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The above presenters have committed to be part of The Hawaii Regional Grief Conference 2022. The list of presenters is subject to change should any emergency arise and the presenter(s) may not be able to attend. We will update the list should any change be required. Contact Terry Kaniaupio – (808)222-2729 if you have any questions.



## Dennis Apple



### **Bio:**

Dennis Apple: Denny's dad is a pastor of Congregational Care at the Church of The Resurrection in Leawood, KS (Methodist). Dennis and his wife Buelah are bereaved parents, losing their 18-year-old son, Denny, suddenly in 1991 to complications due to Mono. Since the death of their son, Dennis and Buelah have led support groups and counseled hundreds of bereaved couples. Their son, Andrew, lives in Alaska with his wife, Amber. Dennis is author of two books, "**Life After the Death of My Son...what I'm learning**" and a novel, "**Runaway Griever.**" Their story was

featured on National Public Radio Story Corp.

### **Workshops:**

#### **Dealing with Grief Bullies**

Grief Bullies seem to be everywhere. They are the people in our lives who wish we would, "buck up and get over it." They may be friends, co-workers, family members, clergy, and even well-intentioned counselors. This workshop will point out some of the tactics used by grief bullies. Also, information will be given on ways in which a bereaved parent can push back and protect their own grief journey. Adequate time will be given to share ideas and suggestions as we seek to support and encourage one another. Bereaved parents, grandparents and siblings are welcome.

#### **Struggling to Reclaim My Faith**

When Dennis discovered his eighteen-year-old son, Denny, had died suddenly during the night on February 6, 1991, he screamed, "Oh God, this isn't supposed to happen to me." For many years Dennis served as pastor and prayed every day for his family. He lived under the assumption he was divinely protected from disasters experienced by others. After the shock of losing his precious son, Denny, to "Mono," he struggled many years, trying to find faith once again. This workshop will focus on some of the ways the loss of a child affects a bereaved parent's faith. Also, Dennis will share lessons he learned as a clergyman, struggling to find his way back. Anyone, regardless of faith, belief, or spiritual practice is invited to also share their journey as we seek to learn from and support one another. Bereaved parents, grandparents and siblings are welcome.

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## 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:**

### **Suggestions for Coping with Sudden Death**

When a child or sibling dies from suicide, homicide, accident or overdose, family members are left to face a turmoil of emotions, questions, and life-altering adjustments. In this workshop we will discuss reactions and offer a compilation of suggestions (what helped—what didn't) from family members who have experienced a sudden death.

### **How Do I Know I'm Getting Better?**

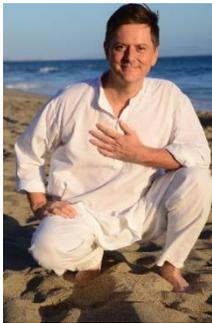
As you travel the winding road of grief, there are a number of markers that indicate improvement. (No, we're not talking about "getting over it.") The valuable information in this workshop comes from parents and siblings who were asked years after the death of their child, brother or sister, "How did you know you were getting better?"

### **Understanding Individual Differences in Grieving**

After your child or your sibling died, have you ever said, "I just can't understand why my family members grieve (or don't seem to grieve) the way they do." Join us as we briefly examine a number of factors that make us different and how these factors may influence the way we grieve. If you wish to gain a little more insight into why your grieving style differs from those around you, this workshop is for you.

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## **Paul Denniston**



### **Bio:**

Paul Denniston is the founder and creator of Grief Yoga™ teaching thousands of counselors and health care professionals around the world. Paul blends many forms of yoga, free form movement, and sound and teaches this compassionate empowering practice in workshops. He also teaches this practice to bereavement groups, cancer support centers, and communities dealing with various kinds of loss. Paul offers teacher training to help certify other teachers to become Grief Yoga teachers. His latest book through Chronicle Books is Healing Through Yoga: Transform Loss into Empowerment. [www.griefyoga.com](http://www.griefyoga.com) Paul is also David's stepfather and Ella's

Brother

## **Workshop:**

### **Grief Yoga Chair Class:**

The aftermath of a child's death leaves our body flooded with overwhelming emotions. The anger and sadness can easily get stuck in our bodies. Grief Yoga is a sacred compassionate class that blends free form movement, yoga, breath and sound in ways that helps you process and release pain and suffering to find a place or release and peace that honors your child.

