

SOUL INJURY: LIBERATING UNMOURNED LOSS AND UNFORGIVEN GUILT

DESCRIPTION:

The mental and emotional injuries that accompany trauma are readily identified. Less recognized are the *insidious* wounds that occur with trauma and, indeed, with all of us whenever we lose a sense of our own goodness/inner beauty or we think we are inadequate or defective. Whether traumatic or insidious, these “soul injuries” cut us off from the energy of our deepest self, robbing us of the essence of our being. Connecting with the part of self generating the emotional pain, paradoxically, restores wholeness. Thus, soul restoration includes learning how to re-own and re-home scattered pieces of self by cultivating *personal* intimacy with the part of self carrying our emotional pain. The basis for addressing “soul injury” originated with a group of VA hospice nurses who cared for 10,000 dying Veterans. The nurses witnessed “soul injuries” firsthand as they surfaced unbidden on combat Veterans’ deathbeds. Let “warrior wisdom” show you how the heart can be disarmed through love, forgiveness, and self-compassion, starting a process that “restoreth the soul.”

PROGRAM DETAILS:

This educational program combines presentations by experts with a power point presentation, slide show, story-telling, clinical application and questions and answers from the panel moderator.

ON DEMAND: beginning January 1, 2019 to December 31, 2019

LENGTH: 1-hour live presentation at individual viewing locations

CEs: 1 hour for a wide variety of professional boards

CE FEE: \$15.00

TARGET AUDIENCE: Victims of sexual assault, crime, accidents, natural disasters, bullying, abuse, neglect; People who have experienced heartache, loss of personal health or a loved one’s health, death of a loved one, or betrayal by a significant other; Minorities and marginalized members of a society, culture, or group, including not being the “favorite” child; Stoic cultures that hide or are ashamed of expressing pain; Veterans, families of veterans, civilians who experienced a war zone, first responders & their families; Personal and professional caregivers vulnerable to “burn-out” or “compassion fatigue” from caring for the above; Professional caregivers who want to learn how to assess and respond to “soul injuries” with their clients; and Health care clinicians, social service clinicians and others working in the hospice, palliative care, counseling, hospital, nursing home, funeral home or faith community environments.

PROGRAM FEES:

Organizations

Organizations may register to sponsor one of the certified experts (listed below) to travel and speak at their organization for this live presentation (alone or in combination with one or more additional courses). For more information, please visit <http://www.opuspeace.org/presentations>.

Organization Rates:

The speaking/consultation fee for the certified experts are as follows.

For expert Deborah Grassman, MSN, ARNP:

\$2,500 for the first day. The fee is the same no matter what services you choose or how many. Each additional day of speaking is \$2,000.

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Traveling expenses. Travel expenses include airfare, hotel, ground transportation, mileage to and from Tampa airport (\$46), \$50/day per diem, and \$75 to her administrative assistant (to handle all communication/travel processes). If Deborah Grassman uses her own car to drive to

a facility, there is a 50 cent/mile charge. Hotel reservations should also be arranged and provided for Deborah Grassman. If there are unexpected traveling expenses incurred due to circumstances beyond Deborah Grassman's control (for example, weather conditions causing overnight flight delays), you will be liable for the additional expense.

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Conference fees: If Deborah is speaking at a conference that charges a fee, her attendance (and anyone who may be traveling with her) is to be complimentary.

For expert Angela Sipe, MJ, CHPCA:

\$1,500 per day. The fee is the same no matter what services you choose or how many.

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Traveling expenses. Travel expenses may include airfare, hotel, ground transportation, mileage, and per diem fees. Contact Opus Peace for specific details.

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Conference fees: If Angela Sipe is speaking at a conference that charges a fee, conference fees will be complimentary, as well as for anyone who may be traveling with them.

