Breakout Session One:

Navigating Life's Rough Waters: Fostering Self Care and Resilience
Elissa Berman LPCC-S
Resilience is the ability to meet, learn from and not be crushed by the challenges and stresses of life. Those who are open to life’s experiences, embrace the challenges thrown their way, and make the most of the natural pressure and stress we all experience, have rich and meaningful lives. This presentation will explore how we use and replenish our energy and the importance of being mindful as clinicians so we can engage in healthy self-care. In addition, we will explore our professional and personal vulnerabilities and how to manage the fatigue which comes when we are present for the pain of others and hold the space for such pain with our own open hearts.

Objectives:
1. Participants will explore their capacity for resilience and gain an understanding of mindful practice.
2. Participants will be able to identify the 5 domains of energy, where they get their energy from and how to replenish themselves when in need.
3. Participants will recognize the differences between burn out and compassion fatigue and explore ways to create balance in their lives as they care for others.

Elissa J. Berman has a MA in Education and a MA in Community Counseling. Ms. Berman is a LPCC-S and is the Director of Bereavement Services at Lifebanc and maintains a Private practice in Beachwood, Ohio. Ms. Berman teaches CEU courses in such areas as Ethics of Grief Counseling, Crisis Intervention and Counseling, Adolescent and Childhood Grief and Professional Self Care. She also teaches a portion of the graduate level grief counseling course at John Carroll University. Ms. Berman has presented on a national level and is co-chairing the annual conference for the Association of Death Education and Counseling, being held in Baltimore, MD in April 2014.

Healing Trauma with Spirituality
Charles Morgan MSW
This program will discuss the positive benefits fostering spirituality can have in healing after trauma.

Objectives:
1. Participants will understand when and where spirituality and trauma intersect.
2. Participants will understand how and why spiritual renewal can assist in healing trauma.
3. Participants will learn spiritual interventions that are effective in working with trauma clients.

Currently employed at Cornerstone of Hope, Charles Ty Morgan is a spiritual director and counselor. His passion to nurture spiritually was developed early in life as he took his first clerical position just after completing high school. It was during his educational career when Ty discovered his desire to serve the grieving. He received his B.S. in Human Development and Family Science from Bowling Green University and
did his Graduate work in Social Work at Cleveland State. As a former intern of Cornerstone of Hope and more recently as a Hospice Bereavement Counselor, Ty has developed passion and unique skill to provide hope to the grieving.

Ritual and Remembering: Tools for Healing
Brian Shaffer CPBS, GC-C, FT
There is nothing more disruptive than the death of someone you love, someone whose existence is part and parcel to your own. This is most profound and remarkably life changing when the death occurs suddenly and traumatically. The depth and breadth of your grief depends on the connectedness you feel to the person who has died — your spiritual, emotional, or physical connectedness, and often, your perception of your very existence. There are things you can do to help grief along its way; one thing I believe can be most helpful is to engage in ritual. In this workshop we will examine the use of ritual and remembering as tools for healing and for supporting grief’s painful journey.

Objectives:

1. Participants will learn to identify the relationship between ritual and bereavement and describe how ritual and remembering can be a therapeutic tool for supporting traumatic and sudden loss.
2. Participants will learn the similarities and differences between religious and cultural traditions, beliefs, and rituals.
3. Participants will be able to identify 3 to 5 rituals that can be used in a therapeutic way to support a person’s traumatic grief experience.

Brian Shaffer is a Program Manager with JamesCare for Life at The James at OSU. Brian also works as an Associate Chaplain with the Mount Carmel Health System. His personal practice includes a pastoral bereavement center, Grief Steps. Brain has served on the Bereavement Professionals Steering Committee for the National Hospice and Palliative Care Organization while also serving as mentor and Field Trainer of Bereavement Coordinators. He served on the Board of Trustees for the National Catholic Ministry to the Bereaved. Brian is a credentialed chaplain, grief counselor and thanatologist and has presented both nationally and internationally in these fields.

Traumatic Loss Response Team
Rosemary Creeden LISW-S
This workshop will examine the collaboration between FrontLine Service, Witness Victim Services and the Cleveland Homicide Unit in the creation and operation of the Traumatic Loss Response Team. Upon receiving a call from Cleveland Homicide, staff responds quickly to assist family members who have lost a loved one to homicide. The development, implementation, and ongoing services of the TLRT program will be discussed. An overview of the traumatic impact and the unique pain suffered after traumatic loss will be explored and the clinical interventions utilized with families will be shared. The issue of taking care of staff involved in this work will also be presented.
Objectives:

1. Participants will learn strategies to develop a successful partnership between a mental health agency, urban homicide unit and victim service professionals.
2. Participants will learn clinical interventions which are helpful to individuals who have lost a loved one to homicide.
3. Participants will also understand the components of a program promoting resiliency among staff members of a crisis response program serving traumatized clients.

