



Portland Institute
For Loss and Transition

Portland Institute for Loss and Transition Grief Therapy Learning Retreat (March 31 – April 4, 2023)

List of Retreat Program Presenters

Harrington-LaMorie, J., DSW, LCSW

Jill Harrington-LaMorie maintains a private practice in the Washington D.C. area and is currently a grief educator, field research consultant and Adjunct Professor at The Chicago School for Professional Psychology, where she teaches *Grief Counseling*. She started off in the field as an oncology social worker and transitioned her focus the last fifteen years primarily with those affected by sudden, violent death-loss. She is the former Senior Field Researcher for the National Military Family Bereavement Research Project and is one of the first published authors on military family bereavement. Dr. Harrington-LaMorie has published articles, book chapters and her books include *Superhero Grief: The Transformative Power of Loss* (in progress) with Robert Neimeyer, published by Routledge.



Harris, D. L., RN, RSW, MEd (Couns), PhD, FT

Darcy L. Harris is a Professor in the Department of Thanatology at King's University College in London, Ontario, Canada, where she also maintains a private clinical practice specializing in issues related to change, loss, and transition. She currently serves on the board of directors of the Association for Death Education and Counseling as well as the International Work Group on Death, Dying, and Bereavement. She is also an internationally known speaker and author of many books, articles, and chapters. She is the recipient of the Death Educator Award from the Association for Death Education and Counseling and the Robert Fulton Founder's Award for outstanding teaching, research, publication, and service to the field of death, dying, and bereavement. Her most recent book, *Compassion-Based Approaches to Loss and Grief*, is due to be released by Routledge shortly.



Henry, L., BA

Lynne Henry is currently the Director of Strategic Initiatives and Marketing in the Office of Philanthropy at University of Maryland, Baltimore. A native of Erie, Pennsylvania, Lynne received a B.A. from Cornell University in English and Art History, before embarking on a publishing career at ARTnews Associates and Hearst Magazines, specializing in the circulation promotion management of leading art and consumer magazines and museum catalogues. Lynne also served as Director of Marketing and Creative Services at Winterthur Museum, Garden, and Library. Lynne's passion for the creative arts resurfaced after the death of her youngest son, James, in September 2020. Under the mentorship of Sharon Strouse, MA, ATR-BC, LCPAT, Lynne began to explore art therapy as a powerful way to navigate traumatic loss, finding respite through collage work and continuing bonds therapy.





Krawchuk, L., MSW, LCSW, MPH

Lara Krawchuk is Co-founder and Clinical Director of Healing Concepts, LLC in West Chester, PA. Her clinical work is focused on individuals and families facing a diverse range of death-related and ambiguous losses including life threatening illness, end of life, bereavement, attachment injuries, trauma, and professional compassion fatigue. Krawchuk teaches Advanced Clinical Social Work Practice, End of Life, and Loss Across a Lifecycle classes for the University of Pennsylvania School of Social Policy and Practice. She has written chapters for two *Techniques of Grief Therapy* texts, by Robert Neimeyer. To learn more about Krawchuk go to www.healingconceptsllc.com.



Ladd, R., MA

Rebecca Ladd, is an educator, artist, classical musician, and dog lover. She spent 30 years as a reading specialist. After the suicide death of her son in 2010, she has slowly transformed into a new person. She embraced the deep grief and the changes that have come. She is now focused on sharing her story and the tools used for the evolution. She welcomes all questions and feels she has many skills to help others both understand the trauma of violent death and the steps needed for healing. She sings classical music, creates all types of art, especially woodturning and mandala making, and she is attuned to the natural world, adores all dogs, and loves the absurd.