For one of the following certified experts:

Leann Thrapp, MA, BSN, RN, CHPCA

Stephanie Turner, RN

Nancy Weil, BS

Sue Gipson, RN, CHPN

Abi Katz, DO

Patricia McGuire, RNC

Janet Guess

Kathleen Stilling Burkhart, MSN, APN-C, FAANP

Kathleen A. Bixby, MSN, RN, CHPN

Ralph Ozmun

Angie Snyder, RN

Kathy Lowery-Gallowitz, RN, MSN

Rev. John Drinkard

Catherine Tye, RN

Becky Joseph, RN, CHPN

Roger Swim, PhD, DMs

Amy Billa, LICSW

Christine Croskey, RN

Carol Swim, PhD

Mitzi Butler, LCSW

Marie Bainbridge, RN

Randelle Niski

\$500 per day. The fee is the same no matter what services you choose or how many.

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The certified expert's traveling expenses. Travel expenses may include airfare, hotel, ground transportation, mileage, and per diem fees. Contact Opus Peace for specific details.

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Conference fees: If the certified expert is speaking at a conference that charges a fee, conference fees will be complimentary, as well as for anyone who may be traveling with them.

Exceptions: There are many times when the certified expert combine events with organizations in other cities. When this occurs, travel expenses between cities will be shared. For example, half the airfare

between the cities would be shared between the two organizations. The calendar for the certified expert's speaking schedule is posted to Opus Peace's website: www.OpusPeace.org.

Organization Refund Policy: There are no refunds on organizational sponsorship for this course.

*If an individual would like information on which organizations are sponsoring this course in their state (so they may attend a presentation in their area), they may contact HFA at 800-854-3402 or they may contact Opus Peace at 727-755-4265.

HOW TO REGISTER:

Organizations who wish to sponsor this program at their own location should contact Opus Peace on their website at <http://www.opuspeace.org/contact>.

*Individuals who wish to attend one of these events can contact HFA at 800-854-3402 or contact Opus Peace at 727-755-4265 to find a viewing presentation/location in their area. They will then register directly with that organization. *Fees charged to individuals may apply and will differ between locations.*

LEARNING OBJECTIVES:

At the conclusion of this webinar, participants will be able to:

- Identify and define an overlooked, unassessed wound: Soul Injury.
 - Describe the importance of acknowledging and addressing soul injury, especially in at-risk populations
 - Compare and contrast traumatic soul injury and insidious soul injury
 - Describe how stoicism, fear of emotional pain, unmourned loss, and unforgiven guilt/shame contribute to the creation and perpetuation of soul injuries
 - Describe the value of grief, forgiveness, self-compassion, and the Anchoring Heart Technique to restore wholeness
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PROGRAM OUTLINE:

- I. Introduction: Concept of "soul injury", including definition (15 minutes)
 - II. Contrast Traumatic Soul Injury with Insidious Soul Injury (10 minutes)
 - III. Factors that influence the creation and perpetuation of soul injury: stoicism, fear of loss/change/failure/disappointment/death, cultural values that assign a "negative value" to loss/change/disappointment/death, knowledge deficit related to not knowing how to grieve, forgive, or develop personal intimacy with the part of self carrying the loss and guilt. (10 minutes)
 - IV. Elements of Soul restoration: Grieving loss, forgiving self and others, cultivating self-compassion, Anchoring Heart Technique (15 minutes)
 - V. Discussion, Questions & Answers (10 minutes)
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CONTINUING EDUCATION (CE) CREDITS:

This program is valid for 1 hour of CE credit. The CE cost is \$15 per certificate. CE credits are available until December 31, 2019.

A complete list of board approvals for this webinar program is posted to HFA's website at www.opuspeace.org.

COURSE COMPLETION REQUIREMENTS:

Participants must attend the entire 1-hour program. Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline of December 31, 2019. (In order to go online, attendees will need to enter in a Course Code, which is only provided at the end of the program). The online CE process includes a required evaluation form and exam. The exam must be completed at 80% or above (the exam may be re-taken, if necessary). Attendees will be able to choose the board they wish to receive credit from (from Hospice Foundation of America's list of board approvals*) and will then be able to print their CE certificate immediately after completing all CE requirements online (on HFA's CE site at educate.hospicefoundation.org).

