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The above presenters have committed to be part of The Hawaii Regional Grief Conference 2020. 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:**

### **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

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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 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;**

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 that one can alternatively count on and take 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 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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## **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).

## **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.

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## **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 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. 11<sup>th</sup> attacks.

### **Workshops:**

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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."

## Em Cee

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

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## Paula Stephens

### Bio:

*Paula Stephens, M.A. is the Muse behind Crazy Good Grief and the author of the book, "From Grief to Growth: Five Essential Elements of Action to Give Your Grief Purpose & Grow from Your Experience. She created Crazy Good Grief after the unexpected loss of her oldest son. During the time immediately following his death Paula realized that the importance of self-care and encouraging people to 'live in the sunshine of their child's life, not the shadow of their death™' was not emphasized in loss communities. With a master's degree in Exercise Physiology, work as a Certified Wellness Coach, Chaplain, and Yoga instructor she put her knowledge to work in the grief community speaking on how to focus how to find and live in the sunshine.*

### Workshop #1:

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

The focus of this session is to teach the importance of self-care 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 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 health and wellness into their lives, including avoiding secondary losses to quality of life after the loss of a loved one.

## Workshop #2:

### Title: **“What Are Your Healing Superpowers?”**

In this session participants will be guided through a ‘work in action’ worksheet that will encourage them to identify the strengths, skills, behaviors and activities that have helped them up to this point. These reflections will be used to show how each person has healed in a different way. By recognizing and being aware of these behaviors we can maximize them and learn to integrate them into our lives as our healing evolves and our needs change. Participants are encouraged to share, brainstorm and adopt ideas from one another in the workshop. This encourages the concept of asking for support and being open to exploring new ideas. The message is shared that, just like a super hero has specific powers, he/she acquired them through adversity. This format also creates an inclusive feel for those who are both newly bereaved and further down the path. Participants will leave feeling empowered by having identified their own healing ‘super-powers’, knowing where they need support, and knowing how to use these to honor their loved ones by how they continue to live.

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