

"Fill My Heart with Peace" Bereavement Conference

Sponsored by **Catholic Cemeteries of the Diocese of Rockville Centre**

For the bereaved and those ministering to them - All faiths welcome

Saturday, March 21, 2009 ~ 8:30 am-5:30 pm

Kellenberg Memorial High School, Uniondale NY

CONFERENCE SCHEDULE

8:30	Registration, Bookstore Continental Breakfast	(lobby) (cafeteria)
9:30	Welcome & Opening Prayer Elaine E. Stillwell, M.A., M.S. Bereavement Coordinator Catholic Cemeteries, Diocese of RVC	(auditorium)
9:45	Keynote Address "Finding Peace Through Pain" Antoinette Bosco, Ph.D. Prize-winning journalist, syndicated columnist, author of 16 books, bereaved mother of three children (suicide, murder, heart failure)	(auditorium)
10:45	Break	(lobby)
11:15	Workshop I	(classrooms)
12:30	Lunch Bookstore	(cafeteria) (lobby)
1:45	Workshop II	(classrooms)
3:00	Break, beverages served Bookstore	(lobby) (lobby)
3:20	Workshop III	(classrooms)
4:35	Break Bookstore Evaluations, complete	(lobby) (lobby) (deposit in baskets in lobby)
4:45	Closing Remarks Eucharistic Celebration Celebrant: Msgr. James Lisante Pastor, Our Lady of Lourdes, Massapequa Park	(auditorium) (auditorium)

WORKSHOPS ~ Choose 3

A few workshops will be offered twice; some might be cancelled due to low registration. **See chart on back page for times offered.**

FOR ALL LOSSES

1. Why Am I Feeling So Guilty?

Marjorie Demshock, L.M.H.C. ~ Mental Health Counselor and Spiritual Director, 23 years experience providing bereavement counseling for individuals, couples, families and groups, offers facilitator training sessions and seminars, in private practice in Hauppauge.

***Explores how guilt is often a part of the grief process and discusses strategies for letting go of the guilt we feel.

2. Yes, The Mourning Glories Will Come

Patricia Jones, M.S. ~ Bereavement Specialist, with 27 years experience working with adults, children, families and bereavement support groups; collaborates with parishes and funeral homes to offer special programs, in private practice in Sayville.

*** Discusses how we can build a new life, transforming our lives through determination and spirituality after losing a loved one.

3. In Loving Kindness: Healing Body, Mind and Spirit

Jason Wendroff-Rawnicki, YTT, APP, M.A. ~ Certified Yoga Teacher and Associate Polarity Practitioner who guides his students and clients to healing through self-discovery.

***Utilizes meditation, breathing and physical movement to release the mental/emotional hold of grief on the body. (no materials needed)

4. I'm Doing the Best I Can - Really I Am!

Donna Jaroslowski, CPO ~ Certified Professional Organizer and trained ADHD Life Coach specializing in helping people who are overwhelmed with paperwork and possessions to create systems to deal with the clutter and stay forever organized.

***Shares practical and emotional strategies for dealing with all the paper, possessions and clutter that can accumulate after the loss of a loved one.

5. Long Term Illness

Patricia M. Berliner, CSJ, Ph.D. ~ Psychotherapist, Member of Red Cross of Greater NY, Mental Health Leadership Team, CPE trained, author, private practice in Ozone Park.

***Discusses effects of long-term illness on patient, family and caretakers, choices of care decisions and implication of these choices.

6. Journaling: Tell Your Story in a Unique Way

Kathy Ryan, M.A. ~ Director of Social Ministry at Maria Regina Parish, Seaford, years of experience as workshop presenter, support group facilitator, master storyteller and creator of rituals.

***Opens the mind, heart and spirit to the many ways of journaling, a spiritual practice and discipline that can be consoling and transforming for grievers.

