

Dr. Bob Baugher

Bio:

Dr. Bob Baugher is a Psychology Instructor at Highline College in Des Moines, Washington where he teaches courses in Psychology and Death Education. As a trainer for LivingWorks, he has trained more than 1,500 people in suicide intervention. Dr. Baugher has written several books and articles on grief and loss. He has been invited to give workshops at TCF national conferences for the past 20 years and has been the professional adviser to parents and siblings of the South King county (Seattle) Chapter of the Compassionate Friends for 30 years.

Workshops:

Riding the Roller Coaster of Pain—Let Me Off!

In this workshop we will focus on how bereaved people cope with the tremendous pain of losing a loved one. First, we will discuss sources of pain and two theories of pain. Next, we will look at your individual responses to pain and suggestions for coping with it. Finally, we will discuss the difficult issue of helping those around you cope with your pain.

Supporting People After a Suicide

When a loved one takes his or her life, family members are left to face a turmoil of emotions, questions, and life-altering adjustments. This workshop will address reactions and needs of family members during three periods:

The first few days and weeks

The first few months

The first few years and beyond