

Remember the Love ☆ Celebrate the Life ☆ Share the Journey

TAPS®

WELCOME TO THE 23RD ANNUAL NATIONAL MILITARY SURVIVOR SEMINAR AND GOOD GRIEF CAMP

☆ MEMORIAL DAY WEEKEND ☆

May 25 – 29, 2017

Washington, D.C.



WELCOME

Welcome to the TAPS 23rd Annual National Military Survivor Seminar and Good Grief Camp!

I am honored to share this weekend of hope and renewal with you. Each year, our TAPS family comes together to share our heroes, find inspiration, and rest easy in the knowledge we are not alone in our loss. We are a family, and we are together. Together because of our common bond. Together because here is where we feel safe.

During this weekend, we will laugh, we will shed a tear, and we will learn. We will share priceless moments and grow stronger. We will reflect on all that has brought us together, all that has nurtured us on our journey, and all that represents our unique family tree. We will make connections that will last a lifetime, and we will honor those who we love.

As our nation commemorates Memorial Day, we take personal pride in our loved ones. We are proud of their service and we are grateful for their life. We are thankful for the love they gave us, and we know that this precious love will live forever in our hearts.

Please know that we are here for you. You are warmly welcomed to this place of love and hope. It is truly our family reunion, and whether this is your first time attending or you've been here before, you are home.

With much love,



Bonnie Carroll
Founder and President



TAPS MISSION



The mission of TAPS is to honor our men and women who have made the ultimate sacrifice in service to America by caring for all those they loved and left behind. TAPS offers immediate and long-term emotional help, hope, and healing to all those grieving the death of a loved one in military service to America, regardless of their relationship to the deceased or the circumstances of the death.



THE WHITE HOUSE
WASHINGTON

Melania and I welcome you to Washington, D.C. as you gather for the 23rd Annual Tragedy Assistance Program for Survivors (TAPS), National Military Survivor Seminar and Good Grief Camp.

As members of the TAPS community, may you find strength in your fellowship and shared sorrow. Know that you are not alone on your journey, especially TAPS youngest survivors attending the Good Grief Camp. Our grateful Nation shares in the heartbreak and pain of your loss.

We applaud TAPS for providing an opportunity for you to encourage and uplift one another and to honor the lives of your loved ones. We owe our liberty to our Nation's heroes who gave the last full measure of devotion, and we solemnly pledge never to forget and always to live worthy of their sacrifice.

The Bible tells us, "Blessed are they who mourn, for they will be comforted." We pray that you, your family, and friends find comfort and peace knowing our Nation's debt to you is everlasting.

Sincerely,

A handwritten signature in black ink, appearing to read "Donald Trump", with a stylized, cursive script.

23rd Annual T★A★P★S

National Military Survivor Seminar

WE'RE HERE FOR YOU

Survivor Care Suite: If you are feeling overwhelmed or need some extra support, the Survivor Care Suite is located just around the corner from the Help Desk in the Arlington Office. This is a space where you can talk with our Survivor Care Team staff, a peer mentor, grief specialist, or a mental health professional. Spending time talking one-on-one with another person to process emotions can make a world of difference. Our Survivor Care Suite and caring staff are ready for you, if you need us. And if you need someone to talk to when the Survivor Care Suite is not open, please don't hesitate to call our TAPS Helpline at 800-959-8277.

TAPS Help Desk: The TAPS Help Desk will be located just outside of the Arlington Ballroom and will be manned continuously with team members happy to answer your questions or connect you with someone who can. The Help Desk will be your go-to for lost and found, programming and workshop questions, scheduling, and anything else that may arise.

Resource Village: We are here to help you keep everything straight - and so we gathered the foremost experts in military benefits, advocacy, education resources, survivor services, entitlements, and veterans and military family affairs all in one place, our Resource Village. The Resource Village is located in the Arlington Ballroom, Salons 1 and 2.

Support Connections Available at the Survivor Care Suite:

Survivor Care Team

Survivors who are on TAPS staff doing daily outreach and are here to support you!

Peer Mentors

Survivors who are trained by TAPS to reach out to fellow survivors.

Military Family Life Consultants

Licensed counselors providing on-site, immediate, therapeutic support.

TAPS Helpline 24/7
800-959-8277

SURVIVOR CARE SUITE	<i>Arlington Office</i>	Thursday 11:00 a.m. to 9:00 p.m. Friday 7:30 a.m. to 9:00 p.m. Saturday 7:00 a.m. to 9:00 p.m. Sunday 7:00 a.m. to 9:00 p.m. Monday 7:30 a.m. to 8:00 p.m.
HELP DESK	<i>Arlington Ballroom Foyer</i>	Friday 10:00 a.m. to 8:00 p.m. Saturday 7:00 a.m. to 8:00 p.m. Sunday 7:00 a.m. to 8:00 p.m. Monday 7:00 a.m. to 8:00 p.m.
RESOURCE VILLAGE	<i>Arlington Ballroom Salons 1 & 2</i>	Friday 8:00 a.m. to 5:00 p.m. Saturday 8:00 a.m. to 5:00 p.m. Sunday by appointment, 8:00 a.m. to 11:00 a.m.
TAPS STORE	<i>Arlington Ballroom Salons 1 & 2 Pop-Up Boutique (Sun only)</i>	Thursday 11:00 a.m. to 6:00 p.m. Friday 8:00 a.m. to 6:00 p.m. Saturday 9:00 a.m. to 5:00 p.m. Sunday 9:00 a.m. to 4:00 p.m.
CHILD CARE	<i>Suite 1738</i>	Thursday 8:00 a.m. to 5:30 p.m. Friday 8:00 a.m. to 5:00 p.m. Saturday 8:00 a.m. to 9:30 p.m. Sunday 8:00 a.m. to 5:00 p.m.
SHUTTLES TO ARLINGTON CEMETERY	<i>Hotel Lobby</i>	Saturday 8:00 a.m. to 4:00 p.m. Sunday 8:00 a.m. to 4:00 p.m.

SCHEDULE

THURSDAY, MAY 25

TAPS STORE	Arlington Ballroom Salons 1 & 2	Thursday 11:00 a.m. to 6:00 p.m.
SURVIVOR CARE SUITE	Arlington Office	Thursday 11:00 a.m. to 9:00 p.m.

ALL DAY

7:00 – 8:00	Grab and Go Breakfast (Peer Mentors, Group Leaders, Senior Mentors and Staff)	Arlington, Salons A, B & C
8:00 – 5:30	Child Care for Peer Mentor Trainees	Suite 1738
11:00 – 9:00	Family Seminar Check-In and Registration	Lobby-Rosslyn Foyer

MORNING

8:00 – 12:00	Peer Mentor Training #1	Alexandria
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AFTERNOON

1:00 – 5:00	Peer Mentor Training #2	Alexandria
5:30 – 8:30	Adults Welcome Reception	Grand Ballroom
5:30 – 8:30	Good Grief Camp Zone and Buffet Dinner	Arlington, Salons 3 & 4
During the GGC Zone, kids will be able to choose from a variety of activities led by our experienced Senior Mentors and volunteers. In addition to activities to keep them busy and burn off some energy, refreshments will be served for children.		

FRIDAY, MAY 26

SURVIVOR CARE SUITE	Arlington Office	Friday 7:30 a.m. to 9:00 p.m.
RESOURCE VILLAGE	Arlington Ballroom Salons 1 & 2	Friday 8:00 a.m. to 5:00 p.m.
CHILD CARE	Suite 1738	Friday 8:00 a.m. to 5:00 p.m.
TAPS STORE	Arlington Ballroom Salons 1 & 2	Friday 8:00 a.m. to 6:00 p.m.
HELP DESK	Arlington Ballroom Foyer	Friday 10:00 a.m. to 8:00 p.m.

