



Portland Institute
For Loss and Transition

Portland Institute for Loss and Transition Grief Therapy Learning Retreat (July 11-15, 2024)

List of Presenting Faculty

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

Darcy L. Harris is a Professor in the Thanatology Department at King's University College in London, Canada, where she has maintained a private clinical practice for 20 years specializing in issues related to change, loss, and transition. She is a co-editor for Routledge's Death, Dying, and Bereavement Series. Her publications include *Counting our Losses: Reflecting on Change, Loss, and Transition in Everyday Life*; *Grief and Bereavement in Contemporary Society: Bridging Research and Practice*; *Principles and Practice of Grief Counseling*, and *The Handbook of Social Justice in Loss and Grief: Exploring Diversity, Equity, and Inclusion*.



Kosminsky, P., PhD

Phyllis Kosminsky is a clinical social worker in private practice in Westchester, New York, and at the Center for Hope in Darien, Connecticut, where her work focuses on grief, loss and trauma. She received her Master's Degree in Social Work from Columbia University and her Ph.D. in Social Welfare from Brandeis University. Dr. Kosminsky has conducted hundreds of trainings for mental health professionals nationally and internationally in the treatment of normal and complicated grief and is a regular presenter at national and international conferences. She is an adjunct Professor of Social Work at Fordham University, a Past President of the Association for Death Education and Counseling, and a member of the International Work Group on Death, Dying and Bereavement. Her most recent publication is the second edition of her book with John R. Jordan, *Attachment Informed Grief Therapy: The Clinician's Guide to Foundations and Applications, 2nd ed.* (Routledge, 2024).



Krawchuk, L., MSW, LCSW, MPH

Lara Krawchuk is the Owner and Clinical Director of Healing Concepts, LLC (www.healingconceptsllc.com), a private counseling, continuing education and consulting practice in Pennsylvania. She is a long time Lecturer for the University of Pennsylvania School of Social Policy and Practice MSW Program. She is a faculty member of Portland Institute for Loss and Transition. She speaks, around the country, about issues of ambiguous and living losses, caregiving, end of life, grief and loss, Internal Family Systems (IFS) model, psychosocial impact of cancer, self-care for helping professionals and trauma treatment. Lara is a certified IFS therapist and Certified Level 1 Consultant. She is the author of numerous chapters and articles on cancer care, and creative healing for grief and living losses.





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

Evie Lindemann is on the faculty at the Portland Institute for Loss and Transition. Formerly, she was an Associate Professor in the Master of Arts in Art Therapy Program at Albertus Magnus College and taught at Yale University's Sherwin B. Nuland Summer Institute of Bioethics. She has lived and worked in Afghanistan, India and Israel, and has implemented humanitarian art therapy projects in India, Jamaica, and the United States. Additionally, she worked with combat veterans for seven years. Active in hospice care, Evie currently resides in North Carolina and teaches courses internationally on mortality, using the expressive arts therapies to facilitate the inward journey. She holds advanced supervisory credentials as a Marriage and Family Therapist and as a Board-Certified Art Therapist and provides supervision for mental health professionals and graduate students via a live Zoom format. A printmaking artist, her work has been exhibited both domestically and internationally. Her spiritual teacher, Meher Baba, informs and inspires her life and work.



Neimeyer, R. A., PhD

Robert A. Neimeyer is Professor Emeritus of the Department of Psychology, University of Memphis, maintains an active consulting practice, and also directs the *Portland Institute for Loss and Transition*, which provides global online training in grief therapy. Neimeyer has published 35 books, including *The Handbook of Grief Therapies* and *New Techniques of Grief Therapy*, and serves as Editor of *Death Studies*. The author of over 600 articles and chapters and a popular workshop presenter, he is currently working to advance a more adequate theory of grieving as a meaning-making process. In recognition of his contributions, he has been made a Fellow of the American Psychological Association and given Lifetime Achievement Awards by both the Association for Death Education and Counseling and the International Network on Personal Meaning.



Ng, C., PsyD, MMSAC, RegCLR

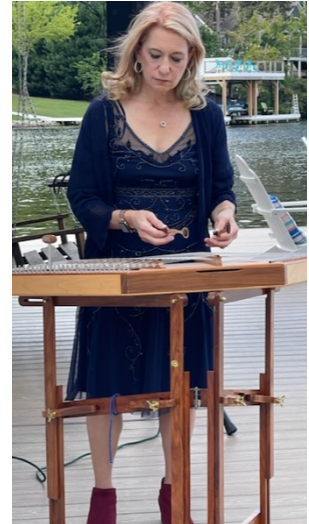
Carolyn Ng maintains a private practice, Anchorage for Loss and Transition (www.anchorage-for-loss.org), for training, supervision and therapy in Singapore, while also serving as an Associate Director of the Portland Institute. Previously she was a Principal Counsellor with the Children's Cancer Foundation in Singapore, specialising in cancer-related palliative care and bereavement counselling. She is a registered counsellor, master clinical member and approved supervisor with the Singapore Association for Counselling (SAC), as well as 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.