7. Finding Your Lighthouse in the Storm: Growing through Grief

(double workshop, Sessions II and III)

Anne Chapman Kane, Ph.D. ~ Clinical Psychologist with 35 years experience working with the dying and bereaved; has private practices in Rockville Centre and Manhattan.

Bobbie Comforto, LCSW ~ Psychotherapist specializing in bereavement, trauma, death and dying, with practices in Hicksville and Northport.

***In this double workshop, two experts in grief team up to provide an intensive, in-depth experience meant to assist the griever in learning how to survive, trust the process, and eventually use grief as a transformative experience.

8. Use of Rituals in Grief Work

Ingrid Seunarine, M.A. FT ~ Director: Bereavement Services, Diocese of Brooklyn, Coordinator: Center for Support & Healing, President: National Catholic Ministry to the Bereaved.

***Explores the comfort and healing that rituals can provide for holding on to clear memories and for staying connected to the deceased.

9. Cultivating a Forgiving Heart in the Middle of Bereavement

Julie Woodley, M.A. ~ Author and Speaker who creates books and DVD projects with curriculum for those who have been broken from various types of trauma. www.rthm.cc.

***Shares various stories of loss and the healing journey to forgive from the heart.

10. For Men Only (just for men)

Lou Sabatini, Ph.D. ~ Coordinator of the Bereavement Center at St. Brigid's Parish, Westbury, NY, where he facilitates support groups, provides training for caregivers and does private counseling; teaches graduate course on Counseling for Death and Dying at Hofstra University, Hempstead, NY.

***Focusing on the unique aspects of masculine grief, this workshop is tailored to helping grieving men and is restricted to "men only."

FOR TRAUMATIC LOSS

11. Sudden Death

Patricia M. Berliner, CSJ, Ph.D. ~ Psychotherapist, Member of Red Cross of Greater NY Mental Health Leadership Team, CPE trained, author of bereavement articles, private practice in Ozone Park.

***Discusses the various shapes of sudden death and the shapes of life for the survivors and their loved ones.

12. Surviving After Suicide Loss

Beverly Feigelman, LCSW, CASAC ~ Clinical Social Worker, Credentialed Alcoholism and Substance Abuse Counselor, Trainer & Educational Consultant for American Foundation for Suicide Prevention, in private practice in Jamaica Estates, Queens, survivor of 2002 suicide of her son.

William Feigelman, Ph.D. ~ Professor of Sociology at Nassau Community College, author and researcher, now focusing on youth suicide since the suicide of his son in 2002.

***Shares strategies for survival & hope-inspiring stories of post-traumatic growth.

13. Traumatic Loss: Hearts in Need of Great Compassion

Sister Ave Clark, O.P. M.A., M.S., M.P.S. ~ Dominican Sister, Coordinator of Heart to Heart Ministry, counselor, author, and spiritual director; comes with a gentle caring heart.

***Sharing Session of how one embraces traumatic loss with another heart offering "Great Compassion" born out of journey shared.

14. Grieving the Loss of a Loved One from a Drug Overdose

Edward Paley, LCSW-R, ACSW ~ Clinical Social Worker with 35 years experience helping the bereaved, national workshop presenter.

***Explores ways to cope and survive the traumatic loss of a loved one's death by drug overdose.

15. Healing in the Aftermath of Homicide

Donna Kukura, M.A., L.M.H.C. ~ Mental Health Counselor, Co-Founder & former Chapter Leader of LI/Suffolk County Chapter Parents of Murdered Children, national organization for family and friends of murder victims, workshop presenter, survivor of 2002 murder of her brother.

***Deals with grief issues that survivors of homicide victims experience and offers suggestions for healing, remembering and learning to live again.

16. Healing After the Death of a Loved One from Suicide

Edward Paley, LCSW-R, ACSW ~ Clinical Social Worker with 35 years of experience helping the bereaved, national workshop presenter.