MORNING

6:30 – 9:00	Family Buffet Breakfast	Arlington, Salons 3 & 4
7:00 – 8:00	Sun Salutations Yoga	Sky View Terrace
7:00 – 9:30	Family Seminar Check-In and Registration	Lobby-Rosslyn Foyer
8:30 – 9:15	Good Grief Camp Drop Off	
	Groups 1–9	Assigned Group Rooms
	Groups 10–15	Salon A, B & C
	Groups 16–19	Sky View Terrace

9:30 – 10:30 FRIDAY BLOCK 1: Welcome Sessions

★ Survivors of Loss by Accident Welcome Session	Lee
★ Survivors of Loss by Combat Welcome Session	Arlington, Salon 6
★ Survivors of Loss due to Homicide Welcome Session	Jackson
★ Survivors of Loss due to Illness Welcome Session	Madison
★ Survivors of Loss by Suicide Welcome Session	Arlington, Salon 5

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National Military Survivor Seminar

SCHEDULE

FRIDAY, MAY 26 *continued*

11:00 – 12:00 **FRIDAY BLOCK 2: Adult Opening Ceremony** Arlington, Salons 3 & 4

AFTERNOON

12:00 – 5:00 Artful Grief: Art Studio Jefferson, Lobby Level

12:00 – 1:00 Adult Buffet Lunch Arlington Ballroom

1:30 – 3:00 **FRIDAY BLOCK 3: Workshops and Sharing Groups**

★ Drawing your Grietscape, *Heather Stang* Arlington, Salon 6

★ Parents Sharing Group McLean

★ Spouses With Children Sharing Group Alexandria

★ Spouses Without Children Sharing Group Mt. Vernon

★ Suicide Survivor Support at TAPS: We're Here for You, *Kim Ruocco, MSW* Arlington, Salon 3

★ What Parents Need to Know About Teen Grief & Young Adult Grief, *Dr. Heidi Horsley* Madison

★ What's New with Federal Survivor Benefits, *Kathy Moakler* Jackson

★ Wisdom from the Dark Emotions, *Ben Wolfe* Arlington, Salon 5

★ Young Adults Sharing Group Manassas

3:30 – 5:00 1-on-1 with Dr. Blankenship: 20 minute sessions Fairfax, 2nd Level

4:00 Good Grief Camp Pick-Up

EVENING

4:15 Pentagon Open House and Tour

Hosted by The Honorable James Mattis, Secretary of the Department of Defense

(Red, Orange, Green, Blue, Silver and Purple wristband groups) Depart 4:45, Lobby

5:15 Washington Nationals v. San Diego Padres Baseball Game *(Yellow wristband group)* Depart 5:30, Lobby

5:00 – 6:00 Family Dinner Buffet Arlington, Salons 3 & 4

6:00 United States Marine Corps Evening Parade *(American Flag wristband group)* Depart 6:15, Lobby

6:15 United States Marine Corps Evening Parade *(White wristband group)* Depart 6:30, Lobby

Hosted by General Joseph Dunford, Chairman of the Joint Chiefs of Staff

7:00 Family Fun at the Hotel

Family Bingo Arlington, Salon 5

Family Board Game Tournament Arlington, Salon 4

TAPS Family Movie Arlington, Salon 6

7:00 – 8:00 Knitter's Workshop Mt. Vernon, 2nd Level

7:45 Monuments by Moonlight – Trolley Tour of Washington, D.C. *(Pink wristband group)* Depart 8:00 p.m.

9:00 – 10:00 Combined 12 Step Group Meeting Survivor Care Suite

SCHEDULE

SATURDAY, MAY 27

HELP DESK	Arlington Foyer	Saturday 7:00 a.m. to 8:00 p.m.
SURVIVOR CARE SUITE	Arlington Office	Saturday 7:00 a.m. to 9:00 p.m.
SHUTTLES TO ARLINGTON CEMETERY	Hotel Lobby	Saturday 8:00 a.m. to 4:00 p.m. (last shuttle leaves ANC at 3:30 pm)
CHILD CARE	Suite 1738	Saturday 8:00 a.m. to 5:00 p.m.
RESOURCE VILLAGE	Arlington Ballroom Salons 1 & 2	Saturday 8:00 a.m. to 5:00 p.m.
TAPS STORE	Arlington Ballroom Salons 1 & 2	Saturday 9:00 a.m. to 5:00 p.m.
ARTFUL GRIEF STUDIO	Jefferson, Lobby Level	Saturday 9:00 a.m. to 5:00 p.m.

ALL DAY

9:00 – 4:30 1-on-1 with Dr. Blankenship Fairfax, 2nd Level

MORNING

6:30 – 8:30 Family Buffet Breakfast Arlington Ballroom

8:00 – 8:30 Good Grief Camp Drop Off (*Recommend campers have sneakers*) Assigned Group Rooms

7:00 – 8:00 SATURDAY BLOCK 1:

★ Sun Salutations Yoga Sky View Terrace

9:00 – 10:30 SATURDAY BLOCK 2:

★ A Frank Conversation: Is My Loss Traumatic, *Dr. Frank Campbell* Arlington, Salon 5

★ Adult Children Sharing Group Manassas

★ Art and Grief, *Erin Jacobson* Alexandria

★ Finding Growth Through Service to Others, *Zaneta M. Gileno, LMSW, CT* Jackson

★ In-Laws Sharing Group Mt. Vernon

★ Mind Body Medicine for Healing Trauma, *Dr. James Gordon* Arlington, Salon 6

★ Parents Sharing Group McLean

★ Parenting Bereaved Children Through Your Own Grief, *Rachael Hill* Madison

★ Pound Fitness: Release, Sweat, Rock, *Emily Munoz* Arlington, Salon 3

★ Preserving Assets for Your Loved Ones After Death, the Legal Process, *Traci Voelke, Esq.* Lee

11:00 – 12:30 SATURDAY BLOCK 3:

★ Hamilton: A Healing Journey, *Bob Delaney* Arlington, Salon 3

★ In-Laws and Grief, *Dr. Gloria Horsley* Madison

★ Mask Making, *Sharon Strouse* Arlington, Salon 6

★ Movement Through Grief: What Your Spirit Requires, What Your Body Requests
Emily Munoz and Nichole Bukowski Jackson

★ Moving Forward: Dating, Relationships and Intimacy After Loss
Dr. Carla Stumpf-Patton Alexandria

★ Parents Sharing Group Mt. Vernon

★ Spouses Sharing Group McLean

★ The Challenges of a Caregiver's Grief, *Paul Tschudi* Lee

★ Very Important Loved Ones Sharing Group Manassas

★ Yes, Mens' Grief IS Different, *Dr. Frank Campbell* Arlington, Salon 5

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National Military Survivor Seminar

SCHEDULE

SATURDAY, MAY 27 *continued*

AFTERNOON

12:30 – 1:30 Adult Buffet Lunch Arlington Ballroom

1:30 – 3:00 SATURDAY BLOCK 4:

- ★ Alcohol and Substance Abuse and Coping with Grief, *Franklin Cook* Lee
- ★ Good Grief Camp for Adults, *Jonathan Kirkendall* Arlington, Salon 3
- ★ How to Recognize When Your Child or Teen May Need Professional Help, *Dr. Jon Reid* Madison
- ★ Men's Sharing Group Jackson
- ★ Siblings Grieve, Too, *Dr. Heidi Horsley* Arlington, Salon 6
- ★ Significant Others Sharing Group Alexandria
- ★ Spouses Without Children Sharing Group McLean
- ★ The Power of Being Kind: Self-Compassion as Self-Care for Grief, *Heather Stang* Manassas
- ★ Tools for Transformation, *Erin Jacobson* Arlington, Salon 5

3:30 – 5:00 SATURDAY BLOCK 5:

- ★ Grandparents Sharing Group Mt. Vernon
- ★ Metaphors for Healing, *Dr. Frank Campbell* Madison
- ★ Sibling Sharing Group McLean
- ★ Supporting Children Who Did Not Know Their Parent, *Dr. Carla Stumpf Patton* Jackson
- ★ TAPS Casework Assistance and Education Support Services, We Are Here for You!
Jen Harlow, Ashlynn Haycock Manassas
- ★ Updates in Military Suicide Prevention from the Defense Suicide Prevention Office, *Dr. Keita Franklin* Lee

4:45 GGC Load Buses for Field Day USA Lobby

EVENING

- 6:00 – 9:15 TAPS Grand Banquet
Featuring Chef Robert Irvine and the Best of the Military Chefs Arlington Ballroom
- 9:00 – 10:00 Combined 12 Step Group Meeting Survivor Care Suite
- 9:00 – 10:00 LGBTQ Connection Group Mt. Vernon
- 9:30 Good Grief Camp Pick-Up

SUNDAY, MAY 28

HELP DESK	Arlington Ballroom Foyer	Sunday 7:00 a.m. to 8:00 p.m.
SURVIVOR CARE SUITE	Arlington Office	Sunday 7:00 a.m. to 9:00 p.m.
SHUTTLES TO ARLINGTON CEMETERY	Hotel Lobby	Sunday 8:00 a.m. to 3:30 p.m.
RESOURCE VILLAGE	Arlington Ballroom Salons 1 & 2	By appointment 8:00 a.m. to 11:00 a.m.
CHILD CARE	Suite 1738	Sunday 8:00 a.m. to 5:00 p.m.
TAPS STORE	Arlington Lobby	Sunday 9:00 a.m. to 4:00 p.m.
ARTFUL GRIEF STUDIO	Jefferson, Lobby Level	Saturday 9:00 a.m. to 5:00 p.m.