Simpson, R., PhD, APRN-LNP, BCPCC, C-IAYT

Rickie Simpson is a Psychiatric Nurse Practitioner, certified in Coherence Therapy, Grief Therapy as Meaning Reconstruction, Phoenix Rising Yoga Therapy (adjunct faculty), LifeForce Yoga therapy (faculty), Brainspotting, Imago Therapy, Hypnotherapy, EMDR, Emotion Focused Individual Therapy and Encounter-centered Couples Transformation. She owns a practice in Manassas, Virginia and is an Area Clinician for the Washington Baltimore DEA District EAP program specializing in traumatic experiences, forensic bereavement, and other losses. She presents frequently and has published both in professional journals and books about eye gaze, yoga therapy for couples and utilizing mind / body practices in corporate and governmental contexts. Her most current project is writing a book for novice therapists on both the "being and doing" of therapy. She is a member of several organizations and is the current President of the Mid-Atlantic Imago Therapists (MAIT). In her spare time, she is a multi-instrumentalist, artist, and performs weekly in a worship band. She has been married to her husband, Bruce, for 42 years, and has two children, Laura and Joey, and three grandchildren.



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

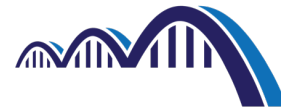
Sharon Strouse is a board-certified and licensed art therapist and Associate Director for the Portland Institute for loss and Transition: Art-Assisted Grief Therapy Certification. Her art therapy private practice, national presentations, trainings and practitioner supervision / mentoring focus on traumatic loss, specifically with parents who have lost a child, suicide bereavement, and loss in military families. 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 the author of *Artful Grief: A Diary of Healing* (www.artfulgrief.com) written twelve years after the suicide of her seventeen-year-old daughter. She is co-founder of The Kristin Rita Strouse Foundation (www.krsf.com), a non-profit dedicated to supporting programs that increase awareness of mental health through education and the arts.



Thompson, B. E., OTD, LCSW

Barbara E. Thompson is Professor Emerita of the Department of Occupational Therapy, Russell Sage College, and a retired occupational therapist, having founded and directed the ALS Regional Center and the St. Peter's Hospice Day Program. She has a Certificate in Advanced Graduate Studies in the Expressive Arts from the European Graduate School and is a licensed clinical social worker in New York and Florida, with an active psychotherapy practice. She has co-authored two books on use of the expressive arts in grief therapy and has published and presented on use of the arts and mindfulness-based approaches in working with people experiencing chronic illness, loss, and transition.





Van Wielink, J., MA

Jakob van Wielink is a pioneer in the application of secure base thinking to coaching, therapy and counselling. He is a partner in The School for Transition in Huissen (NL). He is also a faculty member at the Portland Institute for Loss and Transition (USA) and a member of the International Work Group on Death, Dying and Bereavement (IWG). In 2022, Jakob was the *Ira Nerken International Keynote Speaker* at the annual conference of the Association for Death Education and Counselling (ADEC), of which he is also a member. Jakob works internationally as an executive coach for leaders and their teams and is an educator and trainer of professional coaches. He has contributed to many books about coaching, therapy and transition and is a member of the Dutch Advisory Board of the *Journal of Coaching*. In 2024, Routledge will publish *The Craft of the Secure Base Coach: Enabling Transition*, Jakob's ninth book about the process of transition and his third book with Routledge.



Vaughans, D. C., PhD, LPC, NCC, TMHC

Doris C. Vaughans is a licensed professional counselor in Alabama and Georgia. Her specialty areas are grief counseling and cognitive behavioral therapy. Dr. Vaughans owns a private professional counseling practice, *Tuscaloosa Center for Cognitive Therapy*. She is also a faculty member at *Portland Institute for Loss and Transition*. Prior to becoming a counselor, she had a career as a Registered Nurse for more than 22 years in the areas of palliative and hospice care. She is the mother of three children, Tiffany, CJ, and Lea; and the grandmother of eight grandchildren. She is a member of Bethel Missionary Baptist Church and Delta Sigma Theta Sorority, Inc. Her hobbies include reading, watching football, traveling, all things with grandchildren, and spending time with family and friends.



