



Pathways to Resiliency, Strength and Recovery

Date: Thursday, May 5, 2016

Location: Regis University Lowell Campus, Denver, CO

Time: 8:30 a.m. – 11:30 a.m.

Separate Registration Required. You must register and pay an additional fee, if applicable, for preconference workshops. It is not included in the BtD Summit.

Workshop Title:

Honoring Your Grief Journey: Paths to Recovery

Presenter: Erin E. Ivie, Executive Director SpeakUp ReachOut, Marisol Solarte-Erlacher, M.A., LPC and Sue Roche, Community Liaison Carson J. Spencer Foundation

Abstract:

Participants will learn to honor their grief process while utilizing different grief and trauma recovery methods as shared by fellow suicide loss survivors, clinicians and yoga instructors. This pre-conference workshop will be broken down into three sections.

Art therapy and journaling can be very effective tools for processing grief. Participants will be given the opportunity to embrace their inner author and/or artist as a fellow suicide loss survivor guides them through some simple ways to put pen (or pencil) to paper. This session is intended to be a gentle way for survivors to express themselves in a safe environment. NO experience or qualifications necessary. Survivor to survivor the presenter will share what has been helpful to her and will not be dwelling on the technique, aesthetics or proper punctuation and grammar.

Advocacy and action are options that many find helpful in the healing process after a loss to suicide. One suicide loss survivor will share her grief journey that lead her to become the Executive Director of SpeakUp ReachOut, the suicide prevention coalition of Eagle County and a policy advocate with the American Foundation for Suicide prevention. This presentation will share ways to get involved, seek additional support and make a difference.

Yoga is a helpful way to process traumatic experiences. Participants will be provided with instruction on basic yoga poses and breathing techniques along with empathetic support to help them work through individual trauma. This form of yoga helps because the postures focus on breath, which regulates the nervous system; It creates a deeper awareness of feeling states, thereby helping facilitate healing; and helps the body re-learn physical and emotional safety.