SCHEDULE

SUNDAY, MAY 28 *continued*

ALL DAY

- 8:30 - 4:00 Good Grief Camp: Day 3 Assigned Group Rooms
9:00 - 4:30 1-on-1 with Dr. Blankenship Fairfax, 2nd Level

MORNING

- 6:30 - 9:00 Family Buffet Breakfast Arlington Ballroom

7:00 - 8:00 SUNDAY BLOCK 1:

- ★ Sun Salutations Yoga Sky View Terrace

8:30 - 10:00 SUNDAY BLOCK 2:

- ★ Bereavement Stress Reduction: 10 Techniques to Help People Cope, Drs. Gloria & Heidi Horsley Jackson
★ God Winks, Bonnie Carroll Arlington, Salon 6
★ Non-Denominational Christian Sunday Service, Chaplain Doug Windley Arlington, Salon 5
★ Pound Fitness: Release, Sweat, Rock, Emily Munoz Alexandria
★ Relaxation & Compassion Meditation for Grief, Heather Stang Madison
★ Setbacks: Life's Tools to Empower Your Future for Young Adults, Renee Monczynski Lee

10:30 Adults: Visit D.C. Monuments and Museums (*Buses Depart from the Lobby and return by 3 p.m.*)

10:30 - 12:00 SUNDAY BLOCK 3:

- ★ Dance/Movement Therapy: The Body's Felt Experience, Brigitta White Alexandria
★ Finding Invictus: Conversations on Kindness, Mental Resiliency and the Courage to Be Where You Are, William Wagasy Manassas
★ Handmade Books: Tiny Pages that Speak Volumes, Sharon Strouse McLean
★ Post Traumatic Growth: Moving from Coping to Thriving, Dr. Ben Wolfe Lee
★ Turning Your Story into a Book, Artis Henderson Jackson
★ Yoga for Stress and Anxiety, Rayanne Hunter Madison

AFTERNOON

12:00 - 1:00 Adults: Lunch On Your Own

1:30 - 3:00 SUNDAY BLOCK 4:

- ★ Role Modeling Self-Care for the Next Generation, Dr. Frank Campbell Madison
★ Sharing Our Stories: What We Tell Ourselves, Our TAPS Family and the Outside World: Survivor Panel Jackson
Artis Henderson, Kelly Griffith, Claire Henline and Rachael Hill, with moderator Andy Weiss
★ The Trauma Healing Diet, Dr. James Gordon Lee

EVENING

- 5:00 - 8:00 TAPS Family BBQ
Featuring TAPS Military Mentor March and music by Tony David and WildeFire Arlington Ballroom
9:00 - 10:00 Combined 12 Step Group Meeting Survivor Care Suite

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National Military Survivor Seminar

SCHEDULE

MONDAY, MAY 29

SURVIVOR CARE SUITE	<i>Arlington Office</i>	Monday 7:30 a.m. to 8:00 p.m.
HELP DESK	<i>Arlington Ballroom Foyer</i>	Monday 7:00 a.m. to 8:00 p.m.

MORNING

6:00 – 9:00 Family Breakfast – Grab and Go Arlington, Salons 3 & 4
 7:15 – 2:00 Buses Depart for Arlington National Cemetery Lobby
Memorial Day Observance – TAPS will participate in the procession of colors and wreath laying

AFTERNOON

11:00 – 1:00 Lunch On Your Own
 12:30 – 2:00 Shuttles Buses Return from Arlington National Cemetery
***Note: immediately after the ceremony, buses will return to the hotel until 2:00*

12:30 Board Buses for National Memorial Day Parade Lobby
 2:00 - 4:30 National Memorial Day Parade Lobby
 4:00 – 6:00 Light Buffet Dinner Arlington, Salon 3



GOOD GRIEF CAMP SCHEDULE

THURSDAY, MAY 25

11:00 – 9:00	Family Seminar Check-in	Main Lobby
	<i>Parents will be able to schedule time to meet with their child's group leader upon request</i>	
5:30 – 8:30	Good Grief Camp Zone	Arlington, Salons 3
	<i>Games, crafts, movies, and a dance party!</i>	

FRIDAY, MAY 26

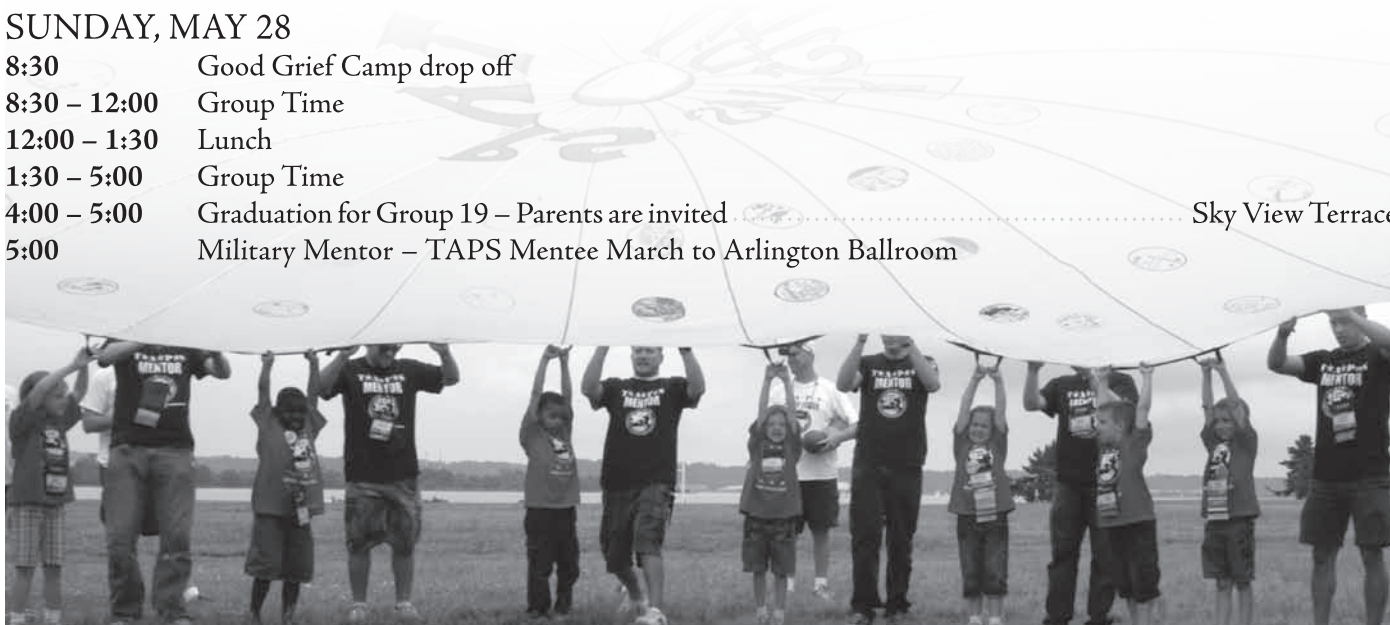
7:00 – 9:30	Family Seminar Check-in	Main Lobby
8:30 – 9:15	Good Grief Camp drop off rooms	
9:30 – 10:30	GGC Opening Session	
10:30 – 12:00	Group Time	
12:00 – 1:00	Lunch	
1:00 – 4:00	Group Time	
4:00	Good Grief Camp pick-up	

SATURDAY, MAY 27

8:00	Good Grief Camp drop off	
8:30	Good Grief Camp buses load for National Mall	
12:30	Good Grief Camp returns to the hotel	
12:30 – 1:30	Lunch	
1:30 – 4:45	Group Time	
4:45	Good Grief Camp loads buses for Field Day USA	
5:30 – 9:00	Field Day USA (dinner served at event location)	
9:00 – 9:30	Good Grief Camp returns to hotel	
9:30	Good Grief Camp pick-up	