***Discusses the unique characteristics of grief following suicide and how to begin the healing process.

FOR LOSS OF SPOUSE

17. Re-finding Yourself After Losing a Spouse

Anne Chapman Kane, Ph.D. ~ Clinical Psychologist with 35 years experience working with the dying and bereaved; national and international presenter of more than 50 papers and workshops on death and dying, in private practices in Rockville Centre and Manhattan.

***Addresses the challenges involved with reconnecting with yourself and the world after losing a spouse.

18. Coping: Young Widows and Widowers

Phyllis Provost, APRN-BC ~ Bereavement Counselor with 20 years experience, group facilitator, lecturer and workshop presenter, including work with Perinatal Loss, PTSD and War related loss.

***Discusses the uniqueness of being a young widow or widower (50's and under) and how it impacts the grief process with interactive group discussion, questions and answers.

19. 2nd Year Spousal Loss-Does It Get Easier?

Clarice Spica Curry, M.A., L.C.S.W. ~ Bereavement Coordinator and Grief Counselor for Good Shepherd Hospice, Adjunct Professor at St. John's University Theology Dept., Jamaica, NY, has private practice in Glen Cove.

***Offers educational and supportive discussion with those experiencing the 2nd year of loss of spouse.

20. Widowed: What Do I Do Now?

Julia Schuerger, L.C.S.W. ~ Clinical Social Worker with 24 years of experience helping individuals, couples and groups, specializes in grief, loss and post abortion syndrome; Board Certified Expert in Traumatic Stress and Christian Counselor, in private practice in Rockville Centre.

***Discusses how to go on alone, focusing on areas of awareness that support emotional healing.

21. Loss of Spouse Sharing Session

Jane Malone, Ph.D., LCSW ~ Many years of counseling adults and children in the field of Death and Dying, in private Practice in Smithtown.

***Offers group discussion of issues facing those whose spouse has died.

FOR LOSS OF CHILD

22. The Courage to Move Forward in Hope after the Death of a Child

Barbara Redmond, R.N. and Mike Redmond ~ Bereaved Parents of two sons, team of nurse who has facilitated bereavement groups for over 20 years and retired NYPD Homicide Detective, co-facilitators of The Compassionate Friends of Babylon.

***Offers an opportunity for bereaved parents and their caregivers to better understand this grief journey.

23. Loss of Child: Finding Your Way

Claudia Grammatico, Donor Mom, MADD ~ Bereaved mother, Donor Mom, MADD Mother, writer, author, musician, Advisory Council Member NY Organ Donor Network, Founder & Chapter Leader of Bereaved Parents/USA of Hudson Valley, NY, Woman of Achievement Award-Orange County, NYODN Leadership Award.

***Offers suggestions to cope and survive on this painful journey as she shares what she has learned.

24. Grief Expectations for Newly Bereaved Parents

Diana Roscigno, L.P.N. ~ Bereaved Mother who has survived five perinatal losses and the death of her 17 year old son in a 2003 car accident. Founder and Chapter Leader of the Bereaved Parents of the USA Chapter (Syosset, NY), author, workshop presenter and Chairman of the 2009 BP/USA National Gathering (Queens, NY).

***Identifies and validates many of the natural responses, reactions and feelings experienced by newly bereaved parents.

25. What Helps the Most

Elaine E. Stillwell, M.A., M.S. ~ Bereaved mother suffered the loss of 21 year old son and 19 year old daughter in car accident and three miscarriages; Bereavement Coordinator, Catholic Cemeteries, Diocese of Rockville Centre; Founder & Chapter Leader of The Compassionate Friends of RVC; author of The Death of a Child, columnist for Grief Digest, national workshop presenter & keynote speaker, diocesan Bereavement Conference Chairman 2001-2009.

***Shares what she has learned as a bereaved mother to offer hope and peace for the heart.

26. Pregnancy and Infant Loss: Under-recognized, Always Felt

Nancy Berlow, LCSW ~ Coordinator of the Pregnancy & Infant Loss Program at North Shore Hospital, Manhasset, for 10 years, offering support during and after the loss, including facilitating perinatal support groups and providing annual memorial ceremony.

