List of Presenters

Dennis Apple
Barbara Allen
Dr. Bob Baugher
Paul Denniston
Jordon Ferber
Barbara J Hopkinson
Dr. Gloria Horsley
Dr. Heidi Horsley
David Kessler
Stacy Parker
Steve Parker
Alan Pedersen
Paula Stephens

The above presenters have committed to be part of The Hawaii Regional Grief Conference 2020. The list of presenters as well as the workshops are 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:

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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Barbara Allen

Bio

Barbara’s son, brother, and niece died from substance related causes. She and husband, Tom, found TCF when her son, Jim, died in 2003. Finding hope from her grief within TCF, Barbara began researching the disease of addiction from a new perspective. Today she is an advocate for change at the State and National levels, collaborating with parents and agencies across the US. Barbara and Tom’s non-profit, James’ Place Inc. provides education, advocacy, and scholarships to recovery services for those suffering from the disease. A former Regional Coordinator and member of TCF’s Board of Directors, she currently serves as Chapter Leader. Barbara distributes the popular wristbands “No Shame or Blame ~ Just Love.” Presents the workshops: “Beyond Losing a Loved One to Substance Related Cause” and “Advocacy: Creating Change After Loss to Substance Related Cause”.

Beyond Losing a Loved One to a Substance Related Cause

A child, grandchild, or sibling death from any cause is a profound loss. When substances, such as alcohol and/ or drugs are involved grief is often complicated by stigma and shame. Any indication of substances as a contributor to death complicates our grief journey beyond the loss itself. Substance related deaths continue to skyrocket in every area of our country with opioids (prescriptions drugs) and heroin the leading causes today. Moving from the outdated moral model of ignorance to the medical model of disease, combining science with compassion, we find hope. Understanding the complexity of substance related issues, we erase stigma and discover a future. Together we learn to cope with anger, guilt, and depression finding a new purpose beyond loss. “No Shame or Blame ~ Just Love.”
Advocacy: Creating Change After Loss to Substance Related Cause

Advocacy is a means to effect change to honor our loved ones and to help save the lives of others. From simple efforts at a local level to national options, how do we start and then discover what is best for our stage of bereavement. Advocacy at any level is a means to hold our loved ones close while effecting needed change.

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

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. [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.

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 6th, 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 Snepp 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:

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.

Barbara J Hopkinson

Bio:

Barbara J Hopkinson is a GRI-certified Grief Recovery Specialist, best-selling author, and corporate executive who remains resilient after the loss of 3 children, her husband and her parents. She has led families through the journey of grief for more than 15 years. Barbara created Faces of Resilience (TM), a mobile photo shoot to encourage open expression of grief, loss and love. She is founder of A Butterfly’s Journey, a nonprofit for grief recovery, as well as The Compassionate Friends of Greater Newburyport, MA, part of a national organization. [http://abutterflysjourney.org](http://abutterflysjourney.org)

Barbara founded and directs two nonprofits dedicated to helping those in grief, The Compassionate Friends of Greater Newburyport, MA and A Butterfly’s Journey. She has authored/co-authored five books, and is a Certified Grief Recovery Specialist. Barbara is the creator of “Faces of Resilience” photo shoots, which encourage open expression of grief, loss and love. She lives north of Boston near her remaining son, her three adult stepchildren and their families.

**A Bj’s first photo book** “Faces of Resilience” is coming out later this month at the Seattle Seabeck event, published by Aly Blue Media (co-author Lynda Fell of Grief Diaries).

**Other books:** “A Butterfly’s Journey... Healing Grief After the Loss of a Child”, a collaborative “FAITH - Finding Answers In The Heart - Volume II” and co-author multiple Grief Diaries.

Workshops:

**Resilience After Multiple Losses**

Barbara will discuss how she survived and is thriving after the loss of 3 children, her husband, her parents, plus enduring both eyesight and financial challenges. She will share ten tips that you can use to find resilience after loss.

Photo Booth:

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.

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. 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.
David Kessler

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.

**Finding Meaning**

**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.
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 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.

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 and how to find and live in the sunshine.

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 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.

"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.