

Alan Pedersen:

Bio:

In August of 2001, Alan's world changed forever when his 18-year-old daughter, Ashley, was killed in an automobile accident. An Award-winning singer, songwriter, and recording artist, Alan began writing songs about the experience of love, loss, and trying to find life again after the death of a child. For ten years, Alan traveled to more than 1000 cities across the United States to more than 1000 cities across the United States and Canada, sharing his music and story, as well as offering support and hope to others in grief. He was awarded the TCF Professional Award by The Compassionate Friends and the Humanitarian of the Year by the Healing Hearts Foundation. Alan served as Executive Director of the TCF from December 2013 to September 2017. Workshops: "Healing Guilt and Regret" and "A Songwriter's Journey."

Healing Guilt and Regret

Participants will gain an understanding of guilt and regret the bereaved may face in relation to both the life and the death of their loved one. They will be given many examples of how the bereaved may try to cope with guilt and regret. Alan will share his personal story of guilt and regret and give examples of some of the common regrets of others. The participants will be given effective tools to offer the bereaved to help them work through guilt and regret including owning their guilt. The 5 H's (hurt, help, honor, and healing) will be shared in detail and practical examples of each.