*** Offers parents who suffer perinatal losses to have a chance to talk about their experience in a safe environment, releasing their feelings of isolation and unrecognized loss.

LOSS OF PARENT

27. The Orphaned Adult

Lou Sabatini, Ph.D. ~ Coordinator of the Bereavement Center at St. Brigid's Parish, Westbury, NY, where he facilitates support groups, provides training to caregivers and does private counseling; teaches graduate course on Counseling for Death and Dying at Hofstra University, Hempstead, NY.

***Explores some very creative ways of keeping memories of your parents alive, since losing your parents is like losing your past. (Ideas shared can be used for other losses).

28. Life: Forever Changed After a Parent Dies

Lorraine Fitzgerald, LCSW-R ~ Clinical Social Worker in private practice (Mineola) and Bereavement Coordinator at Comprehensive Community Hospice (Lake Success), guides the terminally ill, assists individuals to heal through the bereavement process and to experience personal growth.

***Offers an interactive workshop, learning and sharing life changes after a parent's death.

LOSS OF SIBLING OR FRIEND

29. Loss of Adult Sibling or Friend

Jane Memolo, R.N., M.S. ~ Psychiatric Nurse with 25 years experience facilitating bereavement groups for Mercy Medical Center and Good Shepherd Hospice; part of Project Liberty after 9/11, workshop presenter, and in private practice helping the bereaved.

***Explores this special relationship and the issues of losing part of your past as well as part of your future.

30. Almost Everything You Wanted to Know About Sibling Grief, But Didn't Know Who to Ask

Theresa Pellegrino, M.S., LMHC, NCC ~ Bereaved Sibling, Licensed Mental Health Counselor with private practice in Farmingdale, School Counselor; Facilitator-TCF of RVC Adult Siblings, Coordinator for Nassau County Critical Incident Stress Management Team.

***Offers an interactive forum to explore and discuss dimensions of sibling grief.

FOR HELPING CHILDREN

31. What Helps Children Cope with Loss

Jane Malone, Ph.D., LCSW ~ Many years of counseling adults and children in the field of Death and Dying, in private practice in Smithtown.

***Shares information for helping children ages 4-17, providing a better understanding of their grief.

32. The Grief of Children

Susan Thomas, LCSW, CT ~ Director, Bereavement Services, Center for Hope, Schneider Children's Hospital, New Hyde Park, NY, working with children, adults and families for over 20 years, in private practice in New Hyde Park.

***Explores the unique ways in which children grieve, focusing on the tasks of grief, developmental factors and strategies for coping.

A SPIRITUAL TOUCH FOR ALL LOSSES

33. Loneliness: All Alone

Sister Peg Byrne, O.P., M.A., M. S. ~ Bereavement Minister for over twenty years as counselor, facilitator, art therapist, compassionate companion and workshop and program presenter.

***Explores "Loneliness" - feeling disconnected from everyone and everything once familiar. Feeling this way? Come - let's talk about it.

34. Healing Lights for Broken Hearts

Sister Ave Clark, O.P., M.A., M.S., M.P.S., Certified Pastoral Counselor Dominican Sister, Coordinator of Heart to Heart Ministry, counselor, educator, author, spiritual director, nationally known speaker on trauma, abuse, loss and love, comes with a gentle heart.

***Offers heartfelt suggestions for coping and healing.

35. Where Are You, Lord?

Julia Schuerger, LCSW ~ Clinical Social Worker with 24 years experience specializes in grief, loss and post abortion syndrome; Board Certified Expert in Traumatic Stress and Christian Counselor, in private practice in Rockville Centre.

***Helps you discover how God's presence is ever with you, especially if the deep pain of grief has shaken your faith.

36. How Forgiveness Brings Us to Peace

Antoinette Bosco, Ph.D. ~ Prize-winning journalist, syndicated columnist, author of 16 books, our keynote speaker today shares how her many personal losses (suicide, murder and heart failure) have taught her the gift of forgiveness.