This class will be done from a chair so you can take it at your own pace. It's designed for someone doing yoga for the first time - or many times. People of all ages, body types, physical conditions, and mobility challenges can benefit from this class.

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# Jordon Ferber



## **Bio:**

Jordon Ferber is a standup comedian and a bereaved sibling. He started stand-up comedy in 1999 while majoring in Film at Occidental College in Los Angeles. For the next two years he honed his skills and ultimately decided to move back to New York in 2001. As a native New Yorker, he had no trouble getting on the circuit, and has since performed in every club in Manhattan, including Carolines, Gotham Comedy club and Madison Square Garden. He appeared on NBC's Last Comic Standing, and is a favorite on the NY scene.

Two years into his burgeoning comedy career, Jordon's brother Russell was killed in a car accident on July 6<sup>th</sup>, 2002, at the age of 21. Since then, Jordon has worked to become a much-needed voice in the bereavement community. He has facilitated the TCF Manhattan Siblings group for the past 7 years and has written often for his chapter's newsletter. Jordon is a unique public speaker, having performed at the sibling banquet during the 2010 TCF conference in Virginia, and at the TCF Regional conference in PA this past October 2015. He offered his "Story Of Hope" in Dallas, and received the Karen Snapp Sibling Leadership Award in Arizona.

In addition to being on the sibling panel for parents, Jordon has presented his own workshops on sibling grief for the past five years, titled "Suddenly Alone," and "How's Your Mother?" Jordon is the producer of "Where's the Grief?," a podcast in which he interviews other comedians who have experienced tragic loss. He and his family run The Russell Ferber Foundation, which provides scholarships to the Culinary Institute of America. He produces a yearly comedy benefit show for the foundation, continuing to bring people together and carry on the spirit of his brother Russell through love and laughter.

## **Workshops:**

### **SUDDENLY ALONE; (Tentative workshop)**

This workshop is for siblings who have become only children quite suddenly, whether by overdose, suicide, auto accident, heart attack, or any other sudden loss. The sibling relationship is one that can be alternatively counted on and taken for granted. Becoming an only child after having had a sibling for most of or all of your life can bring many issues to a head, including dealing with one's parents by themselves (the pressure of creating grandchildren, etc.), unresolved sibling rivalries (survivors' guilt), as well as feelings of identity loss (who am I without my sibling?). This workshop will intend to make sense of these feelings while striving to incorporate them into our new lives as only children.

### **HOW'S YOUR MOTHER?**

This question is one that every bereaved sibling has heard. "Oh my God, your sibling died? Your parents must be devastated!" The general population doesn't seem to grasp that we as siblings are also dealing with a level of pain and despair that we have never known before. By assuming that our parents are the only ones who are deeply affected by the loss, the question, "how's your mother" often can feel dismissive to our own feelings. It is very often the fact that others don't recognize our grief as legitimate and that further isolates us from our extended family and friends at the time when having a support system amongst love ones is the most needed. This workshop will attempt to find ways to respond to these types of questions that validate what we are going through as siblings, as well as inform the asker that we are hurting just as much as parents. They say when you lose your parents, you lose your past.

When you lose your spouse, you lose your present. When you lose your child, you lose your future. When you lose a sibling, you lose all three.

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## **Barbara J Hopkinson**

### **Bio:**

Barbara J Hopkinson is founder of A Butterfly's Journey (ABJ), a nonprofit for resilience after loss, as well as The Compassionate Friends (TCF) of Greater Newburyport, MA. TCF is part of the largest grief recovery organization in the world (it supports family after a child dies). She is also a GRI-certified Advanced Grief Recovery Method (GRM) Specialist, best-selling author, and retired IBM corporate executive who remains resilient after the loss of 3 children, her husband, her parents and sight in one eye.

Barbara has led families through the journey of grief for 18 years. She received 'Top Professional in Resilience After Loss' and 'Woman of the Year' awards from IAOTP (International Assoc of Top Professionals) as well as a Red Blazer award from CD Wilson and was inducted into the WAW (Women Appreciating Women) Hall of Fame. She is author or co-author of six books, including the latest 'The Global Achievers - Volume I.' Two more books release in 2021.

