

Dr. Heidi Horsley



Bio:

Dr. Heidi Horsley is a licensed psychologist, social worker and bereaved sibling. She is Executive Director for the Open to Hope Foundation, and co-hosts the award winning cable television and radio show *Open to Hope*, www.opentohope.com. She is an Adjunct Professor at Columbia University, an award-winning author, and co-author of eight books. She serves on the Board of Directors for The Compassionate Friends, and the Advisory Boards for the Tragedy Assistance Program for Survivors of Military Loss, the Elisabeth Kubler-Ross Foundation, and the

Children's Brain Tumor Foundation. For ten years, Dr. Heidi worked on a Columbia University longitudinal study, with firefighter families who lost a firefighter in the Sept. 11th attacks.

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.