SUNDAY, MAY 28

8:30	Good Grief Camp drop off	
8:30 – 12:00	Group Time	
12:00 – 1:30	Lunch	
1:30 – 5:00	Group Time	
4:00 – 5:00	Graduation for Group 19 – Parents are invited	Sky View Terrace
5:00	Military Mentor – TAPS Mentee March to Arlington Ballroom	



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National Military Survivor Seminar

FOUNDER AND TAPS PRESIDENT

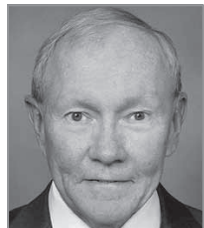


BONNIE CARROLL

Bonnie Carroll is President and Founder of the Tragedy Assistance Program for Survivors (TAPS), America's frontline resource offering compassionate care for all those grieving a death in the Armed Forces and serving more than 70,000 survivors with 24/7 support services and programs. Ms. Carroll founded TAPS in 1994 following the death of her husband, Brigadier General Tom Carroll, in an Army aviation crash. Ms. Carroll is a veteran of the United States Air Force with over 30 years of service in the Air National

Guard and Air Force Reserve. In her professional career, she worked as a defense consultant on Capitol Hill, a senior appointee in the Reagan and both Bush Administrations, and as Deputy Senior Advisor to the Ministry of Communications in Baghdad, Iraq. She currently serves on the Defense Health Board and is a recipient of the Presidential Medal of Freedom and the Association of Death Education and Counseling Clinical Practice Award. She is the co-author of "Healing Your Grieving Military Heart" and numerous articles on coping with traumatic grief. Ms. Carroll holds degrees in Public Administration and Political Science from the American University. She makes her home both in Arlington, Virginia and Anchorage, Alaska.

DISTINGUISHED MILITARY GUESTS



GENERAL MARTIN E. DEMPSEY, USA (RET.)

General Martin E. Dempsey retired as the 18th Chairman of the Joint Chiefs of Staff after 41 years of military service. During his time in the Army, he commanded a Cavalry Troop, a Tank Battalion, a Cavalry Regiment, a Tank Division, and United States Central Command where he was responsible for securing U.S. interests in the Middle East and South Asia. He served in both Operation Desert Storm and Operation Iraqi Freedom accumulating 42 months in combat.

General Dempsey is a 1974 graduate of West Point and has Master's Degrees from Duke in Literature, from the Army Command & General Staff College in Military Science, and from the National War College in National Security Strategy. He also has an Honorary Doctorate Degree in Law from Notre Dame University.

His military awards include the Bronze Star with valor device, the Defense Distinguished Service Medal, and Distinguished Service Medals from the Army, Navy, Air Force, and Coast Guard as well as awards from other Departments in the United States Government including the Office of the Director of National Intelligence, the Central Intelligence Agency, and the National Security Agency. He has received awards from many of our allies including France, Germany, Italy, Poland, Croatia, Israel, Japan, the Republic of Korea, and Singapore.

He served as the Chief of Staff of the United States Army and then as the Chairman of the Joint Chiefs of Staff. As Chairman of the Joint Chiefs of Staff he was the senior officer in the Armed Forces and the military advisor to the Secretary of Defense and to the President. In 2015, General Dempsey was named one of the 100 most influential leaders in the world by Time Magazine. In March of this year, he was inducted into the Irish-America Hall of Fame, and in May he received the Ellis Island Medal of Honor.

General Dempsey and his wife, Deanie, have been married for 39 years. They served the military as a team, and Deanie was instrumental in supporting military families and championing many of the family programs that have been critical to our success over the past 14 years of conflict.

Marty and Deanie have three children and nine grandchildren. Each of their three children served in the Army, and their son, Chris, continues to serve as a Major recently assigned to the Pentagon.

General Dempsey's post-military career includes a teaching position at Duke University in public policy and leadership, a role as the Chairman of USA Basketball and motivational speaking through the Washington Speakers' Bureau.

General Dempsey recently joined the TAPS Board of Directors.

DISTINGUISHED MILITARY GUESTS



GENERAL JOSEPH F. DUNFORD, JR., USMC

General Joseph F. Dunford, Jr. is the 19th Chairman of the Joint Chiefs of Staff, the nation's highest-ranking military officer, and the principal military advisor to the President, Secretary of Defense and National Security Council.

Prior to becoming Chairman on Oct. 1, 2015, General Dunford served as the 36th Commandant of the Marine Corps. He previously served as the Assistant Commandant of the Marine Corps from 2010 to 2012 and was Commander, International Security Assistance Force and United States Forces-Afghanistan from February 2013 to August 2014.

A native of Boston, General Dunford graduated from Saint Michael's College and was commissioned in 1977. He has served as an infantry officer at all levels, to include command of 2nd Battalion, 6th Marines, and command of the 5th Marine Regiment during Operation IRAQI FREEDOM.



GENERAL JOSEPH L. LENGYEL, USAF

General Joseph L. Lengyel serves as the 28th Chief of the National Guard Bureau and as a member of the Joint Chiefs of Staff. In this capacity, he serves as a military advisor to the President, Secretary of Defense, National Security Council and is the Department of Defense's official channel of communication to the Governors and State Adjutants General on all matter pertaining to the National Guard. He is responsible for ensuring that the more than 453,000 Army and Air National Guard personnel are accessible, capable and ready to protect the homeland and to provide combat-ready resources to the Army and Air Force.

Prior to his current assignment, General Lengyel served as the Vice Chief, National Guard Bureau.



SECRETARY OF DEFENSE JAMES MATTIS, USMC (RET.)

General Jim Mattis, USMC (Ret.) became the 26th Secretary of Defense on Jan. 20.

A native of Richland, Washington, Secretary Mattis enlisted in the U.S. Marine Corps Reserve at the age of 18. After graduating from Central Washington University in 1971, he was commissioned a second lieutenant in the U.S. Marine Corps.

During his more than four decades in uniform, Secretary Mattis commanded Marines at all levels, from an infantry rifle platoon to a Marine Expeditionary Force. He led an infantry battalion in Iraq in 1991, an expeditionary brigade in Afghanistan after the 9/11 terror attack in 2001, a Marine Division in the initial attack and subsequent stability operations in Iraq in 2003, and led all U.S. Marine Forces in the Middle East as Commander, I Marine Expeditionary Force and U.S. Marine Forces Central Command.



GENERAL PAUL J. SELVA, USAF

General Paul J. Selva serves as the 10th Vice Chairman of the Joint Chiefs of Staff. In this capacity, he is a member of the Joint Chiefs of Staff and the nation's second highest-ranking military officer.

General Selva graduated from the U.S. Air Force Academy in 1980, and completed undergraduate pilot training at Reese AFB, Texas. He has held numerous staff positions and has commanded at the squadron, group, wing and headquarter levels. Prior to his current assignment General Selva was the commander of U.S. Transportation Command, Scott AFB, Illinois.

General Selva is a command pilot with more than 3,100 hours in the C-5, C-17A, C-141B, C-37, KC-10, KC-135A and T-37.

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National Military Survivor Seminar

SPECIAL GUEST EMCEE



KIMBERLY DOZIER

Kim Dozier joined the Daily Beast and CNN as a contributing writer/on-air analyst in 2014, after four years as an Associated Press intelligence writer with trips to cover conflicts in Afghanistan and Pakistan, and 17 years as an award-winning CBS News foreign and national security correspondent. She also held the 2014-2015 Bradley Chair at the U.S. Army War College, Penn State Law and Dickinson, while working on a book on resiliency and clandestine operations. Dozier covered the war in Iraq from 2003 until 2006 when she was

wounded in a car bombing. That bombing killed the U.S. Army officer her team was filming, Capt. James Alex Funkhouser, along with his Iraqi translator, "Sam," and Dozier's colleagues, CBS cameraman Paul Douglas and soundman James Brolan. In her powerful, best-selling memoir, "Breathing the Fire: Fighting to Survive and Get Back to the Fight," she recounts the deadly attack and her journey to full recovery, thanks to the troops on the ground and a vast army of medical professionals that put her back together. The author's proceeds from the paperback version, published on Veterans Day 2011, go to charities for the injured.

