

Workshop Descriptions

Anger and Guilt: Jim Dixon

This workshop will discuss ways to deal with feelings of anger and guilt after the loss of a child.

Blogging Your Grief: Becky Russell

Writing is an excellent creative outlet for the intense emotions associated with the death of a child. Someone who grieves may wish to share their thoughts on life and their grief journey with friends, family or other people who mourn.

Some people enjoy the creation of an online web-based journal. This online diary is called a "blog" and is available to anyone who has a computer.

In this workshop, Becky will show an easy way to set up a blog using a popular free resource (blogspot). Bring your laptop into this workshop and you may be able to set up your new blog within minutes.

Body and Soul Fitness: Jeri Miller

Workshop participants will have the opportunity to take part in a demonstration of an actual *Body & Soul Fitness* Christian-based exercise class lead by certified instructors. To introduce this workshop, Jerri Miller will testify to the overall health benefits she received from joining a *Body & Soul Fitness* class six months after the death of her 12-year old son, David, in 1991.

Body & Soul is a non-profit International Fitness Ministry, which was founded in 1981 with the vision to encourage people to grow in both spiritual and physical fitness. With classes in 23 states and 14 foreign countries, *Body & Soul* now has five fitness programs-Cardio/Strength, Power Strength, Boot Camp, Strength & Flexibility, and Basic & Beyond. These programs are designed to help individuals of various fitness levels to have a successful exercise experience in an uplifting, encouraging atmosphere where friends pray for, care for and support each other. The contemporary Christian music offers an opportunity for worship and spiritual encouragement, lifting the heart to trust God, no matter what hardships life brings. There is no competition in *Body & Soul* classes, as women and men of all ages, backgrounds and fitness levels come together to grow closer to God as they grow healthier.

Butterfly Gardening: Donna Corrigan

Growing HOPE among the flowers. Many bereaved parents are fascinated by butterflies. To many of us the butterfly symbolizes rebirth of new life. In this workshop Donna will discuss ways to attract butterflies to your flower garden or yard.

Can I Be Angry At God, Part 1: Ruby Taylor

This workshop offers a look at anger and faith. Topic is approached from a Christian perspective.

Can I Be Angry At God , Part 2: Ruby Taylor

This workshop offers a look at anger and faith. Topic is approached from a Christian perspective.

Dads, The Forgotten Parent: Kelly Farley

This workshop will look at the impact of child loss on dads.

Do I Really Want To Tell Family and Friends How My Child Died: Patrick Dodd

“The non-respectable deaths, drugs/alcohol/suicide” Pat came up with the title from a mother who was in his workshop in Downers Grove, IL in July 2007. Her son's death appeared to have been self-inflicted. The mother shared, that since her son did not die from an accident or an illness, she felt there was a “social stigma” attached to his death. It was very difficult for her to “open up”, unless she was among a “jury of her peers”.

This workshop is an open forum; the chairs are set up in a semi-circle. This allows a bereaved parent who wishes to share their experience, or ask questions, to freely speak to anyone in the workshop.

Fast Forward and How Do I Get There: Sandy Chisholm

Things bereaved parents can do to help them heal.

Father’s Panel: Panel of Dads

This workshop will be an opportunity for bereaved dads to talk about some of the challenges they face in their grief journey. (Men only, please).

Gotcha!!: Maiga Wasson

Capturing your memories. (Journaling and Archiving)

Grief is an Inevitable Element of Life: Dr. Kim Lockwood, PhD

Grief is a natural response to loss in our lives.

Grieving Parents as Teachers: Greg Adams and Panel

Panel discussion of parents' grief experiences while participating in the palliative care education of the healthcare staff at Arkansas Children's Hospital.

Grieving to Live or Living to Grieve: Kay Bevington

Are you grieving to live a productive life or living just to grieve the death of your child?

Healing Guilt and Regret: Alan and Denise Pedersen

How to work through painful guilt and regret

Healing Thru Creativity: Alan Pedersen

How to use creativity to help you connect to your healing.

Hidden Connections With Our Children: Paul Balasic

Focuses on preparing the newly bereaved to realize and appreciate the many daily reminders there are of their deceased children, which appear most unexpected and unrelated to things they would anticipate.

Hope For Parents With No Surviving Children: Kay Bevington

A panel discussion for parents with no surviving children, offering coping tools for grief.

How to Survive the Holidays: Charlotte Miller

Helpful hints for ways to find a "new normal" during those special days when we miss our children the most.