Lengelle, R., PhD

Reinekke Lengelle is associate professor of Interdisciplinary Studies at Athabasca University, Canada and a researcher at The Hague University of Applied Sciences, The Netherlands. Her book, *Writing the Self in Bereavement: A Story of Love, Spousal Loss, and Resilience*, was published by Routledge in 2021 and won the Qualitative Inquiry Book Award in 2022 and the "Way of Life: Best Book Award for Ethnography" in 2021. Her Dutch book on *Writing the Self Using Poetry* is called *Jezelf Schrijven* (2018). Reinekke has spent 25 years teaching "Writing the self," developed several graduate courses, and is the author of numerous book chapters and articles on this topic as it pertains to personal development, mourning, and career learning. She is also a symposium co-editor with the *British Journal of Guidance and Counselling*. Her writing journey began in childhood; her first genres were poetry and playwriting. www.writingtheself.ca.





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Lindemann, E., LMFT, ATR-BC, ATCS

Evie Lindemann is a board-certified art therapist and credentialed supervisor, a licensed marriage and family therapist and certified archetypal pattern analyst. Evie is associate professor emerita at the Albertus Magnus College: Master of Arts in Art Therapy and Counseling and taught at the Yale University Sherwin B. Nuland Summer Institute of Bioethics. She has lived and worked in Afghanistan, Israel, and India and implemented humanitarian art therapy projects in India, Jamaica, and the US. She is active in hospice care, offers courses on mortality, the use of visual arts to facilitate the inward journey, and has worked with combat veterans with complex trauma. Evie has exhibited nationally and internationally as a printmaking artist. She has written six book chapters on the applications of art therapy for grief, hospice, pediatric medicine, and healing after loss, as well as journal articles on spirituality and pilgrimage, that can be found in *The Arts in Psychotherapy*, *Nursing Research*, *Dictionary of Religion and Spirituality*, *Clinical Excellence in Nursing*, *Journal of American Art Therapy Association*, and *The Arts in Psychotherapy*.



Neimeyer, R. A., PhD

Robert A. Neimeyer is a Professor Emeritus of the Department of Psychology, University of Memphis, and maintains an active consulting and coaching practice. He also directs the Portland Institute for Loss and Transition (www.portlandinstitute.org), which provides online training internationally in grief therapy. Neimeyer has published 33 books, including the *Handbook of Grief Therapies* and *New Techniques of Grief Therapy: Bereavement and Beyond*, and serves as Editor of the journal *Death Studies*. The author of over 600 articles and book chapters and a frequent workshop presenter, he is currently working to advance a more adequate theory of grieving as a meaning-making process. Neimeyer served as President of the Association for Death Education and Counseling (ADEC) and Chair of the International Work Group for Death, Dying, & Bereavement. In recognition of his scholarly contributions, he has been granted the Eminent Faculty Award by the University of Memphis, made a Fellow of the Clinical Psychology Division of the American Psychological Association, and given Lifetime Achievement Awards by both ADEC and the International Network on Personal Meaning.





Ng, C., PsyD, FT, MMSAC, RegCLR

Carolyn Ng maintains a private practice, Anchorage for Loss and Transition (www.anchorage-for-loss.org), for training, supervision and therapy in Singapore, while also serving as an Associate Director of the Portland Institute. Previously she served as Principal Counsellor with the Children’s Cancer Foundation in Singapore, specialising in cancer-related palliative care and bereavement counselling. She is a master clinical member and approved supervisor with the Singapore Association for Counselling (SAC) and a Fellow in Thanatology with the Association of Death Education and Counselling (ADEC), USA, as well as a consultant to a cancer support and bereavement ministry in Sydney, Australia. She is a trained end-of-life doula and advanced care planning facilitator. She is also trained in the Critical Incident Stress Management (CISM) by the International Critical Incident Stress Foundation, USA, community crisis response by the National Organisation for Victim Assistance (NOVA), USA, as well as Applied Suicide Intervention Skills Training (ASIST) by LivingWorks, Canada. Her recent writing concerns meaning-oriented narrative reconstruction with bereaved families, with an emphasis on conversational approaches for fostering new meaning and action.



