



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

The Frankfort, KY Chapter to host a Regional Conference “Wilderness of Grief-Is There Hope?” March 23 & 24, 2012

Registration information is available on our website

*www.thecompassionatefriendsfrankfortky.com contact Dusty Rhodes 502-223-1505 for more
info at drhodes@fewpb.net*



Dr. Heidi Horsley, PsyD, LMSW, MS

Dr. Heidi Horsley is a licensed psychologist and social worker, and is the Executive Director and Co-Founder of the Open to Hope Foundation. Dr. Heidi is in private practice in Manhattan (www.DrHeidiHorsley.com), where she lives with her husband Markus Redding and children Alexander and Samantha. In addition, she is an Adjunct Professor at Columbia University. An internationally known grief expert, author, and bereaved sibling, Heidi co-hosts the syndicated internet radio show, Open to Hope. She presents at National Compassionate Friends Conferences and the Association for Death Education and Counseling (ADEC), and consults with the Tragedy Assistance Program for Survivors (TAPS), working with military families who have had a loss. Dr. Heidi serves on the advisory board for Our Conservatory, a national music program for at risk teens. She has appeared on ABC's 20/20, and been quoted in the Washington Post, Time Magazine and the New York Daily News, in addition to many other media venues. She also gives presentations, workshops and professional continuing education courses throughout the country for health care professionals. Dr. Heidi is currently serving on the National Board of Directors of The Compassionate Friends.

Since 9/11 she has worked in a research and clinical capacity for the FDNY/Columbia University Family Guidance Program; a study providing ongoing intervention and follow-up to families of firefighters killed in the World Trade Center, including workshops for bereaved siblings. She has written numerous articles for professional journals, and is co-author of the books *Real Men Do Cry: A Quarterback's Inspiring Story of Tackling Depression and Surviving Suicide Loss*; *Teen Grief Relief: Parenting with Understanding Support and Guidance*; *Grief and Bereavement in Contemporary Society: Bridging Research and Practice*; and *Open to Hope – Inspirational Stories of Life, Loss and Love*.

Dr. Heidi earned a doctorate in psychology (Psy.D.) from the University of San Francisco; a master's degree in social work (L.M.S.W.) from Columbia University, and in mental health counseling (M.S.) from Loyola University in New Orleans



Dr. Gloria Horsley is an internationally known grief expert, psychotherapist, and bereaved parent. She is a licensed Marriage and Family Therapist and Clinical Nurse Specialist, and has worked in the field of family therapy for over 20 years. Dr. Horsley hosts the syndicated internet radio show, "Healing the Grieving Heart," which is one of the top ranked shows on Health Voice America. She serves the Compassionate Friends in a number of roles including as a former Board of Director, chapter leader, workshop facilitator, and frequently serves as media spokesperson. Dr. Horsley is often called on to present seminars throughout the country. She has made appearances on numerous television and radio programs including "The Today Show," "Montel Williams," and "Sallie

Jessie Raphael." In addition, she has authored a number of articles and written several books including *Teen Grief Relief* with Dr. Heidi Horsley, and *The In-Law Survival Guide*.



Darcie D. Sims, Ph.D., CHT, CT, GMS is a bereaved parent and child, a grief management specialist, a nationally certified thanatologist, a certified pastoral bereavement specialist, and a licensed psychotherapist and hypnotherapist. She is the author of *Why Are the Casseroles Always Tuna?*, *Footsteps Through the Valley*, *Touchstones* and *If I Could Just See Hope*. She co-authored *A Place For Me: A Healing Journey for Grieving Kids*, *Footsteps Through Grief*, *The Other Side of Grief* and *Finding Your Way Through Grief* with her daughter, Alicia Sims Franklin. She also wrote and produced the videos *Handling the Holidays* and *What Color is Dead: Death From A Child's View* as well as authored numerous chapters in professional books and textbooks. Darcie is featured in the award-winning video series "Good Grief" produced by Iowa Public Television and has been featured in several other videos as well.

She is an internationally recognized speaker and was Coping Editor for *Bereavement* magazine for 15 years. She is now an editor for *Grief Digest*. She served on the national board of directors for The Compassionate Friends, the national board of directors for the Association of Death Education and Counseling and the board of trustees for the National Catholic Ministry to the Bereaved. Darcie received The Compassionate Friends Professional Award in 1999. She co-chaired the 1991, 1996 and 2005 World Gathering on Bereavement, and keynoted at all 4 World Gatherings.