* A complete list of board approvals for this program is posted to Opus Peace's website at www.OpusPeace.org

EXPERT INSTRUCTORS:

Instructors will teach course independently (only 1 certified expert will train each live course)

Deborah Grassman, MSN, ARNP, is founder of *Opus Peace*, a non-profit (501(c)3 organization whose mission is to provide education and training programs that respond to *Soul Injury*. A Nurse Practitioner, Deborah worked for the Department of Veterans Affairs Bay Pines VA Healthcare System for 30 years, directing the Hospice & Palliative Care program and caring for 10,000 dying veterans. She is a contributing author for three textbooks; has 22 published articles, and there are three documentary films featuring her work. Her books, *Peace at Last: Stories of Hope and Healing for Veterans* and *The Hero Within: Redeeming the Destiny We were Born to Fulfill*, reveal the lessons learned about attaining inner peace, and ironically, these lessons have come from people trained for war. Her books are used in book communities across the country to foster personal growth. She has collaborated with national, state, and local organizations to advance the concepts of *Soul Injury* and Veterans' unique needs at the end of life through education and training. Deborah is most well known for being the first to identify the unique needs of Veterans. Her work played a key role in establishing the national Hospice-Veteran Partnership and the We Honor Veterans programs, both of which are collaborative efforts between VA and the National Hospice and Palliative Care Organization (NHPCO). In 2002, she introduced "pinning ceremonies" to honor dying Veterans, a ceremony that has become standard practice in hospices and long-term-care facilities throughout the nation. She has expanded that ceremony to include a *Fallen Comrades* ceremony that honors Veterans and First Responders who have survived war, trauma, and violence. Additionally, Deborah's *Soul Restoration* caregiver ceremony is now being utilized by healthcare organizations throughout the country to address the unmourned losses that healthcare providers sustain on a daily basis. Deborah directs the *Opus Peace* institute where leaders are trained in how to provide programs that respond to *Soul Injuries*.

Leann Thrapp, MA, BSN, RN, CHPCA, is the Executive Director of WesleyLife at Home in West Des Moines, Iowa. She has a Bachelor of Science In Nursing, Master of Arts in Organizational Management and is a Certified Hospice and Palliative Care Administrator. Since she was a Certified Nursing Assistant at age 16, she has devoted her life to helping people develop naturally healthy attitudes toward death and dying. She had the privilege of helping care for Elisabeth Kubler-Ross in her later years.

Stephanie Turner, RN, works for the Kansas City Hospice and Palliative Care as an After Hours Case Manager. She also has 15 years' experience working as a Critical Care nurse in a large Medical Center in Kansas City. She volunteers her time in many various organizations across the city. She serves as the Intern Coordinator at the Opus Peace Institute.

Nancy Weil, BS, is a national speaker on therapeutic laughter, stress reduction and grief. She is the Director of Bereavement Support for Veterans Funeral Care leading grief support groups in the community and providing HFA-webcast programs on *Soul Injury*.

Sue Gipson, RN, CHPN, is the Business Development Sales Manager for SouthernCare/Avalon for the states of Indiana and Illinois. She is a CHPN certified nurse with 30 years' experience. She is married to a Vietnam Veteran and is an advocate for promoting well-being with families of Veterans. She is President of the Hospice Veteran Partnership of Indiana

Abi Katz, DO, is a physician functioning in the role of Medical Director of Advanced Illness Management at Premier Healthcare System of Ohio. She has been responsible for developing a clinical and operational model for managing high-risk, high cost populations for the hospital network and community. She has been part of the team for developing the concept of Soul Injury, including the development of a Soul Injury Awareness tool for self-assessment.