SPECIAL GUEST



CHEF ROBERT IRVINE

With more than 27 years in the culinary profession, Chef Robert Irvine has cooked his way through Europe, the Far East, the Caribbean and the Americas, in hotels and on the high seas. Robert hosts the Food Network series *Restaurant: Impossible*, where he saves struggling restaurants across America by assessing and overhauling their weakest spots. He also previously hosted *Dinner: Impossible* and *Worst Cooks in America*. Robert has authored two cookbooks, *Mission: Cook!* and *Impossible to Easy*, and one healthy-living book, *Fit Fuel: A Chef's Guide to Eating Well and Living Your Best Life*. He tours with his interactive live show, *Robert Irvine Live*, and appears regularly as an expert guest on national morning and daytime talk shows.

In 2015, Robert launched Robert Irvine Foods, a company that features a nutritionally improved line of food products without compromising great taste. He recently established his eponymously named non-profit organization, The Robert

Irvine Foundation, in an effort to support military personnel and their families. In recent years he was honored with two very distinguished recognitions for his dedication to the armed services and our country's heroes. He was first designated Honorary Chief Petty Officer by the U.S. Navy, and later that year awarded the Bob Hope Award for Excellence in Entertainment and Support of our Service Members, bestowed upon him by the Congressional Medal of Honor Society. Continuing his support of the military, Robert became the first celebrity chef to open a restaurant — aptly named Chef Robert Irvine's Fresh Kitchen — at the Pentagon, in the fall of 2016. His other recent projects include the Robert Irvine Magazine in May 2016; the opening of a new Gold's Gym in Largo, Florida, in January 2017; and the opening of a new restaurant in Las Vegas at the Tropicana in late 2017. For more information on Chef Robert Irvine, visit www.ChefIrvine.com.



PRESENTERS AND SPEAKERS

Karen Anderson, MA, ATR-BC, GC-C, Karen is a board-certified art therapist and grief counselor. Since 2010, she has co-facilitated the Artful Grief: Open Art Studio at the TAPS National Military Survivor Seminars and National Military Suicide Survivors Seminars. She has been a flight attendant for American Airlines for nearly three decades, where she provided support to co-workers following 9/11 and flight 587 in 2001. At home in Connecticut, she offers workshops using art and meditation for healing life's transitions, losses and grief. Karen's father and two brothers served in the Navy, which cultivated her understanding of military culture. Karen's personal experience of grief is shaped by the loss of her 48-year-old brother. She has two grown children and two cats that are still growing and continue to inspire her own healing.

Capt. Charles Blankenship, MD, USN (Ret.), Dr. Blankenship was a surgeon at the National Naval Medical Center. During his three-decade career as a Naval officer, he served in many capacities including service as ship's surgeon and staff surgeon, as well as deploying during Operation Desert Shield, Operation Desert Storm, and Operations Enduring Freedom and Iraqi Freedom.

Frank Campbell, Ph.D., LCSW, CT, Frank is the former Executive Director of the Baton Rouge Crisis Intervention Center and the Crisis Center Foundation in Louisiana. He is currently the Senior Consultant for Campbell and Associates Consulting where he works with communities on forensic suicidology cases. It was due to his more than twenty years of working with those bereaved by suicide that he introduced his Active Postvention Model (APM) most commonly known as the LOSS Team (Local Outreach to Suicide Survivors). His work with survivors and victims of trauma has been featured in three Discovery Channel documentaries.

The APM concept involves a team of first responders who go to the scene of a suicide and provide support and referral for those bereaved by the suicide. The goal has been to shorten the elapsed time between the death and survivors finding the help they feel will help them cope with this devastating loss. APM has shown to have a positive impact on both the team members as well as the newly bereaved. The model has now been replicated in countries as diverse as Australia, Singapore, Northern Ireland, Canada and America.

Campbell has also been selected to receive the Louis Dublin award at the 2010 American Association of Suicidology Conference. Dr. Campbell is a past president of AAS and has received the Roger J. Tierney Award for service. He was Social Worker of the Year in Louisiana and the first John W. Barton Fellow selected in his hometown of Baton Rouge, Louisiana.

Franklin Cook, MA, CPC, Franklin is an Army veteran (1972-1975) whose father, an Air Force veteran (1948-1952), died by suicide in 1978. Since 1999, Franklin has used his experience as a recovering addict and as a survivor of a loved one's traumatic death to promote and implement peer support for bereaved people. He has worked as a consultant at TAPS national seminars since 2012, and he recently helped TAPS produce a booklet for people newly bereaved by suicide. At many TAPS national seminars, he facilitates a nightly sharing group based on the 12-step recovery model. His one-on-one work with the traumatically bereaved is described at personalgriefcoach.com.

Bob Delaney, Bob currently serves as the NBA's Vice President of Referee Operations and Director of Officials. He previously worked 25 seasons as an NBA referee. Prior to his career in professional basketball, Delaney was a highly decorated New Jersey State Trooper who went undercover to infiltrate the Mafia - cause for his own post-traumatic stress journey. His firsthand experiences coupled with a passion to better understand traumatic stress have made him an expert on the subject. Delaney's efforts to educate and bring attention to the topic of post-traumatic stress have entailed visits to military troops around the world, including multiple trips to Afghanistan and Iraq. He has also been a television guest on networks such as CNN, having been interviewed by media personalities including Dr. Sanjay Gupta. Described by General Robert Brown, U.S. Army Four Star Commander Pacific as the person who "related to soldiers better than any visitor I have seen in my 36 years in the military," Delaney authored a book on the topic, *Surviving the Shadows - A Journey of Hope Into Post Traumatic Stress*. He is also the author of *Covert: My Life Infiltrating the Mob*.

Keita Franklin, Ph.D., Keita is a member of Senior Executive Service and serves as Director for the Defense Suicide Prevention Office. She is responsible for policy and oversight for the Departments Suicide Prevention programs. Dr. Franklin previously served as the Behavioral Health Branch Head where she was charged with leading the integration of USMC behavioral health programs. In this capacity, she was responsible for the administration of a number of key program areas including; Research, Program Evaluation, Data Surveillance, Program Development, Functional Systems and Prevention and Clinical Services comprised of Substance Abuse, Family Advocacy, Suicide Prevention, Combat Operational Stress Control and non-medical counseling programs. Dr. Franklin is a licensed social worker with a specialization in children and families and has a PhD in social work with specialized training/certifications from the Center for the Advancement of Research Methods and

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Analysis. Dr. Franklin received a leadership award from Virginia Commonwealth University for leading efforts to help train and advise the social work profession on working with military families.

James S. Gordon, MD, James is a Harvard-educated psychiatrist, is a world-renowned expert in using mind-body medicine to heal depression, anxiety and psychological trauma. He is the Founder and Executive Director of The Center for Mind-Body Medicine (CMBM), a Clinical Professor in the Departments of Psychiatry and Family Medicine at Georgetown Medical School, and served as Chairman of the White House Commission on Complementary and Alternative Medicine Policy. Dr. Gordon has created groundbreaking programs of comprehensive mind-body healing for physicians, medical students, and other health professionals; for people with cancer, depression and other chronic illnesses; and for traumatized children and families in Bosnia, Kosovo, Israel, Gaza, Haiti, and Syrian refugees in Jordan; in post-9/11 New York and post-Katrina southern Louisiana; with Native Americans on Pine Ridge Reservation, and for veterans and active duty military. Dr. Gordon's most recent book is *Unstuck: Your Guide to the Seven Stage Journey Out of Depression*.

Artis Henderson, Artis is the author of *Unremarried Widow*, a memoir about her husband's death in Iraq. The book was featured in the New York Times, People and Elle magazines, and on NPR. It was named to more than 10 Best of the Year lists. Henderson has a graduate degree from the Columbia School of Journalism.

Rachael Hill, Rachael is the surviving spouse of Captain Jeff Hill, mom to two VERY active boys, and an Air Force veteran. She is a graduate student at Marian University and will finish her Master's Degree in Thanatology this coming summer (2017). She has been a TAPS Peer Mentor since 2012 and has been a guest blogger and speaker for numerous organizations including TAPS, Folds of Honor, Blue Star Families, military.com, and the Air Force Marathon to name a few. After her husband's death she started a non-profit organization, the Jeff Hill Legacy Fund, through which educational scholarships are given to Air Force ROTC cadets at select universities across the country. She is also a group fitness instructor at her local YMCA. Most importantly however, since the death of her husband she has found that in addition to helping her children grow into thriving and respectful young men, her true passion lies in helping others who have found themselves on a similar grief path. By sharing her story, she hopes others can relate and find that there can always be hope, even through the hardship of loss.

