

“When Grief and Trauma Intersect”
BON Conference 2018 October 11-13, Geneva Park, Ontario

BON Conference

YOUR BON Board and Conference co-chairs (Natalie Proulx and Lori Ives-Baine) are so thrilled with our line up for this year’s conference. We will have lots of great content with a highlighted focus on **“When Grief and Trauma Intersect”** but will also have presentations on self-care, hospice care, care of specific marginalized communities and the list goes on.

Please see below for details- when you register for the conference, you will be able to choose your first and alternate choice for our workshop day on a first registered, first served basis.

There will be early bird benefits and student rates that will make this a conference not to be missed.

Why should YOU be there? Learning, networking, expertise from a variety of fields to glean new information from, 2 nights’ accommodation at Geneva Park in Orillia, all meals, yoga, our BONfire, and our Intensive Training Day along with our Workshop Day and other self-care opportunities- you can’t get better than that! The environment is casual and we want you to bring your friends and co-workers- in fact reduced rates for larger numbers from the same organization!

www.bereavementontarionetwork.com for more information. Registration forms (for those who do hand written registration will be available online and there will be an online registration shortly. Please know you can pay by credit card/paypal and of course, BON current members get a better rate!

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Your conference Timeline (open for some adjustment)

Intensive Training Day October 12, 2018

Focus: Trauma, Grief & Resiliency

We are excited to share with you a great opportunity to learn with Anna Kozina, a Traumatology Training expert at the Traumatology Institute (<https://psychink.com/>). Their organization provide training certification to professionals in traumatology in Canada and internationally and offer online as well as on-site training opportunities. We have negotiated this special training for YOU to have Anna share with us the following topics.

- Trauma, PTSD and Grief - differences and similarity
- Can you grieve if you haven't worked on trauma impact yet?
- How might we assess for PTSD/traumatic response to the death?
- How does a non-therapist respond?
- What are the resources a non-therapist might need to know about?
- What strategies would a therapist use?
- How can a therapist and a non-therapist work together to support someone experiencing both trauma and grief?
- How do we care for ourselves in situations where trauma is part of the experience of our clients?
- What does Compassion Resiliency look like?

This day is a great way for those of us who work in bereavement to enhance our knowledge of how trauma and grief intersect and how we can better work with our clients who are grieving but have also had traumatic experiences in their grief or in their past that impacts their grief.

Don't miss out on this chance to learn more and improve what you can do whether you are a volunteer, a therapist or a grief support staff.

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Saturday, October 13th

09:00-10:15

A-1

H.U.G.S. Helping Understand Grief Sessions

Presenter: Christine Dernerderlanden, C.T.S.S.

Presentation Description: This presentation will explore the H.U.G.S. program. An interactive program designed to help youth and children deal with trauma and grief. While exploring multiculturalism, interactive art, music and play therapy during the grieving process participants will also touch on their own perceptions and experiences. The participant will be encouraged to engage during the workshop in various ways to explore all senses during emotional expression of one’s trauma. They will exploring self care while running a program that aids in the healing of others. As well, she will share ideas on how do we fundraise for such a program to be implemented.

Christine has trained many organizations including the the Catholic and Public District School Board of Niagara, along with a repertoire of clients from Hospices to Funeral Homes. The H.U.G.S. training is endorsed by the Association of Trauma and Stress Specialists. This endorsement allow participants to use hours of attendance towards certification through A.T.S.S.

Learning Outcomes:

1. Participants will gain an understanding of components of the program developed for volunteers, professionals and individuals who wish to start a bereavement program. The program is guided by the H.U.G.S. manual.
2. Grieving processes will be explored in various ways using case studies to allow participants to explore the effects of trauma and grief on youth’s ability to learn and interact with society.
3. Participants will become confident leaders who are well organized; keeping caregivers well informed and involved in their loved ones grieving process.

Presenter Biography:

Christine Dernerderlanden resides in the Niagara Region of Ontario with her family. She is a wife, mother, sister, aunt, friend, business woman, author, speaker and tea addict. Her great passion is helping children, adults and families cope with grief and trauma. Personal experiences led Christine to write her very first book, *Where is Robert?* She has been recognized internationally for her work as a humanitarian in the field of Grief and Trauma. Christine is certified by Association of Traumatic Stress Specialists as a Certified Trauma Services Specialist. She educationally keeps abreast in the field threw various avenues including Niagara

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University, Oklahoma Traumatology, Brock University and National Centre for P.T.S.D. Her first publication *Where is Robert?*, the grief kit that aided over 6000 families affected by 9/11/01 is the recipient of a certificate of appreciation from the U.S. Secretary of Defence Donald. H Rumsfeld. Her second publication *H.U.G.S. Helping Children Understand Grief Sessions* was inspired by the grief camps she facilitated with the Friendship Ambassadors who bring dialogue annually to the United Nations and Lions International.

