

Dr. Gloria Horsley



Bio:

Dr. Gloria Horsley is a bereaved parent and internationally recognized grief expert, licensed marriage and family therapist, and clinical nurse specialist. She is president and cofounder of the Open to Hope Foundation and co-hosts the award-winning “Open to Hope” cable TV and internet podcast. She is a former faculty member for the University of Rochester School of Nursing and the Academy of Intuition Medicine. An award-winning author, Dr. Gloria has co-authored 10 books, and written numerous book chapters, and articles. She has been interviewed on many radio and TV shows, including “The Today Show.” She is a member of the Forbes Nonprofit Council and serves on the advisory boards for the Tragedy Assistance Program for Survivors (TAPS) and the Elisabeth Kubler-Ross Foundation. Find more at www.opentohope.com.

Workshops:

Help! I’m Worried About My Surviving Teen or Young Adult Child

Being a teenager or young adult can be stressful, even in the best of times. This makes dealing with the death of a sibling especially difficult. Bereaved siblings often feel like their loss is overlooked and minimized. This mother/daughter team will talk candidly about their own experiences from a parent and sibling perspective. They will focus on the “dos” and “don’ts” when dealing with teen and young adult grief. Lastly, important issues specific to parenting teens & young adults after the death of a sibling will be discussed. Bring your questions and concerns, we will have plenty of time for Q and A.

Ten Things You Can Do To Change Your Life!

Are you further down the road in your grief journey? If so, you may be ready to change the way you feel. This interactive workshop is for those who are ready to transform their losses and find hope, healing, and joy again. You will learn 10 tools and techniques for reducing bereavement stress, and will develop skills for healing after loss. Participants have reported that they have left this workshop feeling more hopeful and energized, and learned techniques that could be used anywhere.