

PRESENTS

**ABIDING** *with* **GRIEF**

A CONFERENCE ON PRESENCE, COMPASSION & THE LIVING BODY

**Saturday, May 2, 2026 | 11576 Lee Hwy, Sperryville, VA 22740**

| Time              | Session Title<br>(Description & Objectives on Page 2) | Credit Hours          | Instructor   |
|-------------------|---|-----------------------|--|
| 9:00 - 9:15 am    | Opening and Introductions                             |                       |  |
| 9:30 - 10:30 am   | Abiding with Grief                                    | 1 NBCC Credit Hour    | Teresa Haase, PhD, LPC, ACS                                      |
| 10: 45 - 12:15 pm | Grief in the Body                                     | 1.5 NBCC Credit Hours | Annmarie Early, PhD, LMFT  |
| 12:15 - 1:15 pm   | Lunch   |                       |  |
| 1:30 - 3:00 pm    | Being With: Mindfulness-Based Practices               | 1.5 NBCC Credit Hours | Nancy Johnston, LPC, LSAP  |
| 3:15 - 4:45 pm    | Yoga for Those Who Are Grieving                       |                       | Catherine McMahon, MSW Graduate Student & HOP Bereavement Intern |
| 4:45 - 5:00 pm    | Closing   |                       |  |

Abiding with Grief: A Conference on Presence, Compassion, and the Living Body has been approved by NBCC for NBCC credit. Sessions approved for NBCC credit are clearly identified. Hospice of the Piedmont is solely responsible for all aspects of the program. NBCC Approval No. SP-5289.

Thanks to PATH Foundation's Better Together Fund for making this event possible.

If you need special accommodations or have questions, please contact us:

**Hospice of the Piedmont**

675 Peter Jefferson Parkway, Suite 300 | Charlottesville, VA 22911

434-817-6900 | [register@hopva.org](mailto:register@hopva.org) | [hopva.org](http://hopva.org)

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### Workshop Descriptions and Objectives

**Abiding with Grief** is a workshop focused on identifying appropriate responses to grief, identifying factors related to complicated grief and developing capacity to remain present with grief, rather than avoiding, fixing, or rushing the grieving process. After completing the program, participants will be able to:

- Define a range of grief responses (emotional, cognitive, behavioral, relational, and cultural) and differentiate between adaptive grief and indicators of complicated grief based on current counseling theory and research.
- Identify and practice counselor language and behaviors that convey empathy, validation, and presence - and contrast these with common unhelpful responses (e.g., fixing, minimizing, rushing).
- Recognize factors that increase risk for complicated or prolonged grief (e.g., traumatic loss, ambiguous loss, cumulative loss, pre-existing trauma) and justify when further assessment or referral is indicated.
- Practice advanced listening strategies (e.g., reflective, affect-focused listening, holding silence) in response to grief narratives and articulate distinctions between support and premature intervention.

**Grief in the Body** is a workshop that will provide clinical guidance, research, and tools to track the somatic experience of loss. After completing the program, participants will be able to:

- Describe the neurobiological and physiological mechanisms underlying the somatic experience of grief, including the role of the autonomic nervous system, stress response systems, and commonly observed physical symptoms associated with bereavement.
- Assess and differentiate somatic manifestations of grief in clinical populations, utilizing at least two evidence-informed body-based assessment strategies to identify patterns of dysregulation, traumatic grief responses, or prolonged grief reactions.
- Apply at least three evidence-informed somatic interventions to support regulation and integration in grieving clients, demonstrating appropriate clinical decision-making, trauma-informed implementation, and ethical considerations within scope of practice.

**Being With: Basic Mindfulness Practices to Accompany Grief** is a workshop that will offer accessible mediation and awareness tools for helping clients to navigate grief.

- Describe the foundational principles of mindfulness as they relate to grief counseling, including present-moment awareness, nonjudgment, and compassionate witnessing, and explain how these principles support emotional regulation in bereaved clients.
- Demonstrate at least three accessible mindfulness-based practices appropriate for use with grieving clients, such as breath awareness, grounding through the senses, and compassionate self-observation, adapting interventions to client readiness and cultural context.
- Apply trauma-informed and ethically sound decision-making when integrating mindfulness practices into grief counseling, including assessing client stability, pacing interventions appropriately, and recognizing contraindications or signs of dysregulation.

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