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 “restoreths 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, 2018 to December 31, 2018
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:
$2,000 for the first day. The fee is the same no matter what services you choose or how many. Each additional day of speaking is $1,500.
+
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.

+ **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 one of the following certified experts:
John Drinkard, BA
Kathy Lowery-Gallowitz, RN, MSN
Janet Guess, MA, BA
Ralph Ozmun
Patricia A. Surprenant, LMT
Nancy Weil, BS
Stephanie Turner, RN
Catherine Tye, RN

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

+ **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.

+ **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.

For one of the following certified experts:
Abi Katz, DO
Angela Snyder, RN, MSN, MHA
Leann Thrapp, MA, BSN, RN, CHPCA
Angela Sipe, MJ, BA, AD
Kathleen A. Bixby, RN, MSN, CHPN
Patricia McGuire, RN, BSN, CT
Kathleen Stilling Burkhart, RN, MSN, CANP, CGNP
Sue Gipson, RN, CHPN
Sheila R. Lozier, RN, BSN

**No speaker/presenter fees.** The certified expert donates his/her time to Opus Peace.

+ **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.

+ **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](http://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](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.*

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**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  
II. Contrast Traumatic Soul Injury with Insidious Soul Injury  
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.
IV. Elements of Soul restoration: Grieving loss, forgiving self and others, cultivating self-compassion, Anchoring Heart Technique
V. Discussion, Questions & Answers

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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, 2018.

A complete list of board approvals for this webinar program is posted to HFA’s website at [www.hospicefoundation.org](http://www.hospicefoundation.org).

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**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, 2018. (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

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**EXPERT INSTRUCTORS:**
Instructors will teach course independently (only 1 certified expert will train each live course)

**Deborah Grassman, MSN, ARNP,** is a mental health Nurse Practitioner whose 30-year career at the Department of Veterans Affairs included being the Director of the Hospice program, as well as personally taking care of more than 10,000 dying veterans. She is recognized as one of the nation’s leading experts in caring for Veterans nearing the end of life. Deborah is most well-known for her pioneering *Wounded Warriors: Their Last Battle* presentation which was the first of its kind to identify the unique needs of Veterans as they age and their “warrior wisdom” emerges. In 2002, she introduced "pinning ceremonies" to honor dying veterans -- a ceremony which has now become standard practice in hospices and long-term-care facilities throughout the nation. Deborah is the author of two books: *Peace at Last* and *The Hero Within*. She is now CEO and co-founder of Opus Peace, a 501(c)3 non-profit organization whose mission is to provide programs that raise awareness about the soul injury that occurs during trauma, abuse, self-neglect, and chronic or serious illness.

**Abi Katz, DO, MS, HMDC,** is the Medical Director of the Advanced Illness Management program at Premier Health in Dayton Ohio where she has developed a clinical and operational model for managing high-risk, high cost populations for the hospital network and community. She is board-certified in both family medicine and Hospice & Palliative care. She has a master’s degree in Applied Statistics. She has received additional training in: Management for Clinical Excellence (Sutter University), Seven Habits of Highly Effective People (Covey Leadership Institute), Conflict Resolution (Yellow Springs Mediation program), and Soul Injury Leadership (Opus Peace Organization).

**John Drinkard, BA,** 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.

**Angela Snyder, RN, MSN,** 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.

**Leann Thrapp, MA, BSN, RN, CHPCA,** has devoted her life to helping people develop naturally healthy attitudes toward death and dying since she kept vigil for a dying nursing home patient at age 16 as a Certified Nursing Assistant. Today, with more than 30 years of experience in nursing and hospice care, Leann understands how to help people deal with loss and turn the end of life into a life-enhancing experience. Leann has a Bachelor of Science In Nursing, Master of Arts in Organizational Management and is a Certified Hospice and Palliative Care Administrator.
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.

Angela Sipe, MJ, BA, AD, 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.