Gloria Horsley, Ph.D., MSN, Gloria is a licensed marriage and family therapist, founder and president of Open To Hope, one of the world's most visited multimedia, web-based resources for the bereaved. Along with her daughter, Dr. Heidi Horsley, Dr. Gloria is host of the award-winning *Open To Hope* television and radio shows. She has authored a number of books and articles including *The In-Law Survival Manual* and *In-Laws a Guide to Extended Family Therapy*. She is a clinical member of the American Association of Marriage and Family Therapy and has been a faculty member at the University of Rochester School of Nursing. She is a past member of the board of directors of The Compassionate Friends (TCF) and currently serves on the TCF and Elisabeth Kübler-Ross Foundation advisory boards. She blogs for the Huffington Post, MADD, Maria Shriver and is a member of the Forbes nonprofit council.

Heidi Horsley, Psy.D., LMSW, MS, Heidi is a survivor of sibling loss and the Executive Director for the Open to Hope Foundation, www.opentohope.com, an organization committed to helping people find hope after loss. She is a licensed psychologist and social worker and an adjunct professor at Columbia University. Heidi hosts a weekly award-winning cable TV and Internet radio show called *Open to Hope* and has a private practice in New York City. She serves on the National Board of Directors for The Compassionate Friends and is the author of eight books.

Rayanne Hunter, Rayanne is the surviving spouse of Staff Sergeant Wesley Hunter. A yoga enthusiast for 18 years, she officially certified as a yoga instructor in 2011. In addition to teaching yoga and body movement, Rayanne also received specialized training in yoga for post-traumatic stress.

Donna Naslund, RN, Donna is a Registered Nurse with over 15 years experience in ICU and Emergency Room settings. She has worked in bereavement for the last 10 years. Donna currently volunteers at Gilchrist Hospice in Baltimore, Maryland where she serves as an end of life doula, grief support group facilitator and grief services program developer. Donna earned her 200 hour yoga teacher certification in August 2016 and runs yoga and grief programming for Gilchrist Grief Services. Her personal experiences with grief include being widowed at the age of 26, the stillborn death of a baby girl, the death of her father and the suicide of her 17 year old niece. This is her sixth year facilitating in the Open Art Studio for TAPS.



PRESENTERS AND SPEAKERS

Jon K. Reid, Ph.D., LPC, NCC, Jon is an experienced counselor and has conducted counseling in a variety of contexts, such as public schools, churches, counseling agencies, psychiatric hospitals and in private practice. For six years, he served as consultant and supervisor of grief counselors for Camp Strong Heart, a summer camp for grieving children. Jon has also consulted with earthquake survivors in Sichuan Province, China, and has made professional presentations in China, Taiwan, Hong Kong, Malaysia, Singapore and Barbados. A long-time member of the Association for Death Education and Counseling (ADEC), Jon served as president of the ADEC Board (2013-2014). He is a Licensed Professional Counselor in Texas and a National Certified Counselor. A native Texan, he earned a Ph.D. in family studies (1990) from Texas Woman's University and has been a member of the faculty of the Department of Behavioral Sciences at Southeastern Oklahoma State University for over 20 years. Jon has been published in several journals including *Death Studies*, *School Psychology International*, *Journal of Personal and Interpersonal Loss*, *Illness, Crises and Loss*, as well as a chapter in *The Handbook of Death and Dying* (2003) and the *Encyclopedia of Death and the Human Experience* (2009).

Heather Stang, MA, Heather is a thanatologist, yoga therapist, and the author of *Mindfulness & Grief*, which is based on the eight-week grief support program she facilitates online and at the Frederick Meditation Center in Maryland. Her passion for helping others reduce grief-related suffering is inspired by her own story of love, loss, and posttraumatic growth. She offers many free resources, including guided meditations, at <http://mindfulnessandgrief.com>.

Sharon Strouse, MA, ATR-BC, LCPAT, Sharon is a board-certified art therapist and licensed clinical professional art therapist with 30 years of clinical experience with adults in both group and individual settings. A year after her 17-year old daughter Kristin ended her own life; Sharon immersed herself in a creative process involving collage which became the foundation for her book, *Artful Grief: A Diary of Healing*. Additional published works can be found in *Neimeyer's Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved* and *Thompson and Neimeyer's Grief and the Expressive Arts: Practices for Creating Meaning*. She is a workshop presenter for The Tragedy Assistance Program for Survivors 2008-2017, The American Association of Suicidology 2012, 2014, The American Foundation for Suicide Prevention 2016, The Association for Death Education and Counseling 2012-2015, The Compassionate Friends 2005-2015, the American Art Therapy Association National Conference 2016-2017 and the Expressive

Therapies Summit 2015-2017. She is a board member on the Johns Hopkins Medicine Department of Psychiatry and Behavioral Sciences. Sharon is co-founder of The Kristin Rita Strouse Foundation (www.krsf.com) a non-profit dedicated to supporting programs that increase awareness of mental health through education and the arts. In addition to national workshops, she leads weekly art therapy circles and spiritual and intuitive development circles for survivors of loss.

Paul Tschudi, Ed.S., MA, Paul has over 25 years of experience working with people facing grief, loss and life transitions. He maintained a private counseling practice for over 15 years before his faculty appointment at George Washington University. His interest in end-of-life issues was born out of the experience of serving as a medic in Vietnam from 1969 to 1970.

From 1993 until 1997, he was Executive Director of The Wendt Center (aka St. Francis Center), a center for counseling and educating people living with loss and illness. Tschudi currently serves on the Advisory Boards of The Wendt Center for Loss and Healing and TAPS.

Traci J. Voelke, JD, Traci is an attorney at the Office of the Staff Judge Advocate, Fort Belvoir, Virginia. She graduated from the University of Maryland with a dual major in Socio-Cultural Anthropology and Government and Politics. Ms. Voelke earned her Juris Doctor from University of Georgia, School of Law and is licensed to practice in New York, Georgia, the District of Columbia and Virginia. Upon law school graduation, Ms. Voelke clerked for the Honorable G. Mallon Faircloth, U.S. Magistrate Judge for the 11th Circuit, Middle District of Georgia. She has also worked as an Assistant County Attorney, Jefferson County, New York and an Assistant Attorney at the Attorney General's Office, for the District of Columbia. Ms. Voelke's current practice areas include estate planning, family law, probate, small claims, military administrative law, guardianship/conservatorship, landlord-tenant and Service Members' Civil Relief Act compliance. She is the surviving spouse of Maj. Paul C. Voelke, U.S. Army, and volunteered as an Army spouse during their 12 year marriage. She lives in Northern Virginia with her two sons, AJ and Benjamin.

William Wagasy, JD, MA, William grew up in Missouri. A former player for Notre Dame under Coach Lou Holtz,, he graduated with an accounting degree and a second major in philosophy in 1996. He went on to receive his Juris Doctorate from Pepperdine University in 2000 and his Master's Degree in Dispute Resolution

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from Pepperdine in 2001. Following the attacks of 9/11, he enlisted in the Navy and became a U.S. Navy SEAL in 2003. He completed four combat tours from 2004 to 2011 to Iraq and Afghanistan. After his time in the Navy, he served as the Director of Veteran's Outreach for the Gary Sinise Foundation for 18 months and continues to be an ambassador for the foundation. Today he is the Vice President of National Sales, National Commercial Services for Commonwealth Land Title Company as well as for Fidelity National Title Group for Home Builder Services.

Brigitta White, MS, R-DMT, Brigitta received her Master of Science in Dance/Movement Therapy from The Pratt Institute in Brooklyn, New York in 2007. She is a Registered Dance/Movement Therapist with the American Dance Therapy Association since 2007. Brigitta holds a certification in children's yoga since 2010. She has volunteered with TAPS Good Grief Camp since 2012 and coordinated the volunteer effort with Washington, D.C.-area dance/movement therapists.