Rosemary Creeden is the Associate Director of Trauma Services at Frontline Service in Cleveland, Ohio. Her responsibilities include planning, development and implementation of several child and adult trauma programs including The Children Who Witness Violence Program, The Traumatic Loss Response Team, The Defending Childhood Initiative, The Police Assisted Referral Program and The Exodus Project. All of these projects have partnered with law enforcement and/or child welfare. Rosemary is a Licensed Independent Social Worker in the State of Ohio. She is a graduate of Case Western University, Mandel School of Applied Social Science.

Breakout Session Two:

Grief, Loss, and the Spiritual Journey
Annie Dalby LISW-S
This presentation focuses on the spiritual aspect of the grief experience and includes a review of these elements and how they are similar/different than psychological aspects; defines what constitutes a spiritual crisis; provides tools that can be utilized to assist the client in spiritual crisis; and includes a personal look at a spiritual crisis through the presenter’s life experiences.

Objectives:

1. Participants will be able to define three elements of the spiritual aspect of the grief journey.
2. Participants will be able to define and recognize a spiritual crisis, its differences and similarities to a psychological crisis.
3. Participants will become familiar with several tools to utilize when faced with a spiritual crisis.

Annie Dalby is an LISW-S in the state of Ohio since 1991 and has completed training as a spiritual director through the Spirituality Network/Wellstreams program in 2006. She has a private practice as a spiritual director with special interests in bereavement ministries and Christian spirituality. As a social worker, she has worked in psychiatry, hospice, bereavement services, and currently in geriatric care management. She has lectured extensively around the Columbus area in the areas of grief and loss, compassionate communication, and spiritual growth.
Walking with a Pet Family Through Grief and Loss
Roberta Knauf CPLP
Attendees will understand the basic of the pet grief process through the companioning skills needed for a mourning heart to the basics of self-care needed for this emotionally charged role. It will give you choices matching your particular learning module, and provide a clear understanding of the grief process from a variety of perspectives which will deliver the skills needed to be both helpful and healing.

Objectives:

1. Participants will understand the Attitudes of companioning.
2. Participants will learn the six central needs of mourning.
3. Participants will understand the importance of self-care as a companion.

Roberta Knauf, CPLP, a pet industry specialist with 30-plus years’ experience and a long list of credits that have earned her, among other recognitions, the 2006 Pennsylvania Volunteer of the Year Award. She founded the first Prison Puppy Program in Pennsylvania, and has worked in pet death care for the last nine years. Roberta is a member of the International Cemetery Cremation Funeral Association, and earned her CPLP in 2010 at the first Pet Loss Professional College where she co-chairs the education committee for the Certified Pet Loss College. She has been featured in the ICCFA magazine and has also been a presenter for the association. Roberta is currently working with Schoedinger Pet Services in Columbus, Ohio.

Creative Memorialization
Misty Ramos PC, Art Therapy, CTC
In this workshop, you will learn art therapy interventions that you can use with your clients to help them memorialize their loved ones. These art therapy interventions are designed to encourage clients to contemplate the impact their loved one has had and will continue to have on their lives. Most of the interventions you will learn are also easily adapted to the group setting.

Objectives:

1. Participants will learn the value of art therapy in memorialization.
2. Participants will learn ways to memorialize loved ones around holidays.
3. Participants will learn ways to alter interventions to the client’s skill and age level.

Misty is the School Program Coordinator at Cornerstone of Hope, which involves curriculum writing, scheduling and facilitating grief support groups within the school system. She also carries a case load of individual clients, train facilitators, plan and facilitate monthly family workshops, and respond to school crises.
EMDR Principles & Applications
Robert Pickard

EMDR is, arguably, the most effective treatment for PTSD and other traumas. EMDR has been proven to return people to their families, productive, functional and fully integrated citizens, from the broken and damaged and often discarded clients that come to therapy. You will receive a brief history of EMDR from its discovery, to some of its application in catastrophes within the United States and throughout the world. You will also be introduced to the operational processes through which EMDR has its impact and the approach that has been an essential key to its success.

Objectives:

1. Participants will understand the Adaptive Information Processing Model.
2. Participants will understand the 3 Prong approach.
3. Participants will understand EMDR as an Integrative Therapeutic Process.

Bob has worked both in private practices as well as social service agencies. He has a Bachelors Degree from Youngstown State University with double majors in Psychology and Sociology. His Masters in Clinical Counseling is from Ashland University and has been EMDR trained through EMDRIA training.

Breakout Session Three:

Trauma-Laced Grief: Crisis Leadership Following Violence
Bob VandePol

When one person willfully harms another it breaches legal, ethical, and “the way it’s supposed to be” boundaries. From our earliest memories we received messages from those we trusted most prohibiting it and suggesting alternative ways to interact with others. It is little wonder that victims of violence are particularly impacted by the volitional intent of the perpetrator. This presentation will outline how the impact of traumatic stress complicates grief, explore attribution of meaning and coping self-efficacy influences upon resilience, and propose crisis response strategies that will facilitate trajectory toward a positive new normal.