During her years as a humanitarian aid Christine saw a need for the exploration of Empathy and Courage. She is the creator of “Empathy Bear” An everlasting plush friend that is used worldwide to bring comfort and compassion to the grieving. Her title *Where is My Courage? A 4laymation story* helped in aiding the families of the 2016 Fort McMurray Alberta Forest Fires. For her communication style and her exception role as a professional speaker Christine was awarded the 2002 Leadership and Communication Award from the Toastmasters Public Speaking Organization. In 2000 Christine founded Robert’s Press Canada’s Grief Resource Centre. The success of Robert’s Press has noted her as one of Niagara’s most successful business women, a 2001 finalist for Woman of The Year and Entrepreneur of The Year. For the article “Putting All My Problems in Perspective” Christine was awarded the 2001 Standard Literary Prize. Her dedication to her community has awarded her the 2017 Distinguished Alumni of the Year Award. Christine continues to inspiring others from her own personal reflection on her experiences.

A-2

Traumatic Incident Reduction, An Introduction: Helping clients who have experienced traumatic loss and the people who support them.

Presenter: Margaret Nelson

Presentation Description:

This is an introductory workshop on a modality called Traumatic Incident Reduction (TIR) in the field of applied metapsychology.

Learning Outcomes:

1. Participants will gain some basic knowledge on TIR and how to ascertain the appropriate time to use and support those through it.

Presenter Biography:

Margaret is a Certified TIR & LSR Facilitator and Senior trainer. She is a registered psychotherapist, educator and mediator. www.margaretnelson.ca

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A-3

Psychosocial and Emotional Challenges of Long-Term Caregiving

Presenter: Monica Do Coutto Monni, B.A. Pol.Sci. M. Psych.

Presentation Description:

This presentation is an in-depth workshop approaching interpersonal dynamics between caregiver and long-term care patients from the standpoint of Psychology of Loss, Attachment Theory and Anticipatory Grief.

It is designed for Bereavement and Grief professionals, Healthcare professionals, and caregivers of long-term care degenerative conditions such as Alzheimer’s and ALS., or chronic conditions such as schizophrenia.

The workshop highlights the main theoretical principles of Psychoanalysis, Behaviourism, Humanism, Cognitive-Behavioural Therapy and Cognitive-Behavioural Neurosciences and how these principles can be applied in prolonged Anticipatory Grief aggravated by unaddressed long-standing psychological traits and interpersonal issues, physical exhaustion, compassion burn-out, social isolation and loss of self-identity and quality of life.

Presenter Biography:

Monica Do Coutto Monni, *B.A. Pol.Sci. M. Psych.*, is the Vice-Chair of the BON – Bereavement Ontario Network, Executive Director of Near North Palliative Care Network, a professional member of the Canadian Counselling and Psychotherapy Association, Palliative Care Instructor at Canadore College, and sole proprietor of DCM Education and Training. Among other specializations, Monica holds certification in Board Governance (The State University of New York), and Training and Learning Programs for Volunteer Community Health Workers (Johns Hopkins University). For more information, please visit <https://ca.linkedin.com/in/monicadocouttomonni>.

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10:45-12:00

B-1

Flexing the resiliency muscle: might we be equipped to manage a stress?

Presenter: Andrea Carter

Presentation Description:

An awareness of self care in the profession of bereavement and palliative care is well known and documented. However, the notion of “having to engage in self care” can at times lead to more stress. Who has time? What if it doesn’t work? Some days it all goes wrong, some days we feel like we don’t know how to do our jobs, imposture syndrome is real!

While we work with our clients/ patients to strive, stretch, and succeed; they are often unable to manage setbacks and failures. Teaching these lessons are even more challenging and begin with our own understanding of stress, anxiety and failure.

The presenter has developed initiatives to destigmatize failures, address anxiety and depression, and increase resiliency. In this session we will examine how all of us attempt to cope with stress, anxiety, and failure in the counselling environment. We will also discuss ways to build resiliency by understanding stress and anxiety as they relate to mental health versus mental illness. This workshop will provide you with tools to support both yourself, your colleagues, and your clients.

Learning Outcomes:

1. Understanding that our natural responses prepare us for stress management
2. Understanding of connection between stress, anxiety, fear and failure
3. Understanding of resiliency and how to reframe perception to build resiliency in work and personal context

Presenter Biography:

Andrea Carter is the Assistant Dean Student Wellness, Support & Success in the Office of the Dean of Students at the University of Toronto Mississauga. She is also a part time faculty member, teaching at King’s College, UWO in the thanatology program.

As assistant dean student wellness, support & success, Andrea oversees UTM’s Health and Counselling Centre, Accessibility Resource Centre (academic accommodations) and the Recreation Athletic Wellness Centre (including Varsity athletics and intermurals). She is also responsible for student behavioural issues under the Code of Student Conduct.

