**2019 BPUSA NATIONAL GATHERING CONFERENCE WORKSHOP LIST**

**HOPE, HEALING, AND COPING SKILLS**

\**Broken Yet Blooming: The 5 Pillars of Post-Traumatic Growth* – Susan Hannifin-MacNab, Paula Stephens, Bobby Morton

\**Finding your Direction Again* – Glen Lord

\**Good Grief: How to Nurture Loss and Live with Loss Without It Paralyzing You* – Susan Toler Carr

*\*SOARing over Grief: Strategies and Tools for Adjusting to the* *“New Normal”* – Gareth Williams

\**Grief Anonymous* – Holly Barker

\**The Playbook of Hope* – Lynda Cheldelin Fell

\**Finding Grace: stories lived; lessons learned* – Jane Nicolet

\**Resilience – The Key to Surviving Loss* – Barbara Hopkinson

\**The Enneagram and Grieving* – Laura Diehl

\**It’s Our Choice, It’s How We Survive!* – Lora & Dave Krum

**RELATIONSHIPS, FAMILY, AND GRIEF**

\**Living inside the Good, the Bad, and the Ugly* – Nina Norstrom

\**Growing through Grief in a Relationship*-– Richard Pryor

\**Men in Grief* – Bobby Morton

\**Circle of Support* – Julie Blackburn

**OUR GRIEF AND FAITH**

\**Experiencing God’s Spirit of Love in Grief* – Pam Vredevelt & Jessie V. Schultz

\**The Many Facets of Forgiveness* – Laura Diehl

\**Struggling to Reclaim My Faith* – Dennis Apple

\**Forgiving Others and Ourselves* – Jeff Steinkamp

**CONTINUING BONDS WITH OUR LOVED ONES**

\**Death Teaches ~ Finding New Meaning* – Sara Ruble

\**Co-Existing with Our Children in Grief and Spirit* – Sara Ruble, Bobby Morton, Joy Hagens, Lainey Stanley

\**Signs From Heaven* – Christine Duminiak

\**Discovering a New Spirituality for Grieving* – Jane Bissler, Chris Mulligan, Lynn Lee, Edwina Moldover

\**The Three Keys to Healing for Unlocking the Connection to Your Changed Life* – Chris Mulligan & Jane Bissler

**EXPRESSIVE GRIEF AND SELF CARE**

\**When the Music Stops: How Music Can Help Us Through the Grieving Process* – Denise Ganulin

\**Get into Your Right Brain: Using Symbolic Imagery to Heal* – Susan Hannifin-MacNab

\**Love Through the Senses: Explore Grief, Awareness and Coping Through the Senses* – Julie Blackburn

\**Ask the Counselor* – Jane Bissler

\* *Therapy 101: Finding the Perfect Therapy and Therapist!* – Susan Hannifin-MacNab

(Workshops and events are subject to change)

**CIRCUMSTANCES OF LOSS**

\*”*Grieving the Living”* – Sam Timbrook

\**Death by Chocolate, Overdose, or Suicide* – Dr. Doug & BJ Jensen

\**The Loss of a Loved One from the Disease of Addiction* – Justin Phillips

\**And Love Remains: Continuing our Love After our Loss* – *(pregnancy & infant loss)* Patti Budnik & Jennifer Stachula

\**Surviving the Challenging First Years* – Dr. Doug & BJ Jensen

\**I’m a Bereaved Sibling and a Bereaved Parent* – Donna Corrigan & Donna Mancuso

**FOR SURVIVING SIBLINGS**

\**Coping with a Sibling Loss* – Megan Belanger

\**Healing Hearts (an art therapy workshop)* – Laura Cottrell

\**Don’t Make Your Parents Cry!* – Donna Corrigan

\**Sibling Loss Panel Discussion –* Sarah Kravits & Erin Ruane

\**Parents and Siblings Idea Exchange* – Sarah Kravits

\**Music of Your Grief* – Julie Blackburn

\**Dealing With Grief Bullies* – Dennis Apple

\**Eco-Map Your Life: A New Way to Navigate Social Change* – Susan Hannifin-MacNab

**FOR THOSE WITH NO SURVIVING CHILDREN**

\**Getting Through the Early Days* – Kathy Grapski and Lora Krum

\**Grief Overload: Is it possible to cope when your heart must grieve more than one loss?* – Rachel Dawson

\**What Can I Do About the Changes I’ve Noticed in my Brain and Body?* – Dr. Pat Griffin

\**Reinvesting in Life When You Find Yourself Alive Alone* – Sherri Woodruff

\**Transcending Loss* – Gayle Brunault

\**Ask It Basket* – Jim & Barb Esworthy, Joy Hagens, Sara Ruble, Gwen Rice, Roger & Deb Moroney

**SPECIAL EVENTS**

\**Yoga for Grief* – Ann Irr Dagle

\**Book Discussion of Judith Guest’s “Ordinary People” –* Donna Corrigan

*\*Friday Night Fun Art*

*\*Saturday Night Movie*

*\*Sunday Morning Chapel Service –* Dr. Doug & BJ Jensen with Love In Motion

*\*Faces of Resilience Photo Shoot -*Barbara Hopkinson

\**Evening Sharing Sessions*

*\*Creation Station Crafts*

*\*Slideshow and Candlelighting Ceremony*