I May Have Fallen, but I Am Darn Well Getting Up: Keith Swett

A discussion of my articles which share reactions to common challenges on the grief journey

Letting Their Light Shine: *Moving Mountains Through Heartache*: Jodie McGinley

In this workshop Jodie will discuss the grief issues common to parents who have lost a very young child or had to terminate life support. Her son Eli is also a twin.

Memorializing Your Loved One: Charlotte Miller

Our greatest fear is that others will not miss our child like we do. A discussion of different ways to help others remember our child, in a positive way.

Men and Women Mourn Differently. Or Do They?: David Alexander and Bob and Sandi Burash

A look at how men and women mourn the death of a child.

Mothers Panel: Lee Ann Hutson and Cindy Morris

Open panel discussion (Ladies only, please)

Moving Forward Through Our Grief: Sandy Brosam

How to move forward in our daily lives.

Music and Grief: Paul Balasic

A look at music's role in grief

My Grief Journey: Jim Dixon

Discuss some of the common paths on this journey of grief and learn what normal grief is.

My Grief Started The Day I Got The News: Children With Disabilities and Long Term Illness: Linda Bates

To discuss what parents feel when they have to watch their children die one day at a time.

My Journey thru Scrapbooking: Maiga Wasson

Scrapbooking your journey

National Meeting: National Board of Directors

This is the annual business meeting for BP/USA, all members are invited to attend.

Now What? When Grief is a Three Ring Circus: Dr. Harold Ivan Smith

Juggling multiple or other losses following the death of a child

Quit Kissing My Ashes: Judy Collier

After death communications with your child.

Rainbows After the Storm: Sherry Boyd Neu

Ways to make peace with your past so you don't mess up your future.

Step Parents Can Grieve Too: David Hurley

Surviving as a Step Parent

“Tear Soup” Movie and Discussion: Pat Ryan

Participants will view the short movie **Tear Soup** and discuss the reality of this unique cartoon in comparison with our real life grief journey. This is ideal for early on or seasoned mourners, children to mature individuals of all ages.

Ten Things I Learned About Grief: Becky Russell

Becky will discuss ten things she did not know about grief, until the loss of her daughter Jae Lynn in a tragic auto accident. Becky has created a 30 minute visual presentation entitled “**The 10 Things I Learned About Grief**”. This DVD has a two-fold purpose:

1. To encourage people who have experienced a loss.
2. To educate people to be a better support for those who have experienced a loss.

The Grief Equation : Paul Balasic

Workshop presents a left brain look at grief. Paul is an engineer and has developed a model which reflects his journey. The Model is based on an equation. Variables and inputs which effect the “level of grief “ have been identified and are reviewed and quantified. This workshop will attempt to take an objective and analytical look at grief.

The Healing Power of Dreams: Patricia Custer

This workshop will be a discussion on our dreams

The Lovely Bones: Donna Corrigan

Book Discussion on *The Lovely Bones* by Alice Sebold

These Were Our Children Too: A Journey through Pregnancy and Newborn Loss: Lynette Spruiell

A look at the often misunderstood pain of pregnancy and newborn loss.

Time For Us: Greg Adams

Grief Support Activities for Siblings

Understanding and reconciling Suicide Grief: Linda Fehrmann

This workshop, a Power Point presentation, will explore several distinct themes relating to bereavement which are common among suicide survivors. These themes include the need to know "why?", feelings of guilt and responsibility, denial and disbelief, shame, trauma and symptoms of PTSD, feelings of rejection and anger, and lack of support due to the stigma associated with suicide. Coping mechanisms will be discussed as well as Dr. Alan Wolfelt's six reconciliation needs. Open discussion will be encouraged.

Walk Along Side Me in My Journey of Grief: Raymond Wilson

How to provide powerful and effective ministry to bereaved parents.

Weepy Seeds: Becky Russell

In this workshop, the participants will consider the idea that service and ministry to others is a source of comfort and healing. It is based on the Principles of Harvest as well as the scripture in Psalms, "They that sow in tears shall reap in Joy!" Pain often creates a passion to make life more meaningful. Various ways of doing this will be discussed, based on people's individual personality types.

What About The Kids: Greg Adams

Supporting and parenting grieving siblings.

What To Do When People Say Hurtful Things: Charlotte Miller

Ideas on how to respond when people hurt you through thoughtless comments.

What Will I do With My Childs Possessions: Kay Bevington

Will be a Power Point presentation sharing photos and ideas of what bereaved parents have done with their child's belongings.

When Sex and Grief Dance; America's Last Taboo: Dr. Harold Ivan Smith

How do grieving parents navigate and negotiate sexual relations and intimacy after the death of a child.