Patricia McGuire, RNC, is the co-founder and COO of *Opus Peace*, a non-profit organization whose mission is to provide education and training programs that respond to *Soul Injury*. She is an ADEC-certified bereavement counselor specializing in grief and traumatic loss. Her career at the Department of Veterans Affairs lasted for nearly 20 years, where she was the Bereavement Coordinator. In this capacity, she provided 1:1 grief counseling, bereavement interventions for Veterans with PTSD, group counseling, Memorial services, and bereavement programs. Bereavement interventions that she has developed have been used extensively throughout the Department of Veterans Affairs nationwide.

Janet Guess, is the Executive Director of Opus Peace. She has worked for 30+ years designing, promoting, producing, and teaching personal, professional and organizational development strategies to over 1,000,000 people. She has committed her life to inspiring and teaching herself and others to make powerful, conscious choices. As the daughter, and spouse of veterans, she is especially devoted to serving those who have served. Janet is the certified Veteran Specialist for Dignity Memorial Network, presenting VA Burial Benefits Seminars, supporting the Homeless Veteran Burial Program, and facilitating the We Honor Veteran events.

Kathleen Stilling Burkhart, MSN, APN-C, FAANP, is an Adult/ Geriatric Nurse Practitioner specializing in –Home Based Primary Care and Rural Health working at the Department of Veterans Affairs in Lyons, NJ. She is a certified Health and Wellness Coach. She is a dedicated, committed nursing professional who is motivated, friendly, and passionate about the VA mission to provide the very *best* health care experience for our Veteran population . As an Opus Peace Ambassador she is so excited to be able to liberate unmentioned loss and unforgiven guilt within and beyond the VA walls.

Kathleen A. Bixby, MSN, RN, CHPN, a former Army nurse, Kathy currently serves Veterans at the Washington DC VA Medical Center. Her nursing career spans 38 years, and includes tours in critical care, oncology, geriatrics, and hospice and palliative care. Kathy is a seasoned palliative care educator, Reiki Master, Caritas Coach, Nurses Improving Care for Healthsystem Elders (NICHE) facilitator, and HeartMath trainer with interests in communication, expressive and healing arts, spirituality in healthcare, and the integration of whole health and wellbeing into person-centered care.

Ralph Ozmun, was a Vietnam Naval Aviator and has recently retired from Smoky Mountain Home Health and Hospice as the Director of Volunteers. He is an avid advocate for helping people alleviate the pain of *Soul Injury* and is a featured speaker on Soul Injury, including providing the keynote address at the PTSD Conference in Canada on the subject.

Angela Sipe, MJ, CHPCA, is the Executive Director of State of the Heart Care in Greenville Ohio, providing leadership, direction, and administration of programs and services in two states and 15 counties. She has a BA degree in Psychology and a M.J degree in Health Law.

Angie Snyder, RN, is the Division Director at Bayada Healthcare System in Boyertown Pennsylvania, providing Oversight of 4 hospice locations in PA covering 11 counties, management and budgeting for 4 offices with an average daily census of 180 patients, and providing quality assurance and performance improvement programs for staff.

Kathy Lowery-Gallowitz, RN, MSN, is the owner & Chief Innovator of Vanguard Veteran, serving as Consultant, Speaker, Trainer, and Coach. She is a retired Lt.Col. with the Air Force, serving as Director of the Ohio National Guard Community Outreach Office. Her goal is to help civilians understand, reach and support Veterans in mutually-beneficial ways, including addressing the impact of Soul Injury on Veterans and their families.

Rev. John Drinkard, is an Interfaith Minister ordained in a multifaith church that accepts and honors all religions and spiritual traditions as valid pathways for connecting with the Divine. He is a Pastoral & Bereavement Counselor serving as a Hospice Chaplain at the Karen Ann Quinlan Hospice in Newton, NJ. John is a Vietnam Veteran, a former Marine Corps officer and Naval Aviator who served as a helicopter pilot in Vietnam. He leads retreats for Soldier's Heart, a program for Veterans who are suffering from the trauma and invisible soul wounds of war.

