

Confronting Grief & Loss Over the Life Span With Creativity

Presented by Virginia Fry, M.A.

Friday November 20, 2009 8:30 AM - 4:45 PM

Capitol Plaza ♦ 100 State Street ♦ Montpelier ♦ Vermont
Exit 8 off of I-89

Imagine five teenage girls sitting around a kitchen table, shyly, but openly, discussing the deaths of their fathers—from cancer, suicide, drug use, and accidents. What did it mean to them as young children? How does the grief change for them as teens? What does it mean to their mothers and their brothers? How will it affect them in the future as they age? How can they cope NOW?

Using developmental strategies for healing grief—from very young childhood through advanced adulthood, Virginia Fry will help to identify, express, and tolerate the difficult emotions related to grieving at each developmental stage. A new DVD documentary, “A Video Essay on Teenage Grief,” by Virginia Fry, will serve as a touchstone for a day of exploration and creative experiences.

This workshop will include experiences from a chemotherapy clinic where Virginia is working with newly diagnosed patients, as well as her work with hospice families, and people trying to survive the sudden death of loved ones. This workshop will provide hands-on techniques for facilitating creative explorations with clients including: drawing, hand-mapping, relaxation, poetry, crafts, rituals, movement, and music.

At the conclusion of this workshop you will be able to:

- Determine common reactions to grief and loss for each developmental stage.
- Identify tasks of grieving and how to provide necessary conditions for completion.
- Utilize creative techniques and activities that assist in grief resolution.

Schedule

8:30 - 9:00	REGISTRATION
9:00 - 10:00	Introductions - Participants, speaker. Overview: “What is the meaning of this loss NOW?” Making Creative Personal Loss Histories (using a variety of media).
10:00 - 10:30	Early Childhood Grief - In utero experiences for mother/baby. Pre-verbal explanations of death, loss, and grief reactions. School-age explorations, morbid curiosity, ritual-making.
10:30 - 10:45	BREAK
10:45 - 11:15	Early Childhood Grief... continued.
11:15 - 12:15	Teen Experiences & Processing, Re-processing, Peer Support. “Video Essay on Teenage Grief”
12:15 - 1:30	LUNCH (on your own)
1:30 - 2:30	Adulthood Losses - Individuation, parenting, Re-playing, Tree Drawings
2:30 - 3:00	Midlife Losses - Identity Crises, Time Concepts, Hand-mapping
3:00 - 3:15	BREAK
3:15 - 3:45	Midlife Losses... continued
3:45 - 4:45	Older Life Losses - Despair vs. Wisdom, Nature as Destroyer/Healer, Memory Boxes
4:45	Conclusion and CEUs

Presenter

Virginia Fry, M.A. is an artist, educator, and counselor, who has specialized in hospice work for nearly 30 years. She has worked with thousands of terminally ill patients and their families. She is the Director of the Hospice & Palliative Care Council of Vermont, and Bereavement Coordinator for Central Vermont Home Health & Hospice. She teaches at four Vermont colleges, is a consultant to three New Hampshire hospitals, and consults with many schools and hospices in Vermont and Germany. She is an artist, the author of the award-winning book, *Part of Me Died Too*, (Penguin 1995, republished 2005), and is a contributing author to many collections on death, dying, and grieving. She is an original and dynamic presenter with a wealth of practical knowledge and personal experiences.

**CEUs applied for and pending
Please visit our website at www.vtmhca.org**



VTMHCA's Fall Conference
Confronting Grief & Loss
Over the Life Span

With Creativity
Presented by Virginia Fry, MA

Friday November 20, 2009
Capitol Plaza ♦ Montpelier



PO Box 62
Shelburne, VT
05482

Registration/Refund Policy

Early Registration is encouraged. Registrations at the door require an additional \$20 fee and are on a space available basis only. The conference fee includes coffee, muffins, CEUs, and materials. For cancellations more than 72 hours before the conference, a refund will be granted, less a \$20 administrative fee. Cancellations made less than 72 hours before the conference will not be refunded. If you register and do not attend, you are liable for full payments. Substitutions may be made at any time.

Space is Limited. Please register early.

**For more information on
the Fall Conference,
or
VTMHCA membership,
please contact
Caryn Feinberg
at
802-985-8286
or
CarynBF@gmail.com**

Conference Registration Form - Friday, November 20, 2009 - Capitol Plaza, Montpelier, VT

Name _____ Phone (day) _____ (evening) _____
Mailing Address _____
Email _____

Conference Fees

- \$110 VTMHCA member \$130 Non-member Join VTMHCA now and receive reduced rate
 \$80 Student member \$100 Student non-member (Student ID required)
♦ \$15 additional fee for registrations received after November 6.
♦ \$20 fee for registration at the door, space permitting.

Please make checks payable to:

Vermont Mental Health Counselor's Association.

Mail this form and registration fee to:

VTMHCA, c/o Caryn Feinberg
P.O. Box 62
Shelburne, VT 05482