***Shares how Forgiveness is essential for healing; and unless we "heal," we can find no peace.

37. Grief Loss and Spirituality

Clarice Spica Curry, LCSW, M.A. ~ Bereavement Coordinator and Grief Counselor for Good Shepherd Hospice, Adjunct Professor at St. John's University Theology Dept., Jamaica, NY, has private practice in Glen Cove.

***Provides an interactive discussion of our relationship with God in our grief.

38. Creating Sacred Space

Diane Monks, LMSW ~ Clinical Social Worker, ordained Interfaith Minister, grief counselor, spiritual counselor, facilitator of many spiritually based workshops, teacher of college level Death and Dying courses.

***Provides an opportunity to experience understanding, healing and comfort in the space of reverence and in the space of shared community.

FOR FACILITATORS

39. Called to Heal as Gifted Stewards. (Building a Bereavement Program)

Kathy Ryan, M.A. ~ Director of Social Ministry at Maria Regina Parish, Seaford, 15 years experience helping the bereaved as workshop presenter, support group facilitator, master storyteller and creator of rituals

***Describes practical steps toward starting parish bereavement ministry & how experiencing death of loved one can be the seed to helping others in this ministry.

40. The Forbidden Grief of Post-Abortion Syndrome

Julia Schuerger, LCSW ~ Counselor works individually with post-abortive women in private practice (RVC), therapist on Rachel's Vineyard Weekend Retreats for the healing of Post-Abortion Syndrome, trained facilitator for Restoring the Heart Ministries support groups for sexually abused women.

***Explains the immediate and long-term aftermath of abortion with an emphasis on what is needed for healing to occur.

41. Working with Those Bereaved by Homicide

Donna Kukura, M.A., LMHC ~ Mental Health Counselor, Co-Founder & former Chapter Leader of LI/Suffolk County Chapter Parents of Murdered Children, workshop presenter, survivor of 2002 murder of her brother.

***Explores the unique grief associated with murder and how to assist in the healing journey of homicide survivors.

42. Am I Called to Facilitate?

Barbara Redmond, R.N. ~ 23 years in bereavement work, including Consultant and Facilitator for Southside Hospital, Bay Shore, Founding Member and Facilitator at St. Mary's, East Islip (Ministry of Consolation and Bereavement Ministry), Co-facilitator of The Babylon Chapter of The Compassionate Friends.

***Shares ideas of what is involved to be a support group facilitator for those who are wrestling with the idea and also for those who are already facilitating but are having second thoughts about it.

43. Guilt and Complicated Grief

Marjorie Demshock, L.M.H.H.C. ~ Licensed Mental Health Counselor & Spiritual Director with 23 years experience providing bereavement counseling, facilitator training sessions and seminars, private practice in Hauppauge.

***Explores ways to help others work through extreme guilt over things left unsaid or undone which complicate the natural grieving process.

Directions to Kellenberg High School: Southern State Pkwy or Northern State Pkwy to Meadowbrook Pkwy, to Exit M4-West (NY 24-Hempstead Tpke). Make left at first traffic light onto Glenn Curtiss Blvd. (former EAB Bldg. is on left corner, Marriott Hotel & Veterans Coliseum on the right). Pass 2 traffic lights and make first right onto Kellenberg campus. Proceed to school bldg, go up the steps to enter the main lobby.

