

SHARING & CARING

March 23-25, 2012 or Sept 14-16, 2012



A Perinatal Loss Seminar

Provides individuals the tools needed to work with families who have experienced the tragic death of a baby through early pregnancy loss, stillbirth, or in the first few months of life. Explores pertinent topics such as the rights of parents; understanding the grief process; how to run a support group effectively; and how to gain the support of hospital staff.



**National Share Office
402 Jackson Street
St Charles MO 63301
www.nationalshare.org**

The mission of
Share Pregnancy and Infant
Loss Support, Inc. is to
serve those who are touched
by the tragic death of a baby
through early pregnancy loss,
stillbirth or in the first few
months of life.



Pregnancy & Infant Loss Support, Inc.

Touching lives... healing hearts... giving hope...

Non-Profit
Organization
US Postage
PAID
St. Charles, MO
Permit 231

What will I learn?

The *Sharing and Caring* workshop is a weekend-long, intensive training taught by a team of professionals selected based on their experience with perinatal loss.

This workshop is open to hospital chaplains, social workers, counselors, nurses, bereaved parents* and those who want to start their own Share Group.

This training provides the tools needed to offer compassion and support to the families experiencing the tragic death of a baby, to gain the support of their hospital staff and to effectively start and run support groups.

**Initial loss must have occurred at least 18 months prior to attending this training*



For more information on the *Sharing & Caring* training, visit our website.



March 23-25, 2012 or Sept 14-16, 2012

7:45 am to 4:00 pm Friday and Saturday

7:30 am to 1:00 pm Sunday

Each attendee must complete an individual form. Thank you!

Name: _____

Company/Group: _____

Address 1: _____

Address 2: _____

Phones:

Work: _____ Fax: _____

Home: _____ Cell: _____

Email: _____

Please note profession: _____

(RN/RNC/LCSW/Pastor/Other Professional/Bereaved Parent*)

If you have special dietary and/or physical needs, please explain:

*If you are a bereaved parent your initial loss must have occurred at least 18 months prior to attending this training

YES, I would like CEU's

1st Attendee Registration Fee x \$400 = \$ _____

2nd & 3rd Attendees Fees x \$300 ea** = \$ _____

4th (and up) Attendees x \$250 ea** = \$ _____

TOTAL = \$ _____

** This discount is available ONLY to registrants attending the same training weekend and cannot be split between the Fall and Spring sessions.

Completed registrations must be received **2 weeks prior to the first day of workshops**. Those registering after the deadline will be required to pay \$475 per person and are not eligible to receive the discounted group registration prices.

Method of Payment:

Check Money Order Cashier's Check

MasterCard VISA

Card #: _____ Exp: _____ / _____

Please complete and return this form with payment to:

National Share Office * Attn: Sharing & Caring
402 Jackson Street * St. Charles, MO 63301

Presenters

Cathi Lammert, RN, Share Executive Director

Cathi Lammert has worked as an obstetrical nurse and been involved with Share since 1983. She has served as Share's Executive Director for 15 years. Cathi conducts workshops around the country for professionals, clergy and bereaved parents, writes on perinatal bereavement issues, and helps organize and plan national perinatal bereavement conferences. She helped found the Pregnancy Loss and Infant Death Alliance (PLIDA) and served a term as PLIDA'S president. She has also been involved with key legislative issues dealing with pregnancy loss and infant death.

Kelly Karavousanos, LPC, CT

Kelly Karavousanos is a Licensed Professional Counselor working for Baue Funeral Homes in St. Charles, MO. Kelly serves the community through educational workshops and grief support groups. She attended Lindenwood University for her Masters in Counseling and has attended Grief Counseling Training with Alan Wolfelt, PhD. at the Center for Loss and Life Transitions. She feels it is her passion to companion the bereaved through the most difficult time in their lives.

Heidi Pollard, BSN, MSN

Heidi Pollard is Chloe's mother. Heidi and husband, Alec, are active Share members since attending a Share support group after Chloe's death in 1989. Both Alec, a Psychologist, and Heidi, a Psychiatric Nurse Practitioner, are clinicians, researchers, and presenters in the anxiety disorders field.

Amy Frankel, PhD

Amy Frankel does individual, group and family therapy in hospital, residential and outpatient settings. Her expertise is in depression, anxiety, adolescent issues, divorce and women's issues.

Rose Carlson, Share Program Director

Rose Carlson first came to Share in 2002 as a volunteer and has been Share's Program Director since 2004. She has a BS in Psychology with a minor in Sociology. Rose often teaches workshops and speaks in the community about Share, and she writes and updates many of the materials Share provides for bereaved parents and professionals.