Catherine Tye, RN, is an Occupational Health (OH) Advisor, Safety Consultant & trainer in the United Kingdom. She provides predominantly nurse-led OH (attendance management, management referral, health screening & surveillance including substantial remote telephone-based and face to face case management for complex sickness absence (including post-operative, mental health and MSD-related) and on-employment screening issues.

Becky Joseph, RN, CHPN, is the transitional coordinator at Interim Healthcare Hospice in Zanesville, Ohio. She is on the Board of Directors at: Zanesville Daybreak Rotary, the Oaks Senior Living Community, and Veterans Appreciation Foundation of Zanesville. She received the 2018 YWCA Woman of Achievement Award in Healthcare.

Roger Swim, PhD, DMs, has a Master of Divinity degree with ministerial license. He is an experienced board member, serving in leadership capacities in religious, social, business, and volunteer organizations. He is knowledgeable and experienced in construction service sales, real estate sales, financial services sales, and other selling opportunities.

Amy Billa, LICSW, is a Licensed Social Worker with an M.A. in Counseling and a B.A in Psychology. Additionally, she is a Court Investigator with the Richland County Court of Common Pleas. She is also a Continuing Education Provider and Consultant.

Christine Croskey, RN, is an Air Force Veteran, working as a flight nurse in the military. She is a retired Nurse Anesthetist, and an ordained Episcopal deacon.

Carol Swim, PhD, is a Transpersonal Counselor, Certified Quantum Coach, and a certified Public Mediator for the Orange County California Human Relations Commissions. Her career has included Business and Sales Management where she has won multiple awards.

Mitzi Butler, LCSW is Director of Social Services for 18 branches of Comfort Care Hospice in Alabama that includes: Directing overall operations, Monitoring delivery of care. Employee morale &

team building, Utilization Review, Quality performance improvement, Marketing & Public Relations. She has extensive experience in: Bereavement Care, Medical Social Work, Outpatient Substance Abuse.

Marie Bainbridge, RN, is one of the founding Nurses of Opus Peace. She is a Vietnam veteran and Bronze Star recipient. She has worked in multiple nursing settings that include: military limb-saving unit, Walter Reed Army hospital, home care, long-term care, and hospice.

Randelle Niski, is a Train-the-Trainer facilitator for the "Own the Moment" program at Bay Pines VA Medical Center in St. Petersburg Florida. She provides support assistance for educational programs that enhance existing skills and growth for employees, collaborates with Education Specialists participating in development strategies for effective training and facilitation/coordination for: Prevention and Management of Disruptive Behavior (PMDB), VA 101, Basic Life Support (BLS), Advanced Cardiovascular Life Support (ACLS), New Employee Orientation (NEO), and Veteran Patient Orientation (VPO). She serves as an information resource to the Supervisor Healthcare Education Specialist and/or medical center management, and identifies problems, develops solutions, and makes recommendations regarding pertinent policy or procedure changes needed related to any of above programs.

PROGRAM REVIEWERS:

- *Deborah Grassman, MSN, ARNP
- *Patricia McGuire, RN, BSN, CT
- Abi Katz, DO, MS, HMDC
- John Drinkard, BA
- *Leann Thrapp, MA, BSN, RN, CHPCA
- *Kathy Lowery-Gallowitz, RN, MSN
- *Angela Snyder, RN, MSN
- +Mitzi Butler, LCSW
- Marie Bainbridge

*Nurse Reviewers
+Social Work Reviewer

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SPECIAL ACCOMMODATIONS FOR DISABILITY (ADA):

This is based on individual viewing location(s). For program organizers, please post all ADA instructions when advertising the program.

CONFLICT OF INTEREST:

Planners (Panelists and Review Committee Members) disclose no conflict of interest relative to this educational activity.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

Please contact Hospice Foundation of America (HFA)

CONTACT INFORMATION

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