

9<sup>th</sup> Annual Tri-State Conference on Grief and Loss

# Soul Injury & Soul Recovery: Restoring Wholeness While Grieving

**Deborah Grassman, ARNP**

*CEO, Opus Peace Co-Founder*

**Friday, Sept. 8, 2017**

8:15 am – 3:15 pm | Cincinnati, Ohio



Cincinnati Children's Hospital Medical Center  
Center for Professional Excellence, Education  
3333 Burnet Avenue, MLC 3020  
Cincinnati, Ohio 45229-3039



# Course Information

## Description

“Those Who Grieve Well, Heal Well.” This famous saying seems oxymoronic. In a grief-fearing American culture, loss is perceived as failure and grieving is viewed as destructive. Just the opposite is true: grief is creative. Grieving helps us let go of what was so we can open up to what is. Grief is the natural, normal expression of loss; UNMOURNED loss is the destructive culprit. When we box up our emotional pain, our vitality, personhood, and passion get boxed up as well. Learning how to develop a different relationship with the part of self carrying our emotional pain is the secret for living a passion-filled life. Caregivers are faced with losses, yet they often fail to grieve. Ongoing, unrelenting, caregiving can wear a person down. It slowly and gradually exerts PTSD-like effects on the brain and nervous system and can produce “compassion fatigue.”

Whether providing care to a family member or working as a healthcare provider or clergy, caregivers face loss, change and transition on a daily basis. Because the losses are chronic, they may not even be recognized, subtly robbing the care provider of their own sense of self. By disconnecting from the part of self carrying the pain, we unwittingly contribute to the loss of energy, emptiness, and compassion fatigue that disconnection causes. Connecting with the part of self generating the pain, paradoxically, restores wholeness.

## Audience

Aftercare providers, bereavement specialists, child life specialists, chaplains, clergy, counselors, educators, funeral directors, nurses, social workers, and anyone who works with the bereaved.

## About the Conference

The Tri-State Conference on Grief and Loss is the result of the collaborative efforts of several bereavement professionals in the Greater Cincinnati area. Our goal is to offer a one day program featuring a nationally recognized speaker to local bereavement providers in an affordable venue.

## Learner Outcomes

- Identify soul injury and its characteristics.

# Speaker & Location

## Speaker

Deborah Grassman is a mental health Nurse Practitioner whose career at the Department of Veterans Affairs spanned nearly 30 years. She was the Director of the Hospice program and personally took care of more than 10,000 dying veterans. She is recognized as one of the nation's leading experts in caring for Veterans nearing the end of life. She is now CEO and co-founder of *Opus Peace*, a 501 (c)3 non-profit organization whose mission is to provide programs that respond to the soul injury that occurs during trauma, abuse, self-neglect, and serious illness.

Deborah has recently launched two campaigns, providing ceremonial workshops: ***Soul Injury*** to bring attention and healing tools to the needs of our nation's combat veterans who still carry unmourning grief and unforgiven guilt in the aftermath of war; and ***Soul Restoration*** to revitalize the weary hearts of personal and professional caregivers, including first responders, ER and hospice staff, chaplains, trauma and bereavement counselors.

Deborah is the author of two books: *Peace at Last* and *The Hero Within*. She is on the advisory boards for the Elisabeth Kubler-Ross foundation and the Ira Byock PBS film project *The Best Care Possible*. Deborah's contribution toward advancing End-of-Life care in this country is described by NHPCO on their website: *"Deborah's work has dramatically and almost single-handedly increased awareness of Veterans and their unique end-of-life issues. Additionally, her insights into the family's experience offer perspectives for understanding how these experiences can impact on and often complicate grief and bereavement."*

## Location: Building D.1 Sabin Auditorium

Cincinnati Children's Hospital Medical Center

3333 Burnet Avenue

Cincinnati, Ohio 45229

Sabin Auditorium is located in Building D, 1st floor, across from the cafeteria. Park on Level D in the parking garage for the easiest access to this location.

For directions from your location to the main hospital:  
[cincinnatichildrens.org/maps](http://cincinnatichildrens.org/maps)

# General Information

## Registration Information

- Register and pay online! It's fast, easy and convenient.  
Go to: [cincinnatichildrens.org/ed/cme/ce-calendar.htm](http://cincinnatichildrens.org/ed/cme/ce-calendar.htm)

We accept the following types of payment Online:

- American Express, Visa or MasterCard
- **Electronic Check** - No more writing checks and mailing them in. With **eCheck** you can pay using your checking account online...its safe and secure! Select the first option "Online Credit Card Payment or Electronic Check Payment" and follow the onscreen directions.
- **\$60** includes professional credits and a box lunch (Please indicate if you will need a vegetarian or gluten-free lunch)
- **Early Bird Deadline:** Wednesday, August 31, 2017
- **Late registration: \$90** after August 31, 2017
- **No refunds**, but substitutions are permitted.
- Evaluations and professional credit/attendance certificates will be completed online after the program.
- Confirmation letters will be sent to your email address. If you have questions about registration, you may email [Sharon.Herndon@cchmc.org](mailto:Sharon.Herndon@cchmc.org).
- Room temperatures vary, please bring a jacket or sweater for your comfort.

## Additional Information

For additional conference information, please contact:

- Ted Haddix, Bereavement Manager, Vitas Healthcare  
513-742-6583 or [ted.haddix@vitas.com](mailto:ted.haddix@vitas.com)
- Jan Borgman, Bereavement Manager, Cincinnati Children's  
513-636-0069 or [jan.borgman@cchmc.org](mailto:jan.borgman@cchmc.org)

# Program

8:00-8:30	Registration (coffee & tea provided) and Welcome
8:30-10:00	Session I: Soul Injury: Wounds That Rob Us of Ourselves Lecture and open discussion
10:00-10:15	Break
10:15-11:45	Session II: Forgiveness: Re-Vitalizing the Wounded Soul Lecture and open discussion
11:45-12:30	Lunch (box lunch provided)
12:30--1:45	Session III: Transforming Practice from Good to Great Lecture and open discussion
1:45-2:00	Break
2:00-3:00	Session IV: Transforming Practice from Good to Great Cont. Lecture and open discussion
3:00-3:15	Wrap-up and Evaluation

## Contact Hours:

**Nursing:** 5.5 contact hours will be provided for those who attend the entire program and complete an evaluation tool. Cincinnati Children's Hospital Medical Center is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.(OH-046, 9/1/2018) (OBN-001-91).

**Social Work:** 5.25 clock hours for those who attend the entire program. Cincinnati Children's Hospital Medical Center Social Service is an approved provider of social work continuing education by the State of Ohio Counselor, Social Worker and Marriage and Family Therapist Board (#RSX069302). This conference is approved for 5.25 clock hours. Social Work Program Area: Human Development and Behavior.

**Counselors:** 5.25 clock hours for those who attend the entire program. Cincinnati Children's Hospital Medical Center is an approved provider of professional counselor clock hours (#RCX111201), by the Ohio Counselor, Social Worker, and Marriage and Family Therapist Board. This program is approved for 5.75 clock hours. Program Area: Human Development and Behavior.

**Funeral Directors:** 5 CE's approved by the Ohio Board of Embalmers and Funeral Directors for participants who attend the entire program.

## Disclosures

The Planners and presenters have no real or perceived conflicts of interest related to this program.