Scaut, L., BSW, MFT

Lies Scaut is a Marital and Family Therapist and Hypnotherapist in Belgium. She is extensively trained in therapy for complex and dissociative trauma, loss and separation, and complex divorce situations. Lies has more than a decade of field experience in crisis and disaster response in schools and communities and has published several books on understanding grief and loss in children and families, helping children cope with cancer therapy and palliative care, anxiety in times of terrorism and answering questions on death in the children’s own language. Her consulting work has received extensive media coverage, as she maintains an active private practice and provides training for grief counselors and first responders in several European countries. See www.dewegwijzer.org and www.liesscaut.be.



Strouse, S., MA, ATR-BC, LCPAT

Sharon Strouse is a board-certified and licensed clinical professional art therapist and Associate Director for the Portland Institute, Art-Assisted Grief Therapy Certification. Her art therapy private practice, national presentations, trainings and practitioner supervision / mentoring focus on traumatic loss, specifically with parents who have lost a child, suicide bereavement, and military family loss. The theoretical foundations of her group and individual art therapy work are grounded in meaning reconstruction, attachment informed grief therapy, continuing bonds with the deceased and restorative retelling. She is author of articles and chapters as well as *Artful Grief: A Diary of Healing* (artfulgrief.com), written twelve years after the suicide of her seventeen-year-old daughter. She is co-founder of The Kristin Rita Strouse Foundation (krsf.com), a non-profit dedicated to supporting programs that increase awareness of mental health through education and the arts.





Vaughans, D. C., PhD

Doris C. Vaughans is a licensed professional counselor in Alabama and Georgia and a Clinical Assistant Professor in Clinical Mental Health Counseling, The University of Alabama, where she also maintains an active clinical practice. She has more than 30 years of experience working with patients and clients in oncology, end of life, hospice, and palliative care settings. Vaughans is the recipient of multiple professional awards including the Alabama Counseling Association's Outstanding Practitioner Award. Her primary therapy focus is bereavement-related loss and grief, and non-finite losses. She is a frequent presenter and consultant on grief and transitions-related topics, including coaching employees in work settings on "grief etiquette" and assisting families in making difficult transitions to care facilities.



Vollmann, S., MPS, ATR-BC, LICSW

Sarah Vollmann is a registered, board-certified art therapist and a licensed independent clinical social worker. She is a practicum faculty member of the Portland Institute for Loss and Transition and she maintains a private practice with a specialization in grief and traumatic loss. She is also the Lead Counselor at Buckingham Browne & Nichols School. As a member of the Artful Grief team of art therapists, Sarah works with families facing suicide bereavement and traumatic loss. She enjoys teaching graduate art therapy and play therapy courses and she has worked internationally as an art therapist in various countries, including Kenya and Rwanda. Sarah has published articles and book chapters and presents nationally and internationally on art therapy, grief, and bereavement.



Zampitella, C., PsyD, FT

Christina Zampitella is a licensed clinical psychologist in both Delaware and California, Fellow of Thanatology, co-owner and director of clinical services at Integrative Psychology Group, professor/faculty member, and professional speaker. She works as an adjunct faculty member at Marian University's Master's in Thanatology program and National University, focusing her research, course development, and teaching on Bereavement Studies and Integrative Psychology. She served as the chair for the Continuing Education Committee for the San Diego Psychological Association and the Delaware Psychological Association. She specializes in death, loss, and bereavement, integrative psychology, spirituality, and nature-based therapy. She is the former resident psychologist on Fox 5 News in San Diego, and often appeared on NBC News. She has been featured in Elle Magazine, BuzzFeed, and The Huffington Post.





List of Guest Presenters for Special Sessions

Heffner, C. S.

