame, and potential regret and how that can allow us to get stuck in our grief journey
 - Understanding the 3 roles we can take on following the complex trauma we experience from our loss
 - Understanding 6 actionable solutions that we can take that will allow us to move from feeling paralyzed to hope and healing



Shawna Leson

*Licensed Funeral Director, Owner/Operator
Funeral Celebrant, Grief Specialist
Educator (B. ED)*

Shawna Leson was born and raised in Saskatchewan, Canada. She attended university in Manitoba, where she obtained a bachelor's degree in Education. She returned to Saskatchewan and accepted employment, first as an EA and then as a Middle Years Teacher.

With the encouragement of the late Stella Leson, Shawna became licensed as a funeral director in 2002 and assisted at the funeral home, while still working as a teacher in the community. In 2010, Shannon and Shawna purchased and took over operations of Leson's Funeral Home. Shawna resigned from teaching and embarked on the very different, but life changing career as a Funeral Director, Certified Funeral Celebrant and Bereavement Support Therapist. As Shawna continues to work full time at Leson's Funeral Home, she also works

as an online educator and distance learning teacher with FlexED Independent School.

"Don't Lose Yourself While Helping Others"

60-minute In-Person Workshop

- **Description:**
 - Deathcare providers are among the most underappreciated and overlooked professionals out there. Everyone publicly acknowledges, recognizes, and supports first responders, but it seems the last responders are often forgotten about. So many in the industry are experiencing the impactful symptoms of burnout, compassion fatigue, and PTSD due to the emotional demands of the profession. This presentation focuses on the value these professionals hold, validates the importance of the work they do, and recognizes the impact of the weight that this type of work carries.

- **Learning Objectives:**
 - Attendees will be able to accurately recognize and differentiate the physical, emotional, and behavioral indicators of burnout, compassion fatigue, and PTSD specific to professionals in the deathcare industry.
 - Participants will analyze the unique occupational stressors within the deathcare profession that contribute to psychological strain and trauma-related conditions.
 - Attendees will create goals related to implementing evidence-based strategies for self-care, peer support, and organizational practices to mitigate the impact of burnout, compassion fatigue, and PTSD.



Chris Lillehei

*Program Director, Soft Landings
Brighter Days Family Grief Center*

Chris works at Brighter Days in the Soft Landings program which supports bereaved parents and families. Chris has worked as a hospital chaplain for the last nine years in a variety of different roles and through that work has developed a passion for supporting individuals who are experiencing a variety of different grief scenarios. One area of particular interest of men in grief and the ways in which this population can be supported.

Chris lives in South Minneapolis with his wife Jenny and two daughters.

“Men & Grief”

60-minute Virtual Workshop

- **Description:**
 - This presentation will address the struggles and challenges of men and grief. In our society, talking about grief is complex and difficult to do, additionally mental wellbeing in men is a crisis in America. This workshop starts the conversation about what grief can look like for men and what it could look like to better support men in their grief moving forward. This is an interactive presentation that asks for your thoughts and input in what needs to change to better support men in their grief.

- **Learning Objectives:**
 - Learn of the historical grief in men.
 - Identify the barriers men have to seeking support
 - Discussion of grief and men moving forward including: connection as key, naming the shame, and resetting the norm



Kathleen Massmann

CEO

Healing Moments Counseling

Kathleen Massmann holds a Ph.D. in Advanced Studies in Human Behavior with a research focus on Stillbirth and Posttraumatic Growth. She is a fellow in Thanatology. Kathleen works as a Licensed Professional Clinical Counselor in the area of pregnancy loss, infant loss, and pregnancy after loss. She is an international speaker on topics associated with perinatal loss and thanatology.

After experiencing the unexplained loss of her son Jacob in 2011, she has become an advocate for promoting competent and compassionate bereavement care to parents and families who have experienced the loss of a child.

“The Potential Flaws in Traditional Mental Health Screening for Bereaved Parents”

60-minute In-Person & Virtual Workshop

- **Description:**
 - The prevalence of those who have experienced infant, pregnancy, and child loss is significantly greater than many people are currently aware of; in the United States, one in four women will experience miscarriage, stillbirth, or perinatal loss in their lifetime. There is often misunderstanding surrounding long-term psychological impacts, current research states that almost 20% of women who experience miscarriage show trauma, depressive, and/or anxiety-based symptoms. This presentation will dive into the current scales and assessments used to diagnosis depression and anxiety, as well as their appropriateness and possible deficiencies when used with bereaved parents.