Ben Wolfe, M.Ed., LICSW and Thanatology Fellow, Ben is a grief, loss and transition trainer and consultant after 28 years as director and grief therapist of St. Mary's Medical Center's Grief Support Center in Duluth, Minnesota, where he provided life-threatening illness and bereavement counseling (from any cause of death) for all ages. He is a Licensed Independent Clinical Social Worker and Fellow in Thanatology as well as a former president of the Association for Death Education and Counseling (ADEC) and has received a number of awards, including the ADEC Service Award in 1994, the ADEC Death Educator of the Year Award in 2011, the first-ever Senator Paul Wellstone Legacy Award presented by the Minnesota School Counselors Association in May 2004 for his work with schools and communities in crisis, and in May 2005 was selected as "Employee of the Year" by St. Mary's Medical Center. He was appointed by the National Kidney Foundation from 2001 to 2005 to the 11-member National Donor Family Council Executive Committee. He consults and trains internationally and has given over 2,000 presentations dealing with grief and loss. He is a clinical member of the Northeastern Minnesota CISM team, and in 2013 was awarded the regional "Friend of EMS Award." In addition to chapters in books, he has authored numerous articles related to grief and loss and served for ten years on the St. Mary's Medical Center's Bio-Ethics Committee. Additionally, for over 25 years Ben taught university graduate courses on death and dying, and for 23 years he also taught a course on life-threatening illness at the University of Minnesota, Duluth School of Medicine. He also loves to bake bread...the old fashion way...by hand!

Claire Wudowsky, Claire and her charitable organization, Knitters and Crocheters Care, have donated handcrafted items and taught knitting and crochet at TAPS since 2001. Claire is honored to be included in the TAPS National Military Survivor Seminar again this year and looks forward to working with TAPS families.

SPECIAL GUESTS

Wildfire (with Tony David, Kerry Edwards and Lindsay Solonycze), WildeFire offers a wide variety of music from the big band sounds of the 40s, 50s old-time rock 'n' roll sock hop, classic rock, country and American standards. They perform the songs the way they were intended by the original artists, mixing it up for all types of listeners young and old. Their top charitable focus is TAPS having raised over \$200,000 by donating their performance time and assistance to numerous fundraisers. Visit their website at www.tonyentertains.com for more details.

Tony David was born in Jackson, Tennessee, and has performed all over Colorado and on stage with many highly acclaimed singers and songwriters from Nashville and New York to Hollywood in front of tens of thousands over the last 20 years. He has been an active board member for ten years for the Colorado Celebrity Classic golf tournament to benefit TAPS.

Kerry Edwards is a native of Salt Lake City. He performed in musical theater productions and has been singing professionally since 1972. Kerry has played with a variety of rock and jazz bands and has a vocal range and diversity that connects him to his audience. His energy and professionalism enable him to perform a variety of materials to keep the evening entertaining.

Lindsay Solonycze lights up any room with her blue eyes and a smile as big as the New York skyline. Her music and style are magnified by world-class music training in opera and vocal performance. Raised in Arkansas, Lindsay was drawn to all things music and started singing in her church choir at age nine. After graduating high school, she studied vocal performance and opera at the University of Colorado, where she was awarded the Julia Holbeck scholarship. She broadened her musical perspective by completing a study abroad program in Novafeltria, Italy. She is currently working with songwriters in Los Angeles and hopes to continue inspiring listeners and giving back through her music.

SPECIAL GUESTS

Therapy Assistance Paws for Survivors:

For the eleventh year in a row, TAPS is proud to host emotional comfort dogs at our National Seminar. Each year, these furry mental health superstars and their people (wearing TAPS volunteer t-shirts) attend our National Military Survivor Seminar to provide unconditional love, comfort, affection and sometimes even wet doggie kisses to our survivors. They'll most likely be found in common areas where you'll be sure to see them. Studies show that loving attention from a friendly animal can reduce stress and anxiety and we know for sure that they bring lots of smiles and giggles to survivor faces! Please note that some of the dogs you will see this weekend are trained therapy dogs, but not all. In addition, therapy dogs receive different training than individual service dogs, which some attendees may bring with them this weekend. Therapy dogs are on site for everyone to love on and be loved by; service dogs are doing a job and will need space to work and rest. The easy way to tell the difference is if the dog is wearing a TAPS doggie bandana which is a sign they are a part of the Paws for Survivors.



FRIDAY MORNING CONNECTION OPPORTUNITIES

Welcome Groups: Welcome Groups are introduced this year to help in easing into the weekend with others who have shared connections to their loved ones. This 60-minute group time, led by TAPS staff, is aimed at expanding your existing connections and building new bonds. There are five groups held on Friday morning, each different in the type of loss we experienced but the same in how much we loved the ones we've gathered to honor. Welcome Groups are relaxed and are intended to pave the way for a memorable weekend.

Survivors of Loss by Accident Welcome Session

Survivors of Loss by Combat Welcome Session

Survivors of Loss due to Homicide Welcome Session

Survivors of Loss due to Illness Welcome Session

Survivors of Loss by Suicide Welcome Session

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Nichole Bukowski, Nichole is an experienced athlete, yogi, and health and wellness educator who serves TAPS both as the Program Manager for Health & Wellness and as an Inner Warrior program coach. She uses powerful movement and purposeful release to help survivors identify life skills, find momentum, and re-discover their best selves. Nichole was a wellness consultant for TAPS for the Inner Warrior Wellness Retreat where she taught yoga classes, fascia release training, running programs, and nutrition classes. In addition to her B.A. in Communications from Boston College and a Masters of Education from the University of Massachusetts, she is a certified Balanced Athlete Coach, TRX and Spin instructor, Healthy Running Coach, Functional Movement practitioner, and dog lover.

Lalaine Estella, Lalaine has been with TAPS for nearly three years. She first came to TAPS as a volunteer at the National Military Survivor Seminar and then came on board to staff the National Military Survivor Helpline before joining the Community Based Care team. She is a surviving daughter of Petty Officer 1st Class Francisco Estella, U.S. Navy. She walks her dog daily, practices yoga a few times a week and enjoys running with Team TAPS. She is a yoga instructor and has recently completed additional training to lead yoga for trauma survivors.

Zaneta M. Gileno, LMSW, CT, Zaneta began her social work career as a professional in the child welfare system. Her efforts to reunite families and empower parents helped shape her as a practitioner. A graduate of Columbia University School of Social Work, Zaneta now serves as Director of Community Based Care for TAPS. As a grief professional, she offers direct survivor support, ensures the TAPS community of survivors is connected to grief counseling and support groups, and establishes and maintains the network of TAPS own support group model. In addition, she oversees internal professional education as well as TAPS professional development offerings. She is also the liaison for the TAPS Clinical Advisory Board.

Kelly Griffith, Kelly is the surviving sister of Marine Corps Major Samuel Griffith, who was killed in action in Afghanistan in December 2011. Kelly was home alone when the knock at the door came, but with the help of TAPS, she has found she isn't alone in her grief journey. Kelly now shares her skills, serving as manager of TAPS internal communications and and *TAPS Magazine* editor.

Ashlynn Haycock, Ashlynn is the Education Services Coordinator for TAPS, where she works with hundreds of survivors of military loss to connect them to education benefits and resources to further their goals. She helped facilitate a Memorandum of Understanding (MOU) between TAPS and the Department of Veterans Affairs that allows TAPS to make it easier for survivors to access their benefits. Ashlynn is the surviving daughter of Sgt. 1st Class Jeffrey Haycock, who died while training to deploy in 2002, and Senior Airman Nichole Haycock, who died by suicide in 2011. She received a Bachelor's Degree in Political Science from the American University in 2013.

Claire Henline, Claire is a native of Washington, D.C. and the surviving daughter of LTC William Henline, U.S. Army. She has worked almost 15 years for military organizations in both historic preservation and communications. She began working at TAPS in 2014 and currently serves as the social media manager. Claire attended her first TAPS event in 2008 at the invitation of the family of a National Guard colleague and saw the benefits of TAPS mission. Claire's father was a career U.S. Army officer and Vietnam veteran who died in 2005 due to a service-related cancer. Her family members have served in almost every major American conflict going back to the French and Indian War.

Erin Jacobson, Erin, Director of Survivor Programs, has been with TAPS since 2011 after her fiancé, Army Ranger, Cpl. Jason Kessler was killed in Mosul, Iraq. Prior to joining TAPS, Erin was employed as a counselor for at-risk youth and had a career in marketing and event planning. She holds a bachelor's degree in Counseling, has completed post-baccalaureate studies in Art History and Fine Arts and is currently completing her master's degree in Nonprofit Management at Fordham University. She is originally from Seattle, Washington, and currently resides in New York, New York.