Christina Soares Heffner is passionate about education and guiding individuals along their learning paths. She was a Montessori educator and program director for 18 years and enjoyed developing curricula that inspired students to take action in their communities. She utilized her years of experience in teaching to publish a short story writing book entitled, *Inspired Guide to Writing the Short Story: Lessons and Workbook for Students and Educators*. She is currently the executive director of the Baltimore Kids Chess League where she supports K-12 students and their coaches as they learn and play competitive chess. She is also the owner of River of Ki Aikido, a martial arts dojo that encourages its members to rise above ego and find peace within themselves. She has been a Reiki master for 20 years and is currently in year 2 of her Eden Energy Medicine certification. She is eager to support others who are interested in growing into confident and grounded individuals who have a deep desire to become leaders in their lives and communities. She also enjoys hiking, snowshoeing, swimming, and playing pickleball.



Naslund, D., RN, RYI

Donna Naslund is a 200-hour RYI, Certified Chair Yoga Instructor with 15 years of experience in ICU, emergency room and cardiac post-surgical care units. She has worked in bereavement area for 13 years as a volunteer at Gilchrist Hospice in Baltimore, Maryland where she serves as an end-of-life doula, grief support group facilitator, workshop presenter and grief services program developer. Donna developed and facilitated the Yoga for Grief program at Gilchrist and offers workshops and classes for Gilchrist in the Baltimore community. Donna also has 11 years of experience with TAPS facilitating in the Open Art Studio and has presented *Yoga and Breath Work* workshops for grief at TAPS. Donna is currently enrolled in year 2 of the Eden Energy Medicine Certification Program. Her personal experiences with grief that inform her work in bereavement include being widowed at age 26, the stillborn death of a baby daughter, the death of her father and mother and the suicide of her 17-year-old niece. She currently lives in Baltimore with her husband of 39 years and has three wonderful adult children.





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Sager, L. G., MD

Gina Sager is a retired board-certified general surgeon, named one of Baltimore's Top Docs in October 2000. She permanently left the practice of traditional Western medicine in May 2002 to explore her long-time interest in holistic healing. She has studied and practiced Buddhism in the Tibetan tradition, studied the ancient wisdom traditions including Traditional Chinese wisdom and 5 element theory at Tai Sophia Institute (now MUIH), and completed her 200-hour yoga teacher training in Integrative Yoga Therapy at yama studio in June 2005. She finished 2 years of Eden Energy Medicine training in January 2020. She also completed several professional training courses with Jon Kabat-Zinn and colleagues at the University of Massachusetts Center for Mindfulness in Medicine, Health Care and Society. Gina has used the wisdom of Ayurveda for personal healing since 2000 and completed a 60-hour professional Ayurvedic Nutrition training course with internationally known teacher and author, Amadea Morningstar. She has taught Healthy Cooking classes to cancer patients and their families at Upper Chesapeake Cancer LifeNet in Bel Air, MD. She has been teaching Mindfulness Based Stress Reduction for 18 years for the general public as well as to cancer patients and their caregivers, and currently offers her work on an individual basis.



Swift, S., RN, BSN

Shannon Swift is a senior Research nurse specialist, National Cancer Institute, National Institutes of Health, Bethesda, MD. She has 30 years of experience as an oncology nurse and the past 25 years in cancer research. Currently she coordinates clinical trials for thymic and lung cancer patients. Prior to her nursing career, she worked as a psychiatric technician in an acute care mental health hospital. Diagnoses of clients she worked with included drug and alcohol addiction, depression, anxiety, schizophrenia, bipolar and personality disorders. She was an ordained Buddhist nun in the Tibetan Tradition for 30 years, and taught meditation, and a variety of topics on Buddhist philosophy, including Buddhist Perspectives on Illness, Death and Dying. She also coordinated end-of life care for monks and nuns within her religious community. Her training spectrum includes End-of-Life Doula by INELDA; Core Curriculum in Psycho-Oncology by International Psycho-Oncology Society; Advanced Professional Training Program in Mind-Body-Spirit Medicine and Cancer Guides Professional Training Program by Center for Mind-Body Medicine (CMBM). She is currently enrolled in year two of the Eden Energy Medicine Certification Program and currently lives in Mclean, Virginia.