Hopkinson created 'Faces of Resilience', an international mobile photo shoot and a photo book series to encourage open expression of grief, loss and love. Photos are organized by relationship and type of loss in the Photo Gallery on ABJ's web site, which also contains a free broad-based Resource Center with hundreds of useful resources. Information about group and 1-on-1 GRM classes, using the only evidence-based methodology in the world for grief, are found on the ABJ site as well.

Barbara lives north of Boston, near her adult son, stepchildren, their partners, and her four grandchildren. Her favorite role is Nana to them.

More info/Resources: <http://abutterflysjourney.org>  
Contact: +1 617-410-6309 or [info@abutterflysjourney.org](mailto:info@abutterflysjourney.org)

### **Workshops:**

#### **"Resilience – After Multiple Losses"**

This workshop on Resilience was created as a collaboration between Barbara J Hopkinson and Alan Pedersen, as a way to share what they have learned in their journey of loss and working to help others. In this presentation of the workshop, Barbara specifically will discuss how she survived and is thriving after the loss of 3 children, her husband, her parents, and sight in one eye. She will share ten tips that you can use to help find your hope and resilience after loss. The presentation includes a short video about her 'Faces of Resilience' photos as well as a song for bereaved parents, channeled from her older son, Brent.

#### **Description for Faces of Resilience photo shoot:**

A Butterfly's Journey began taking these emotionally cathartic Faces of Resilience photos of the bereaved in 2015 to raise awareness of the need for open discussion on the difficult topic of grief. Participants are photographed expressing a phrase meaningful to them, written on their skin with washable marker. They later receive their digital photos, which can be printed and often become a catalyst to discuss their grief with family and friends. <http://facesofresilience.org>

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## 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](http://www.opentohope.com).

## 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](http://www.opentohope.com). She is an Adjunct Professor at Columbia University, an award-winning author, and co-author of eight books. She served on the Board of Directors for The Compassionate Friends, and currently serves on 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. 11<sup>th</sup> 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. The workshop will be presented jointly by Dr. Gloria and Dr. Heidi Horsley.

## 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. The workshop will be presented jointly by Dr. Gloria and Dr. Heidi Horsley.

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## David Kessler



### **Bio:**

David Kessler is one of the world's foremost experts on grief and loss. David's personal experience as a child witnessing a mass shooting while his mother was dying in a hospital shaped his career and passion for healing. He is the author of five bestselling books, including *You Can Heal Your Heart* with Louise Hay. He co-authored two bestsellers with the legendary Elisabeth Kübler-Ross: *On Grief and Grieving* and *Life Lessons*. His first book, *The Needs of the Dying*, a #1 best-selling hospice book, received praise by Mother Teresa. In 2016 David's younger son, David Jr died suddenly at 21 years old. He is sharing his most personal journey of loss and healing in a new book from Simon and Schuster called *Finding Meaning: The Sixth Stage of Grief*. David is the founder of Grief.com, an invaluable resource to millions who are grieving.

### **Workshop:**

### **Finding Meaning: The Sixth Stage of Grief**

Even as a grief expert, David was unprepared for the sudden death of his son, who died at age 21. People asked him, "What's it like for the grief expert to lose his son?" He would answer, "The grief expert did not lose his son, the father did." Everything he knew about grief turned out to be true. David had to go through the five stages of grief but found himself wanting more from the experience – he wanted to find meaning in his life after such a terrible loss. He learned that healing occurs not when grief gets smaller, but when life gets bigger. This led to the discovery of the 6th stage of grief – meaning.

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## Stacy Parker

### **Bio:**

Stacy Parker is the author of her first book, "Grief as a Second Language." It is a guidebook to surviving the loss of a loved one. She got involved with The Compassionate Friends after her first daughter, Alyssa, died at age two from complications of Alagille Syndrome. She and her husband, Steve, began facilitating their local TCF chapter after they attended it for five years. They also co-chaired the TCF National Conference in Hollywood, California in 2004, and they were on the planning committee for the Costa Mesa National Conference in 2012. Since the death of their daughter, Stacy has volunteered for many organizations to help support people after they lose a loved one.