Kathleen A. Bixby, RN, MSN, CHPN, A former Army nurse, Kathy returned to her roots and began working at the Washington DC Veterans Affairs (VA) Medical Center in 2005, conveying 25 years of experience from multiple venues including intensive care, advanced illness home and hospice care, and oncology case management. She is an approved End-of-Life Nursing Education Consortium (ELNEC) trainer, and has provided end of life training as a Hospice and Palliative Nurses Association (HPNA) trainer, ELNEC for Veterans trainer, and Education in Palliative and End-of-Life Care (EPEC) for Veterans trainer. She served as VA Faculty for Palliative Care Leadership training and provided national workgroup leadership promoting VA-wide palliative and end-of-life education. Past clinical certifications include Critical Care and Oncology. Kathy received her MSN in End of Life Nursing Care in 2011 and is currently certified as a Hospice and Palliative Nurse. Kathy’s present role as Palliative Care Nurse Educator includes serving as the palliative care team member for the medical center’s Amyotrophic Lateral Sclerosis (ALS) Clinic, and directing the volunteer program that supports the center’s 120-bed long term care facility. Kathy is a Reiki Master with training in iRest Yoga Nidra and certification as a HeartMath Trainer. Most recently, she completed her Caritas Coaching Certificate through the Watson Caring Science Institute. Her interests include communication, expressive and healing arts, whole-person caring relative to wholehearted living, integrative health and wellbeing, and spirituality in healthcare.

Patricia A. Surprenant, LMT, is an Army Veteran and licensed massage therapist specializing in clients with PTSD and Military Sexual Trauma. She assists in Hounds 4 Heroes of Tampa Bay. She is on the Board of Directors for Opus Peace, a non-profit organization with a mission of providing educational programs that respond to Soul Injury. She has helped design, develop, and implement Fallen Comrades Ceremonies and Soul Injury Restoration Caregiver Ceremonies.

Patricia McGuire, RN, BSN, CT, is the co-founder and COO for Opus Peace, a non-profit organization with a mission of providing educational programs that respond to Soul Injury. She worked for 20 years at the VA providing bereavement care to Veterans’ families. She is an ADEC-certified trauma counselor. Bereavement programs that she helped develop for Veterans and their families were adopted for use throughout the VA healthcare system. She is the author of the booklet, Caring for a Veteran: Understanding Their Unique Needs and Your Own. She is a facilitator in the Florida PTSD program for First Responders, teaching a course on the effects of unmourned loss. She has helped design, develop, and implement Fallen Comrades Ceremonies and Soul Injury Restoration Caregiver Ceremonies. She has been a featured presenter at numerous conferences on the topics of Veteran Care at the end of life, Chronic Sorrow, Bereavement care, and the unique need of Veteran families. She is a lead facilitator at Soul Injury Workshops and Training Sessions, and is also on the Peace 4 Tarpon Speakers Bureau.

Janet Guess, MA, BA, 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 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.
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*.

Kathleen Stilling Burkhart, RN, MSN, APN, CGNP, 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 unmourned loss and unforgiven guilt within and beyond the VA walls.

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.

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.

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.

Sheila R. Lozier, RN, BSN, is an Army veteran with a lifelong career as a nurse for the Department of Veteran Affairs where she served as staff nurse on an Orthopedics unit and Manager of a Hospice & Palliative Care unit. Sheila is on the Board of Directors for Opus Peace, a non-profit organization with a mission of providing educational programs that respond to Soul Injury. She has helped design, develop, and implement *Fallen Comrades Ceremonies* and *Soul Injury Restoration Caregiver Ceremonies*. She is a lead facilitator at Soul Injury Workshops and Training programs, and is an advocate for responding to the soul injury of children whose families have experienced trauma. She is the designer and creator of “Soul Buddies,” a symbolic representation of the re-vitalized aspect of self.

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.

**PROGRAM REVIEWERS:**

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Patricia McGuire, RN, BSN, CT
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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)

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