- **Learning Objectives:**
 - Develop the skills needed to unpack current mental health screenings and recognize the ways in which grief and depression overlap
 - Identify the possible flaws in traditional mental health screenings within the loss community.
 - Identify tangible ways you can modify assessments to gain a better understanding of your client/patient’s symptoms.



Joyal Mulheron
Founder, Executive Director
Evermore

After a series of high-profile death events and the death of her daughter, Ms. Mulheron founded Evermore to change policy, advance research, and improve the lives of all bereaved people.

Joyal spent twenty-five years advising high-ranking politicians, including governors and The White House, and translating basic science into public policy. She has enjoyed leading significant initiatives for the National Governors Association, the National Academies of Science, and the American Cancer Society.

Joyal holds a master's in biotechnology from Johns Hopkins University and degrees in Biochemistry and English from Virginia Tech, as well as a minor in Chemistry.

“Advancing Bereavement Policies and System Changes in America”

60-minute Keynote

- **Description:**
 - Bereavement — the death of someone meaningful in our lives — is increasingly a direct concern for millions of people. Given the concurrency of mortality epidemics – homicide, overdose, suicide, maternal mortality, and traffic fatalities – grief and bereavement are an everyday reality for every neighborhood in America.

Unbeknownst to most people, bereavement is a significant risk factor for poor health and premature death. It also impacts economic opportunity, redirecting life trajectories downward, and has significant spillover effects at every stage of life. Bereavement, for example, is associated with academic failings, substance misuse, teen pregnancy, psychiatric difficulties, incarceration, suicide attempts, suicide, and premature death — and a host of other public concerns.

- **Learning Objectives:**
 - Learn the basics on grief and bereavement from a federal perspective,
 - Understand emerging developments at a national level, and
 - Explore how states can incorporate compassionate responses within existing policies, programs, and systems.



Rachel Schromen

*Founder, Managing Attorney
Schromen Law, LLC*

Rachel Schromen is an estate planning and elder law attorney and Founder of Schromen Law, LLC, located in St. Paul, MN. Schromen Law has been voted Minnesota's Best Estate Law Firm in Minnesota by readers of the Star Tribune annually from 2021 – 2024, and in 2024 Schromen Law was also named Minnesota's Best Law Firm.

Apart from her law practice, Rachel is a hospice volunteer as an end-of-life doula.

“How Estate Planning Supports Grief Work”

60-minute In-Person Workshop

- **Description:**
 - Rachel Schromen is an estate planning attorney and an end-of-life doula. This comprehensive workshop will give a high-level education on Estate Planning, covering what estate planning is, as well as an explanation of common documents and approaching to estate planning. Throughout this, we will also focus on how having this planning in place, as well as the process of estate planning, can support individuals and families who are moving through and/or experiencing grief.

- **Learning Objectives:**
 - Understand how to issue spot estate planning needs and opportunities
 - Learn how to make legal and financial burdens easier on grieving families
 - Identify ways to bring up these topics gently with clients



Pat Sheveland
Founder
Grief Coaching Certification

Patricia (Pat) Sheveland RN, PCC, is a professionally certified life coach through the International Coaching Federation (ICF); the founder and lead faculty of The Confident Grief Coach School; a mentor coach; and a small business coach to helping professional entrepreneurs. Her organization provides coaching certification training and mentoring for coaches.

Her background as a nurse, grief coach and corporate executive brings a unique blend of coaching to her clients seeking personal transformation. She is a certified funeral celebrant and the three-time Amazon best-selling author of *How Do I Survive? 7 Steps to Living After Child Loss*; *Living Life in The Middle: The Caregiver's Guide to Healing, Hope and Harmony Through Multigenerational Living*; and *The Confident Grief Coach: A Guide for Helping Clients*

Process Loss. Pat is a long-time volunteer with the non-profit Healing Hearts Connection organization. She and her husband live in Minnesota.

"Becoming a Confident Grief Coach"
60-minute In-Person Workshop

- **Description:**
 - In this workshop, you will learn the framework of the B.R.E.A.T.H.E. Coaching Model for Grief to advance your knowledge in helping your clients effectively and quickly create the desired changes they are looking for in their lives. This framework consists of tools curated from the field of positive psychology, core fundamentals of coaching, integrative and complementary health interventions and the wisdom of those coached through this model.