### **Workshop:**

### **"Grief as a Second Language."**

When we lose a loved one, we are thrown into a world of grief. Grief is like learning a new language or going to a new country. Everything feels different. People act differently and they even speak differently. Grief is like learning a new language. In this workshop we explore ways to navigate through this new "language." We will discuss ways to understand the same language as your friends and family, ways to

talk to your friends so they understand what you need from them, how to handle the feelings that come up and how to name them, and general ways to support yourself during this difficult time.

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## Steve Parker

### **Bio:**

Steve got a job in a gym and later used personal training to help himself and others look and feel better physically and emotionally. He applied those lessons again after his daughter, Alyssa, died in 1997 to help him on his grief journey. This session is about helping others find a way to get a little relief from the grief they carry, whether they are someone who has never exercised or want to continue at their level or beyond. Steve found himself running his first marathon in memory of Alyssa, though was never a distance runner. He found thousands of others doing the same. Steve plans to share examples and ideas to be of help, not only physically but emotionally. This will be an interactive session.

### **Workshop:**

### **Fitness and Grief: Taking Care of Yourself Mentally and Physically is the Key!**

Physical fitness can help you cope in the grief process. Our physical health helps our mental health. It is not the only solution but can be an important part of the healing process. Exercise brings a sense of purpose and focus to an out-of-control situation with seemingly no hope. Exercise triggers the release of neurotransmitters such as endorphins, serotonin, dopamine, glutamate, and GABA, which are well-known for mood control. You have to walk before you run... literally and figuratively! Exercise can be a diversion and give you back the sense of control that you lost on this journey. In this session, Steve will give ideas and simple ways to get started and/or enhance what you are already doing so you can help yourself move in the right direction. You will understand how exercise benefits each person and how to start the process of making an individual plan.

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## 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 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."

## **Workshop:**

### **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 4 H's (hurt, help, honor, and healing) will be shared in detail and practical examples of each.

### **Healing Aspects of Music:**

Remember when you were a child and played musical chairs? The music stops and someone doesn't have a chair. That's how it feels when a child dies. Life goes on for others, but the music has stopped for us. That doesn't mean the game is over. In this workshop, we will be exploring the healing aspects of music, what kind of music is helpful at different stages of our journey and why music is important in our healing process. We will listen to examples of songs for grievers and participants will be invited to share their experiences with music.

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## **Paula Stephens**



### **Bio:**

Paula Stephens, M.A. is the author of the book, “From Grief to Growth: Five Essential Elements of Action to Give Your Grief Purpose & Grow from Your Experience.” She was launched into the world of grief after the unexpected loss of her oldest son. During the time immediately following his death, Paula realized that the importance of self-care/compassion and encouraged people to 'live in the sunshine of their child's life, not the shadow of their death™'. With a master's degree in Exercise Physiology, masters level studies in Buddhist Chaplaincy, work as a Certified Wellness Coach, Chaplain, and Yoga instructor, she put her knowledge to work in the grief community speaking on how to create integrated resilience and whole-

person healing.

## **Workshops:**

### **Grief Didn't Come with A Training Plan – Here's Yours!**

The focus of this session is to teach the importance of self-care, self-compassion and health in the healing process. After attending this workshop participants will know what action to take that will help them effectively manage the day-to-day stresses of living with loss. The message will include the physical differences in early loss vs more integrated loss. Participants will be able to apply simple self-care and compassion strategies they can do starting that day that will increase their energy, decrease stress and improve mood. Participants will learn both the physiological and emotional benefits of integrating care and compassion into their lives, including avoiding secondary losses to quality of life after the loss of a loved one.

## **"Blooming Not Broken - How Post Traumatic Growth Shows Up in Loss"**

When a child dies, everything shifts—physically, emotionally, behaviorally, socially, mentally, and spiritually. Sometimes, in surviving the destruction and despair of this new life, hope is all we have left. The theory of post-traumatic growth (PTG) sheds tiny slivers of hope, light and optimism in a dark and confusing post-loss world. PTG is the flip side of PTSD and refers to the positive changes experienced resulting from a person's internal struggle with a major life crisis or traumatic event. Join us as we ponder the five powerful pillars of PTG, discover our new selves, and move our new lives in the direction of hope.

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