Andrea holds a Masters of Counselling Psychology from the University of Western Ontario, and is currently pursuing her PhD. at the University of Toronto with a research focus on implementation of controversial policy in higher education. <https://www.linkedin.com/in/andreacarter/> Twitter @andrea__carter

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B-2

Building Bridges Behind the Bars: Increasing HPC Capacity in the Correctional System

Presenters: Louise Brazier, Bereavement Services Coordinator, NSMHPCN & Inge Stothers RN, Hospice Palliative Care Nurse Consultant

Presentation Description:

For several years, the North Simcoe Muskoka Hospice Palliative Care Network (NSMHPCN) has aimed to partner with Correctional Facilities and Services within their geographic area. This past year, two NSMHPCN staff members have been involved in a pilot project aimed to provide bereavement support to inmates at Beaver Creek, an all-male minimum/medium level facility in Bracebridge. This specific project was launched to address issues of loss/grief experienced by the inmates, as identified by a facility chaplain.

This workshop will include an overview of the project itself, as well as key learnings from the project facilitators. Using multi-media, interactive self-reflective exercises and group dialogue, this experience will be used as an example of working towards building a sustainable palliative approach to care within a non-traditional setting. This intermediate-level workshop will be of value to anyone involved in either HPC service delivery or system integration.

Learning Objectives:

1. Gaining awareness of challenges to providing care to criminally-involved person including: personal assumptions, systemic barriers, inter-agency coordination and communication issues
2. An in-depth look at the high level (and unique) unmet needs of this population that can potentially be met through a palliative approach to care
3. Collaboratively gaining tools, recommendations and resources for building HPC capacity with a specific marginalized population, within a non-traditional setting

Presenter Biographies:

Louise Brazier, Bereavement Services Coordinator, NSMHPCN and Hospice Orillia

Originally from the UK, her background is in community development, patient engagement and project management. Her passion lies in bringing Palliative Care into the community and putting the person at the centre of their care and journey. The prison pilot project was a natural fit and a challenge she embraced. She feels privileged to be working with a multidisciplinary team of healthcare professionals to deliver care to those most vulnerable in our community. She believes that compassion is contagious and is aiming for an epidemic.

Inge Stothers RN, Hospice Palliative Care Nurse Consultant, NSMHPCN

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Inge started her career in nursing in 1983 in The Netherlands before immigrating to Canada in 1988. A community nurse for 13 years, she was certified in Hospice Palliative Care with CNA in 2007. Inge has worked with the North Simcoe Muskoka Hospice Palliative Care Network since 2013 and hopes to impact in moving palliative care forward so that individuals and their families can receive whole-person care, inclusive of their minds, bodies and spirits.

B-3

Can you adapt what we offer for “telling the story” in perinatal/pediatric end-of-life care and bereavement to the adult? Of course- we just need to be creative!

Presenter: Lori Ives-Baine, RN, BScN, MN (CPB, CWT)

Presentation Description:

This presentation is intended to provide the participants with some thinking “outside the box” in helping families to tell their story as a loved one is dying or after they have died. The work of many years in perinatal/pediatric end-of-life and bereavement care has given the presenter opportunity to work with many families before and after their child’s death and has given insight into the impact the ideas to be presented can have on the whole family.

Learning Outcomes:

1. Participants will be able to apply 3 different legacy options to the settings they work in
2. Participants will have information on the “how tos” of at least 3 simple and complex forms of legacy creation (HUGS, creative art for families, ways to remember after death are just a few examples)
3. Participants will be able to identify opportunities that they can translate to their hospice, home care service, funeral home, place of worship, after-death support group that can help their clients and family members to “tell their stories”.

Presenter Biography:

Lori has been a nurse at SickKids for almost 29 years and has spent more than 24 of those years supporting families as they lived through the dying, death and grief after their baby, child and teen’s death. She has been with the PACT team at SickKids for 5.5 years and worked in NICU for the previous 23.5. Lori values the opportunity to help in storytelling and knows that it can make a huge difference, but also knows that the “story” can be told verbally, emotionally and physically. Lori is a clinician, advocate, researcher, teacher and listener. She is married to a wonderful man (30 years) and has a son and dog, and is also a recently bereaved sister. She

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comes to this presentation with the wishes she had been able to help her brother tell his story in other ways before his sudden death. Follow me on Twitter @loriivesbaine

B-4

Encountering the dead: Exploring extraordinary experiences in thanatology.

Presenter: Sherry Smith

Presentation Description:

Much like the subject of death, there is a general reluctance to discuss encounters of the dead, and subsequently these extraordinary experiences are largely underreported by people. Such encounters, whether auditory, tactile, symbolic, olfactory or visual, are as old as humanity. Many people who do describe such phenomena postulate such experiences are meaningful, empowering and healing. This presentation will primarily examine contemporary encounters, considering the therapeutic value of those experiences for the dying and bereaved.