- **Learning Objectives:**
 - Understand the physiology of breathing and its impact on supporting a client under emotional stress
 - Know how to collect, assess and evaluate a client's emotional, physical and spiritual baselines
 - Understand the impact of challenging emotions on the physical body based on the Five Element theory of ancient Chinese medicine
 - Learn the science behind gratitude and how to integrate a new way to bring gratitude into a client's routine.



Dannel Shu
Family Advocate
RedBird Time

Dannel Shu BFA, MWS, is a respected Family Advocate and Clinician Educator in palliative, hospice, and bereavement care. She is known as a thought leader, trusted consultant, and purposeful community builder who brings forward the embodied wisdom of family perspectives with charisma and warmth. Dannel's passion for improving care and supporting clinician wellness began as Levi's mom, a child born with severe HIE and medical complexities. She led an in-home ICU for seven years till his death.

Dannel is a Family Advocate with the National Coalition for Hospice and Palliative Care, Pediatric Division and the Minnesota Palliative Care Advisory Council. As a Bereaved Parent Faculty for the University of Minnesota's Pediatric End of Life Care Skills Workgroup, she collaborates with an interdisciplinary team of

pediatric clinicians and SIM professionals to improve trainee's competence, resiliency, and interprofessional skills to provide quality care. Through RedBird Time, Dannel consults with palliative care teams, designs innovative resources, provides anticipatory loss care to families, and facilitates Brave Spaces for clinician training and wellness.

"Attend: An Immersive Grief Care Experience for Providers"
60-minute In-Person Workshop

- **Description:**
 - As a grief-informed provider it is essential to have skills for navigating one's own griefs, losses and burdens. All the more so in times of uncertainty, crisis, and increasing levels of high acuity care. In this immersive interactive session, participants will be guided through the Attend framework for giving and receiving grief care. Guidance will be provided for participants to utilize personal agency decision making, including options for receiving care without having to disclose specifics. Gain new perspectives and skills for navigating ongoing layers of grief. Strategies will be discussed for building sustainable workplace resiliency.
***Include an emotionally immersive activity*

- **Learning Objectives:**
 - Discuss the ways grief-informed providers experience the triple-load of grief personally and professionally.
 - Experience guided strategies to support being present with ourselves and others in grief.
 - Apply and practice a framework for receiving care in small groups that supports personal agency, fosters team connections, and engages personal reflection.



Mandy Stafford

*Funeral Director, National Partnership Manager;
Return Home – Terramation*

Mandy brings nearly 15 years of experience as a licensed funeral director, dedicating her career to compassionate, personalized death care. Her journey into green death care began with the development of natural burial offerings and grew into a passion for sustainable practices. This passion ultimately led her to Return Home, where she now serves as a preneed coordinator, helping families plan for eco-friendly, meaningful end-of-life care.

Mandy recently returned to the family farm in southern Minnesota, where she balances rural life with her dedication to the funeral profession. She continues to contribute her expertise to advancing green death care and supporting families through their unique journeys with Return Home.

When not working, Mandy enjoys spending time outdoors—fishing, hunting, camping, and traveling with her family and friends.

“Return to Earth: Embracing the Power of Natural Organic Reduction”

60-minute Virtual Workshop

- **Description:**
 - Natural Organic Reduction (NOR), commonly known as Terramation or human composting, is reshaping the future of funeral service by offering a sustainable, environmentally conscious alternative to traditional burial and cremation. This presentation invites death care professionals to dive deep into the process, benefits, and opportunities NOR presents. Attendees will explore the science behind Terramation, its emotional and spiritual significance for families, its influence on the evolution of death care, and how funeral homes can integrate this eco-friendly practice into their offerings.

- **Learning Objectives:**
 - The science behind Natural Organic Reduction
 - Minnesota state regulations for Natural Organic Reduction
 - The potential prolonged grief associated with this new form of disposition



Thomas Waknitz
M.Div., Chaplain, End-of-Life Doula
Lifespark

Thomas Waknitz, M.Div., is a professional chaplain who serves individuals in their sacred season of *elderhood* through Lifespark, and also provides support to first responders as part of the Minnesota Sheriffs' Association and the Washington County Sheriff's Office Chaplaincy Corps. He is a Board Member of Brighter Days Family Grief Center, helping shape programs that support grieving individuals and families across generations.