Conference Registration Form
"Fill My Heart With Peace"

Kellenberg Memorial H.S., Uniondale, N.Y.
Saturday, March 21, 2009 - 8:30 am-5:30 pm

Name _____

Address _____

Phone () _____ NY _____

E-mail _____

Check one: Bereavement Facilitator

Bereaved Funeral Home Personnel

Workshop Choices: Choose Three (3)

Check last page for workshops schedule

Choose one (1) from each column

Insert Numbers of 3 Workshops:

#1 _____ #2 _____ #3 _____

Conference Registration Fee

(includes breakfast, lunch and conference folder)

Checks payable to: Catholic Cemeteries

\$50.00 per person (postmarked by Feb. 15)

\$60.00 per person (postmarked after Feb. 15)

\$70.00 per person (walk-in registration)

No confirmations will be sent

No refunds after March 19

Mail Registration Form and Check to:

Bereavement Conference

Catholic Cemeteries

Diocese of Rockville Centre

P.O. Box 182

Westbury, NY 11590-0182

For questions call:

516-334-7990, Ext. 120 or 122

“Fill My Heart With Peace”

Bereavement Conference

*For the bereaved and
their caregivers*

Saturday, March 21, 2009

8:30 am – 5:30 pm

Kellenberg Memorial H.S.

Uniondale NY

WORKSHOPS AND SHARING SESSIONS

Choose 3 – One from each column

	<u>Workshop I: 11:15-12:30</u>	<u>Workshop II: 1:45-3:00</u>	<u>Workshop III: 3:20-4:35</u>
For All Losses	Why Am I Feeling So Guilty? - M. Demshock #1	Long Term Illness - P. Berliner #5	
	Yes, The Mourning Glories Will Come – P. Jones #2	Journaling: Tell Your Story - K. Ryan #6	Cultivating a Forgiving Heart - Julie Woodley #9
	Healing Body, Mind and Spirit - J. Wendroff-Rawnicki #3	Growing through Griefcontinued in this workshop - A. Kane & B. Comforto #7a	(double workshop) #7b
	I'm Doing the Best I Can - D. Jaroslowski #4	Use of Rituals - I. Seunarine #8	Men Only - Lou Sabatini #10
For Traumatic Loss	Sudden Death - P. Berliner #11	Traumatic Loss - Sr. Ave Clark #13	Healing after Homicide - D. Kukura #15
	Surviving After Suicide Loss - B. & W. Feigelman #12	Greiving the Loss from Drug Overdose – E. Paley #14	Healing after Suicide - E. Paley #16
For Loss of Spouse	Re-finding Yourself after Losing a Spouse – A. Kane #17	Coping: Young Widows & Widowers –P. Provost #18	Widowed: What Do I Do Now? - J. Schuerger #20
	Coping: Young Widows & Widowers –P. Provost #18	2 nd Year Spousal Loss - C. Curry #19	Loss of Spouse Sharing Session - J. Malone #21
For Loss of Child	The Courage to Move Forward - B. & M. Redmond #22	Finding Your Way - C. Grammatico #23	What Helps the Most - E. Stillwell #25
		Grief Expectations for the Newly Bereaved – D. Roscigno #24	Pregnancy and Infant Loss - N. Berlow #26
For Loss of Parent	The Orphaned Adult - L. Sabatini #27	Life, Forever Changed - L. Fitzgerald #28	
For Loss of Sibling or Friend	Loss of Adult Sibling or Friend - J. Memolo #29		Everything You Wanted to Know - T. Pellegrino #30
For Helping Children		What Helps Children Cope - J. Malone #31	The Grief of Children - S. Thomas #32
Spiritual Touch for All Losses	Loneliness: All Alone - Sr. Peg Byrne #33	Lord, Where Are You? - J. Schuerger #35	Grief, Loss & Spirituality - C. Curry #37
	Healing Lights for Broken Hearts - Sr. Ave Clark #34	How Forgiveness Brings Us to Peace – A. Bosco #36	Creating Sacred Space - D. Monks #38
For Facilitators	Called to Heal:Building Bereave- ment Program – K. Ryan #39	Working with Those Bereaved by Homicide – D. Kukura #41	Am I Called to Facilitate? - B. Redmond #42
	Forbidden Grief of Post-Abortion Syndrome – J. Schuerger #40		Guilt and Complicated Grief - M. Demshock #43