Darcie is president and co-founder of GRIEF, Inc. a grief consulting business and the Director of the American Grief Academy in Seattle, Washington. She is a Diplomat in the American Psychotherapy Association, a Certified Diplomat in Clinical Hypnotherapy and is listed in *Who's Who in America*, *The World Who's Who of Women* and *The International Who's Who of Professional and Business Women*.



Alan Pedersen

Alan Pedersen has been performing for more than 25 years. An accomplished singer and award winning songwriter, he spent several years writing and recording music in Nashville, Tennessee. Alan has had several songs recorded by other artists. His writing has not been limited to music, he has written commercials, radio news copy, and collaborations for television shows and other comedy projects. His performing credits are numerous as well.

Alan has worked as an actor, stand-up comedian, keynote speaker/emcee, and in radio as a network news and sports reporter for Westwood One Communications. Currently living in Englewood, Colorado, Alan is the father of four boys and an angel. In August of 2001 Alan's life took a tragic turn, his 18-year-old and only daughter Ashley was killed in an automobile accident. This tragedy would take his life in a direction he never imagined. Struggling for months to find answers and trying to cope with tremendous pain and anger, he entered a grief program in Denver, Colorado and began attending monthly meetings of a support organization (The Compassionate Friends.) Alan credits these organizations with saving his life and inspiring him to honor his daughter's life by helping others. In July of 2003, Alan released a CD of songs he had written about his walk through the valley of grief, titled *Ashley's Songbook*. In 2006, he released a follow up CD titled "A Little Farther Down The Road." Alan now helps others by sharing his story of faith and hope. His message is simple; grief and loss offer the opportunity for ordinary people to accomplish extraordinary things. He believes that healing begins when we once again give of ourselves by helping others. Alan speaks and plays his music for churches and grief organizations around the country. A new CD (4th) about living with loss and navigating life once more after tragedy strikes has been released. The new CD is titled "Peace in the Mourning" ...and the songs I have written for it I am very proud of and I hope you will like them. Alan has performed at National conferences for The Compassionate Friends, Bereaved Parents of the USA, and the World Gathering on Bereavement.

Workshops will be offered by Professional and local Leaders



Carla Blowey- author of *Dreaming Kevin: The Path to Healing*, workshop presenter for The Compassionate Friends National Conference 2011



Sarita Cunningham-Former TCF National Board Member, Workshop presenter



Sharon Strouse-Art Therapist, Workshop presenter for The Compassionate Friends National Conferences 2004 – 2011



Mitch is the author of “Letters To My Son, a journey through grief” and the newly released 2nd edition *Turning Loss to Legacy*. Mitch is currently a staff writer with “Living with Loss Magazine” and has published many articles for a variety of national grief periodicals, newsletters, and internet sites as well as appearing in many radio and television interviews.



Kris Munsch-The Birdhouse Project The presentation is a one-hour introduction to the project as we relate our tragedies and how they temporarily paralyzed us in crisis. We share our stories openly and honestly, discuss some of the emotions that held us on that darkness and then show people how a series of deliberate, reflective steps can help them move forward out of their crises.



Melinda Simpson, MSSW-Hospice of the Bluegrass Bereavement Counselor, Bereaved Sibling

Sample of Workshop Titles



- ❖ *Surviving Suicide (Melinda Simpson)*
- ❖ *Grief of Siblings- (Melinda Simpson)*
- ❖ *Songs of Sorrow (Mitch Carmody)*
- ❖ *Proactive Grieving, Turning Loss into Legacy (Mitch Carmody)*
- ❖ *Sudden Death*
- ❖ *Healing, Guilt & Regret (Alan Pedersen)*
- ❖ *Birdhouse Project (Kris Munsch)*
- ❖ *Helping Hand & Ear (Sarita Cunningham)*
- ❖ *Finding Hope after Loss the Seven Lessons We've Learned Along the Way (Dr. Heidi Horsley & Dr. Gloria Horsley)*
- ❖ *What Parents Need to Know About Teen Grief (Dr. Heidi Horsley & Dr. Gloria Horsley)*
- ❖ *The Art of Healing...Loss, Grief & Grace (Sharon Strouse)*

- ❖ *Dreams a Blessing in Disguise (Carla Blowey)*
- ❖ *Helping Yourself Through Grief*
- ❖ *First Two Years*
- ❖ *Beyond the First Two Years*