Thomas holds a Master of Divinity and brings a presence rooted in dignity and deep listening, accompanying others through transitions of aging, illness, and loss. He is certified in end-of-life doula care, first responder chaplaincy, ontological coaching, and Mental Health First Aid, and is currently pursuing a graduate certificate in gerontology.

"Before Goodbye: How Storytelling Supports Anticipatory Grief"

60-minute In-Person Workshop

- **Description:**
 - What if the most healing stories are the ones we tell before goodbye? In this compassionate and interactive workshop, participants will explore how storytelling becomes a powerful tool for supporting anticipatory grief—the often-overlooked grief that begins before a loss occurs. Drawing from real-life hospice and senior care experiences, including the Legacy Talks model, this session will introduce simple, meaningful ways to help individuals and families find connection, purpose, and peace through personal stories. Attendees will leave with practical tools to initiate legacy conversations, support loved ones or clients facing decline, and understand how storytelling prepares us for death and brings dignity and healing to life.

- **Learning Objectives:**
 - Identify and define anticipatory grief, including its emotional, relational, and spiritual dimensions, and distinguish it from other forms of grief.
 - Explain the role of storytelling in supporting individuals and families experiencing anticipatory grief, including its benefits for connection, meaning-making, and emotional regulation.
 - Practice using reflective, open-ended questions to invite legacy-centered conversations that support those navigating grief before loss.



Lindsey Wimmer
Executive Director
Star Legacy Foundation

Lindsey Wimmer DNP, RN, PHN, CPNP, IPPE-C, is the Founder and Executive Director of the Star Legacy Foundation. In this role, Dr. Wimmer coordinates research initiatives, manages education programs for health professionals and families, and oversees bereavement support programs. Star Legacy Foundation is the nation's largest non-profit organization dedicated to perinatal loss prevention and care, with more than twenty chapters from coast to coast.

Dr. Wimmer holds a Bachelor of Science degree in Nursing from St. Catherine University in St. Paul, MN, a Master of Science degree in pediatric nursing from the University of Colorado Health Sciences Center in Denver, CO, and a Doctorate in Nursing Practice from St. Catherine University. She is certified as a Pediatric Nurse Practitioner with experience in emergency and primary care and

has taught in associate and baccalaureate-level nursing programs. Dr. Wimmer is certified in Perinatal Loss Care (CPLC) and Perinatal Excellence (IPPE-C). Lindsey has been recognized for her work with the Daisy Award, the Marian Sokol Award for Advancement in Stillbirth, the Butterfly Awards, the 2020 L'Oreal Women of Worth, and the Point of Light Award.

"Unspoken Echoes: The Far-Reaching Impact of Pregnancy and Infant Loss"

60-minute Virtual Workshop

- **Description:**
 - The length of a life does not determine the size of the grief. The impact of pregnancy or infant loss on the family reaches much further than many people realize. This session will look at the ripple effect of perinatal loss through the entire family, into every aspect of their lives, and into their future.

- **Learning Objectives:**
 - Describe the primary concerns of parents, siblings, and grandparents after a perinatal loss.
 - Discuss the layers of loss and grief that emerge after a perinatal loss.
 - Identify resources for families and health professionals when dealing with or working with perinatal loss.



Angela Woosley

Owner, Founder

Inspired Journeys, Funeral Home

Angela Woosley, MA is a MN-licensed mortician, educator, and funeral celebrant. After teaching in the Program of Mortuary Science at the University of Minnesota for 10 years, Angela founded Inspired Journeys, a funeral provider that invites clients into the experience of caring for their own dead in order to demystify funeral care, reduce barriers of equity and access to the dead, and build a bridge between the worlds of healthcare and deathcare.

She is an emeritus president of the National Home Funeral Alliance.

“Hands On: How Caring for Our Dead Eases Grief”

60-minute In-Person Workshop

- **Description:**
 - In a culture removed from death and dying, caring for our own dead can be a radical act. In this session, mortician Angela Woosley explains how inviting families into caring for their person can demystify death, create a profound space, and ease them into their grief journey. Learn how these small moments of ceremony can offer grievers choice, agency, and the gift of slowness when everything feels like it’s spinning out of control.

- **Learning Objectives:**
 - Correlate tasks of mourning to hands-on experiences with the dead
 - Identify important moments in acute grief where grievers may be involved with their dead
 - Adapt ritual and ceremony ideas to their own practices