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

Sarah Vollmann is a board-certified and registered art therapist and a licensed clinical social worker. She is a faculty member of the Portland Institute for Loss and Transition, and she maintains a private practice with a specialization in grief and traumatic loss. As a member of the Artful Grief team of art therapists, Sarah works with military families facing suicide bereavement and traumatic loss. She is also the Lead Counselor at Buckingham Browne & Nichols School in Massachusetts. Her international art therapy work has included projects in Kenya and in Rwanda. Sarah has published articles and book chapters on grief and loss and has an upcoming book about individuals who were born after the death of a sibling. She is currently enrolled in a social work doctorate program at Tulane University. She enjoys teaching graduate courses on art and play therapy, and she presents both nationally and internationally on art therapy, grief, and bereavement.





List of Eden Energy Medicine (EEM) Practitioners

Griffin, A. RYT 200, EEM-CP, CCC-SLP

Amy Griffin is a yoga teacher and Eden Energy Medicine practitioner. She completed a 200-hour yoga teacher training in 2018 after years of experiencing the body, mind, and spirit enriching effects of yoga. She completed an Energy Medicine Yoga training in 2020 and continues to study Energy Medicine Yoga in the Advanced teacher training program. She completed the Eden Energy Medicine Certification Program in 2023. In 2022, Amy established Grounded Inspiration Yoga & Energy, LLC. She provides individual and group yoga classes as well as Eden Energy Medicine sessions online and in person. Her current work was shaped by the sudden death of her 20-year-old stepson, Joe, and the journey through grief that continues for her and her family. She has found comfort and emotional balance through her yoga practice and Eden Energy Medicine. She has a Master's degree in Communication Disorders and worked as a Speech–Language Pathologist for over 20 years in medical, home, and preschool settings. She specialized in acquired brain injury while working at Mount Washington Pediatric Hospital. Amy has transferred her love of working with children to teaching yoga to children aged 2-6. She currently lives in Harford County, MD with her husband, 2 teenage sons, and multiple pets.



Marsh, N., QMHP-E, EEM-CP, Mindfulness Coach

Natosha Marsh is an intuitive consultant based out of Chesterfield, VA. Much of my work consists of consulting with and educating my clients about ways to strengthen their body's own innate healing capacity to reduce stress, build resiliency, and boost immunity within their energy systems so they feel more available to engage their lives fully. My areas of focus are energy work, mindfulness, collaborative counseling, life coaching, and oracle card readings. Within the last 6 years I have had the pleasure of working with people in various countries around the world to support their energies in shifting toward a life and lifestyle that feels more balanced, fulfilling, and in alignment with their core truths. My background in business, psychology, and energy work allows me to help people connect with the root of persistent issues and experiences while supporting them in taking sustainable action toward creating solutions and building the resources they need to establish and maintain the changes they desire. When I'm not balancing energies, you can find me enjoying time away from electronics in nature and in awe of animals and their wisdom.





Naslund, D., RN, EEM-CP, E-RYT, Reiki Practitioner Level I and II

Donna Naslund is a retired nurse with over 15 years of experience in ICU, Emergency Room, and Cardiac Post-Surgical Care Units. She has worked in Bereavement for the last 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 throughout 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. Her personal experiences with grief inform her work in bereavement and 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 40 years and has three wonderful adult children.



Donna will be available as a support during the retreat period. If you have a question or need to know where to go, just ask Donna!

Soares, C., EEM-CP, Reiki Master

Christina Soares 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 this experience to publish a 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 is a certified practitioner of Eden Energy Medicine and has been a Reiki master for 20 years. 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 reading, learning, and playing pickleball. Christina currently lives and works near Cockeysville, Maryland.





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Swift, S., RN, EEM-CP

Shannon Swift is a Senior Research Nurse Specialist at the National Cancer Institute in Bethesda, MD. She has 30 years of experience as an oncology nurse, the past 25 years in cancer research. Prior to her nursing career, she worked in the acute care mental health setting. 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, and Death and Dying. She also coordinated end-of life care for monks and nuns within her spiritual community. Shannon is an Eden Energy Medicine Certified Practitioner and she has received training as an End-of-life Doula and Cancer Guide. She especially enjoys using energy medicine to address emotional issues and teaching clients how to tap into their own inner resources to bring healing, balance, and joy more fully into their lives. Shannon lives in Mclean, Virginia. She enjoys meditation, hiking and folk music.