Allegra Grawer, MSW

Allegra Grawer came to Share in 2001 following the death of her son Brody. Allegra joined the staff of the National Office where her responsibilities included Assistant Director and Local Share Bereavement Coordinator. Allegra felt honored to work with the many families and hear about their precious babies while working at Share. She has recently started working in International Adoption.

Workshop will be held at the St. Charles Convention Center, 1 Convention Center Plaza, St. Charles, MO 63303. Accommodations are available at The Embassy Suites, which is connected to the Convention Center, or Country Inn and Suites, which is approximately one mile away and located near the St. Charles Historic District, at 1190 South Main St., St. Charles, MO 63301.

Embassy Suites: (636)946-5544 · www.embassysuites.com

Country Inn and Suites: (636)724-5555 · www.cx_stmo@countryinns.com

Is this perinatal loss seminar for you?

- **Do you struggle with what to say to a family when their baby dies?**
- **Have you ever said to a newly bereaved mother...**
 - “You are young, you can have more children.”*
 - “Best that it happened early.”*
 - “Something must have been wrong with the baby.”*
 - “Everything happens for a reason.”*
- **Do you know the impact of those words?**
- **Do you find yourself avoiding contact with a patient experiencing a loss, early pregnancy loss, stillbirth or neonatal loss?**
- **Do you find that your facility relies on a select few to work with bereaved families?**
- **Does your hospital have protocol in place for how to handle the death of a baby?**
- **Does your staff have the compassion to handle the tragedy of a baby's death?**
- **With an early pregnancy loss, do you know the best way to determine the parents' feelings about the pregnancy?**

What others are saying...

“Amazing, informative, and a “must” to be apart of! Everyone in the medical profession/clergy/support should experience this wonderful conference!”

“I am so thankful to have had the opportunity to participate in this workshop. I have learned many new things and have come to appreciate other challenges and situations I personally did not have to experience.”

“It helps to learn more about what is okay for you to do for yourself because as Jan discussed, we give and give and give but never give ourselves credit for what we do and for what others do. Thanks!”

“This was an EXCELLENT program. I am privileged to be here. This is the first conference where I didn’t watch my clock.”

“I thought this weekend was wonderful! It was filled with very helpful information. Thank you to all of you for a wonderful training and walking with all of us as we help others.”

“Wonderful! I will be referring back to this conference for years to come. It has increased my confidence greatly in taking care of these families.”

“A good validation of the processes and programs my hospital already has in place; additionally, I am inspired by new and helpful ideas to make our program even better. Thank you!”



What topics are covered?

Reflections on Perinatal Loss...Yesterday, Today, Tomorrow

This session is a look into the ever-changing views of perinatal loss in society and the hospital setting over the past 30 years of care.

Perinatal Grief: Variations in the Experience, Expression and Effect of Bereavement in Parents

In order to support a family whose baby has died, one must first understand the grief process. This session will give you some insights into this grief journey as well as the obstacles to healthy grieving and ways to identify and deal with complicated grief issues.

Difficult Decisions

A prenatal diagnosis of an anomaly begins a journey no person or family ever dreamed of living through. During this session, examine the complexities of the decision making process, gain knowledge about the importance of birth plans based on the individuals personal life, and identify specific resources for future support.

Children and Grief

Look into the depth of a child's understanding of death and the grief that accompanies the loss, learn how to assist parents to provide answers and support as they grieve with their children.

Caring for Yourself

Caring for patients can be very rewarding but challenging. In this session, participants will learn about the importance of caring for their own needs so they can better serve grieving families.

Establishing a Share Hospital Program

You will leave this session with the tools to create a bereavement program with your setting i.e. create mementos, plan farewells and educate caregivers.

Rights of Parents: Choices or Mandates

Discover ways to communicate comfortably with bereaved parents during their most challenging time.

Cultural Differences

Examine how culture and religion impact the different ways each family reacts to the death of a baby.

Memory Making

Explore ways to help bereaved families create treasured mementos and photographs of their baby.

How to Run an Effective Share Aftercare Program

Gain valuable insight into ways to establish, maintain and market a support group. Explore opportunities for increasing awareness and future fundraising over the life of your group.

Fundraising

In this session, you will learn ways to raise money for your support group or bereavement program.

This activity has been submitted to the Missouri Nurse’s Association for approval to award 17.25 nursing contact hours. The Missouri Nurses Association is accredited as an approver of continuing nursing education by the American Credentialing Center’s Commission on Accreditation.