Objectives:

1. Participants will better understand the impacts of acute traumatic stress.
2. Participants will better understand the influences of meaning attribution and coping self-efficacy upon resilience.
3. Participants will learn a crisis communication process that supports resilience.

Bob VandePol serves as President of Pax Crisis Response, a non-profit specializing in crisis response training, consultation, and service to faith-based organizations. Prior to founding Pax, he was President of Crisis Care Network, helping to lead it from a start-up to the world’s largest provider of Crisis Response services to the workplace. Active as a keynote speaker, VandePol has also published and has been featured as subject matter
expert in video training series. He managed CCN’s Command Center in Manhattan after the 2001 terrorist attacks and frequently consults with business leaders regarding how they can lead organizational recovery during crises.

Group Interventions for Traumatic Loss
Kari Taylor, PC
Participants will learn experiential interventions that will enable group members that have survived a traumatic loss to process their grief both internally and externally with the support of the group. These unique interventions will assist group members in talking about their loss, expressing their grief emotions and reactions, discovering positive coping strategies and outlets for their intense emotions, and recognizing how they can move toward the hope of remembering and honoring their loved one’s life in the midst of their grief.

Objectives:

1. Participants will understand the need for support groups for those experiencing traumatic loss.
2. Participants will understand how each week of a 10-week support group for traumatic loss specifically assists group members in connecting with each other and aids in moving them forward in their grief.
3. Participants will experience hands on group interventions that can be used in grief support groups and with individual clients.

Kari Taylor, PC, is the Curriculum Coordinator for Cornerstone of Hope. Kari has served as Director of Post-Abortion Recovery in Dayton, Ohio, worked in a private Christian counseling practice with New Source Counseling in Bedford, Ohio, assisting individuals and marriages, and held the position of Group Coordinator/Counselor at Cornerstone of Hope in Independence, Ohio, until her family relocated to Lima, Ohio. Kari has spoken at numerous retreats and conferences and has taught various CEU’s in the counseling field. Kari has a passion for the healing that comes from the group experience and for discovering unique experiential interventions that help clients process grief intangible ways.

Frozen In Time: Treatment of Complicated Grief through Sandplay Therapy
Barbara Brugler, Clinical Social Worker
This presentation will give a brief overview of trauma treatment in sandplay therapy as a background for the case presentation. The case of a 13 year-old girl who lost her sister in a car accident, will be presented to demonstrate the efficacy of sandplay therapy as a treatment for grief and trauma. Powerpoint and sand pictures will be used.

Objectives:

1. Participants will be able to identify 3 symbols often seen in trauma treatment and two seen in grief work.
2. Participants will be able to describe how Sandplay works through the unconscious to treat trauma and grief.
3. Participants will be able to name three differences between Sandplay and other sand therapies.
Barbara is a clinical social worker and a Board Certified Diplomat in Clinical Social Work. Through the Sandplay Therapists of America and the International Society of Sandplay Therapists she is a certified teaching member for Sandplay Therapy, a nonverbal technique that uses sand and miniatures for children and adults. Currently, she has a private practice in Worthington, Ohio where she has seen both children and adults for 35 years. As a Sandplay therapist, she has presented different Sandplay topics in Savannah, Chicago, and Montreal as well as around the state of Ohio. Her article, “Frozen In Time: Ice and snow in Sandplay therapy”, was published in the Journal of Sandplay Therapy.

The Impact of Cancer on the Grief Experience
Susan Marinac, LISW-S, MT-BC; Mary Fisher-Bornstein
In this interactive session, participants will get an overview of psycho-oncology and the specific impact of cancer on the grief experience. The presenters will be sharing case examples and interventions from their practice including ideas for leading grief support groups, techniques for working individually with clients, creative techniques that can enhance the grief experience and the role of the clinician. The bereavement support program at The Gathering Place located in Cleveland, Ohio will be highlighted and the participant will be provided with resources and hope and encouragement to continue their work with renewed enthusiasm.

Objectives:

1. Participants will be provided an overview of psychosocial oncology and the bereavement needs of individuals diagnosed with cancer and their family members.
2. Participants will learn how to compare and contrast various models of grief support groups and understand the model used at The Gathering Place.
3. Participants will learn case examples of specific individuals and families affected by grief due to cancer loss including clinical interventions, goals for treatment, and outcomes.

Susan is a clinical social worker with oncology certification and a board certified music therapist. She received her bachelor’s degree from Cleveland State University and her master’s degree from Case Western Reserve University’s Mandel School of Applied Social Sciences. She has 20+ years of professional experience in the areas of mental health, hospice, bereavement, and oncology. She currently works full time for The Gathering Place, a caring community for those touched by cancer, where she sees individuals and couples for counseling as well as leads several groups including grief groups. Susan often incorporates the creative arts into her practice using music and art.

Mary is a full time clinical staff member at The Gathering Place in Beachwood, Ohio. She has over 25 years of professional experience. She leads many support groups including groups for those with breast cancer, blood cancers and grief support. She is also a certified reiki master and manages the healing arts program at The Gathering Place.