Learning Objectives:

1. Understand some of the key concepts and phenomena associated with extraordinary experiences.
2. To have an awareness of the role of extraordinary experiences in private and social realms.
3. To begin to think critically about how extraordinary experiences may be therapeutic for the dying and bereaved.

Presenter Biography:

Sherry teaches thanatology and/or religious studies courses at McMaster University, King's University College and Centennial College. She received her Ph.D. in Religious Studies from McMaster University (2011) and has recently completed a Graduate Diploma in Spiritual Care and Psychotherapy at Wilfrid Laurier University (2018). Sherry has a longstanding interest in extraordinary phenomena, having been a participant/presenter in “The Vision Thing” workshops and conferences at Stanford University in Palo Alto, California (2007), Max Plank Institute for Human Development for the Center for the History of Emotions in Berlin, Germany (2009), and Central European University in Budapest, Hungary (2017).

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1:00-2:15

C-1

Joining Expressive Arts and Narrative Therapy Practices to Process Trauma, Loss and Grief

Presenter: Kelly Thorarinson

Presentation Description:

This presentation will take case examples from her 10 year clinical practice of combining Expressive Arts with Narrative Therapy. She will provide reflections from her own experiences of processing grief using these practices and from her client base (with permissions of course). These case studies will demonstrate a structure that can be used, process and outcomes. There will also be opportunity to explore how these practices can augment client interactions as well as understand the limitations and cautions with these practices.

Learning Objectives:

1. To learn how creativity and the arts can help process trauma, loss & grief
2. To understand how expressive arts practice dovetails with narrative therapy practices
3. To know what the indicators are for use of these practices

Presenter contact information:

Kelly Thorarinson, MSW, RSW
E-mail: info@kellythorarinson.ca
Phone: 416-606-2103

Presenter Biography:

Kelly Thorarinson is a registered social worker who has been practicing about 20 years, the past 5 have been in private practice. Kelly's interest in Narrative practices started with her clinical career and she added Expressive Arts into her practice about 10 years ago. She brings her professional experiences as a workshop facilitator and therapist along with her personal experience of widowhood that has crafted what she shares today.

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C-2

Up and Away, a Facilitators’ Guide to providing Grief Support Groups for Adults with a Developmental Disability

Presenters: Nancy Forgrave and Laura Balint

Presentation Description:

Based on *Up & Away, A Facilitators’ Guide for Providing Grief Support Groups for Adults with a Developmental Disability*, presenters will introduce participants to ideas and different methods to engage in sharing feelings, memories, worries, and other manifestations that people experience after the death of someone significant to them. It is important that people with intellectual disabilities get the same support during the grieving process that any other member of the community or culture would receive. Their pain cannot go unnoticed. Families’, friends’, and support workers’ ability to access supports in the community is essential in aiding the person to deal with the feeling of grief, experience support, and have their voices heard. The four session Support Group Guide was created by Bruce Peninsula Hospice in collaboration with Bruce Peninsula Association for Community Living, based on an earlier program created in 2013 by Huron Hospice Volunteer Service.

Learning Objectives:

1. Participants will understand the bereavement needs and benefits of this support group in the lives of individuals with developmental disabilities.
2. Participants will learn about the activities and approaches that can be used
3. Participants will build confidence in supporting people with developmental disabilities in the community who are experiencing grief.

Presenter Biography:

Nancy Forgrave, is the Manager, Volunteer Programs and Outreach at Bruce Peninsula Hospice. She supports the caring work of over 60 volunteers as well as overseeing outreach and fundraising activities and facilitating Bereavement Support Groups. Nancy is also a student at Laurier University, working toward a Masters’ degree in Spiritual Care and Psychotherapy.

Laura Balint, M.Sc, is a Manager at Bruce Peninsula Association for Community Living. She has supported people with developmental disabilities in various capacities in the last 14 years and is the mother of two boys.

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C-3

Theory into Reality – Dealing with Trauma and Bereavement

Presenter: Susan McCoy, Counsellor, Chairperson, Bereavement Ontario Network

Presentation Description: In this workshop Susan will take traumatic bereavement theories moving them from text to tangible reality. Theory is only useful in counseling if it is allowed to meet and mesh with the reality of the client.

Learning Objectives:

- Review and Simplify Traumatic Bereavement Theories
- Discuss Theory Applications
- Experience Theory Meeting Reality

Presenter Biography:

Susan has been a Counsellor, Consultant and Educator for over 30 years in private practice dedicated to the area of traumatic death, dying and bereavement. She is also Certified Mediator, Acupressure Practitioner and Funeral Celebrant. Susan is the current Chair of BON and has been a BON member for 27 years and 24 years as a board member.