Jonathan Kirkendall, Jonathan is the Youth Programs Manager and licensed therapist with over 20 years experience. He is a graduate of Wake Forest University and Naropa University. A member of the American Mental Health Counselors Association and the International Network of Integrative Mental Health, he serves on the board of the DC chapter of the AMHA and is a senior teacher at the DC Shambhala Meditation Center.

TAPS STAFF PRESENTERS

Kathy Moakler, Kathy serves as the Director of Survivor Advocacy. Kathy has been with TAPS for just over two years and works with Congress and policymakers to improve and sustain important survivor benefits. The spouse of a retired soldier, she has worked as an advocate for military families for over 20 years.

Renee Monczynski, Renee served in the Marine Corps and as a U.S. Navy Reservist. With a background in early childhood education, she began volunteering with TAPS Good Grief Camps in 2010, where she especially enjoyed supporting the teen population through transitions and building their peer support network. She obtained her Bachelor of Arts degree in Psychology in 2016. Renee was hired to launch the Young Adult Program within the TAPS family to bridge the gap between youth and adult programming. Renee is the surviving spouse of Matthew Monczynski, U.S. Navy. She and their daughter, Ashley, reside in Texas.

Emily Clark Munoz, Emily started volunteering with TAPS Good Grief Camps in 2007 and began working full time for TAPS in 2014. The surviving spouse of an Army Special Forces operator whose excellence still fondly irritates and fiercely inspires her, Emily created the Inner Warrior program to connect survivors with the best parts of themselves. She teaches classes at bTone Fitness in Boston and is certified or licensed in multiple fitness modalities. She enjoys hope, healing, deep conversations, terrible jokes, dance parties, and the opportunity to grow stronger every day.

Kim Ruocco, MSW Kim is the Chief External Relations Officer for Suicide Prevention and Postvention for TAPS and has been instrumental in raising awareness using the voices of military suicide survivors. She has developed comprehensive, peer-based programs that provide specific care to all those grieving a death by suicide in the military. The most impactful of these services is the TAPS Annual Survivors of Suicide Loss Conference, which offers hope and healing to thousands of adult survivors, and a camp for children grieving a death by suicide. Kim is currently the co-lead on the National Action Alliance Military and Family Task Force and an Applied Suicide Intervention Skills (ASIST) trainer. Kim holds a Bachelor of Arts in Human Services and Psychology from the University

of Massachusetts and a Master's Degree in Clinical Social Work from Boston University. She is also the surviving wife of Marine Corps Maj. John Ruocco, who died by suicide in 2005.

Dr. Carla Stumpf-Patton, EdD, LMHC, NCC, FT, CCTP, Dr. Carla serves as the Director of TAPS Suicide Postvention Programs, where she supervises the outreach and care to families after the traumatic loss of a service member. As a subject matter expert concerning issues surrounding grief, traumatic loss, and suicide, she consults with staff, civilian providers and military leaders in providing effective outreach to military personnel, veterans, and military families. Her credentials include a Bachelor of Science in Psychology, a Master of Arts in Clinical Mental Health Counseling, and a Doctorate of Education in Counseling Psychology. She is a Licensed Mental Health Counselor, National Certified Counselor, Qualified Supervisor, Certified Fellow of Thanatology, Certified Clinical Trauma Professional, and a counseling educator in higher academia. Carla is the surviving spouse of Marine Corps Drill Instructor Sgt. Richard Stumpf who by suicide in 1994 several days before the couple's only child was born.

Doug Windley, Doug is a TAPS Survivor Care Team member who enjoys discussions on faith, grief and God when he is invited to do so. In addition to working with TAPS, Doug is a Chaplain in the North Carolina Army National Guard and has served in El Salvador, Kuwait, Qatar and Afghanistan. He graduated from Western Carolina University with a B.S. in Business Administration. He received his M.A. in Theological Studies and M.Div. in Biblical Studies from Carolina Graduate School of Theology, and Clinical Pastoral Education from the Durham VA Hospital. Doug enjoys speaking at events and churches sharing his passion for his faith, love for military service members and veterans, and heart for families of the fallen.



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WORKSHOPS



A Frank Conversation: Is my Loss Traumatic?

– **Dr. Frank Campbell**

Traumatic grief has characteristics different from the more traditional grief associated with death. Dr. Frank Campbell will describe elements that stand out when experiencing traumatic grief that compromise the activities of daily living and impact sleep, physical health and overall well-being. When assumed to be characteristics of "normal" grief many find processing their loss overwhelming, resulting in a more difficult grief journey. Participants attending are encouraged to ask questions or share personal experiences they are coping with to gain practical solutions that have helped others cope more effectively.

Alcohol & Substance Abuse and Coping with Grief

– **Franklin Cook**

This session begins with peer grief support helper Franklin Cook using his own story – as a person bereaved by the traumatic death of his father – to explore how alcohol and substance abuse (and other potentially addictive behaviors) can affect coping with grief. A number of ideas about the causes and characteristics of the pain of grief are discussed, and various perspectives on coping with the pain of grief are shared. This is an interactive session, in which participants' ideas and perspectives on this vital topic are welcome.

Art and Grief: How Art Communicates the Unspeakable – **Erin Jacobson**

In grief we often struggle to find the words to express what we feel. The visual arts can communicate the deepest parts of us when we don't know how to communicate them. After the death of her fiancé in 2007, survivor Erin Jacobson studied art as part of her healing process. In this session, she will give a brief introduction on how to look at art and use it as a tool to heal as well as share specific pieces that resonated in her grief process.

Bereavement Stress Reduction: 10 Techniques to Help People Cope – **Drs. Gloria & Heidi Horsley**

Are you ready to reduce your bereavement stress? This interactive workshop is for those who are ready to transform their losses and find hope, healing and joy again. You will learn tools and techniques for reducing bereavement stress, and will develop skills for healing after loss. Specific tips and tools will be shared that have been used in Heidi and Gloria's own lives, and with their guests to find hope and literally transform lives. You will leave feeling more energized and learn techniques that can be used at home.

Dance/Movement Therapy: The Body's Felt Experience – **Brigitta White MS, R-DMT**

Our emotional experience is held in the body. We will give space to let our bodies "talk." Learn about dance/movement therapy and how to find dance/movement therapists in this experiential workshop.

Drawing your Griefscape – **Heather Stang**

This workshop invites participants to use crayons and paper to reflect on the metaphor of "grief as a landscape" in order to gain insight and a new perspective on the experience of grief. Drawing your "landscape of grief" will help you explore grief in a new way, which will offer up new perspectives and insights while fostering meaning-making and narrative reconstruction. In many cases, this exercise will help you take one step forward on your grief journey. After a brief meditation and mindful movement exercise, you will imagine what grief would look like if it were a physical place. Open-ended questions will allow you to meditate on and tour your "grief-scape" as if it



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were the first time you visited—reflecting on attributes such as the season, the climate, the time of day, and more. A period of silence will be allowed for you to create the drawing itself. We will be using crayons—one of the least intimidating art mediums, as this exercise is not about creating a work of art, but rather exploring your relationship with your life after loss. There will be ample time allotted for you to share your drawing and reflect on its symbolism with the group.

Finding Growth through Service To Others – Zaneta Gileno

When we come to a place of “what next?” we are often unsure if we are ready to help others. Especially when we still feel in need ourselves. Together, let’s explore what we each bring to the table, and how to show up for ourselves most of all.

Finding Invictus: Conversations on Kindness, Mental Resiliency and the Courage to Be Where You Are

– *Navy Seal William Wagasy*

Real-world examples, taken from history and from William Wagasy’s experiences in training and combat as a Navy SEAL, form the basis of this interactive, introspective workshop. Participants will discover new perspectives, hidden strengths, and the power to reframe each day’s “mission” as part of a larger purpose.

God Winks – Bonnie Carroll

Some people call them “God Winks,” some call them signs, messages or after-death communication. No matter what we call them, signs from our loved ones can be very present in our lives. Stories and experiences of the presence of our loved ones will be discussed in this open-minded and intimate sharing session.

Good Grief Camp for Adults – Jonathan Kirkendall

Ever wish YOU could go to Good Grief Camp? Ever wanted to hang out with the cool kids and draw and paint and play AND grieve? Now is your chance! Join us (in a kid free zone) as we lead you through hands-on projects inspired by our most popular activities from Good Grief Camp.

Hamilton: A Healing Journey – Bob Delaney

This session will call upon the power of song and storytelling as tools for navigating your healing journey. Lin Manuel

Miranda’s genius in writing the Broadway hit “Hamilton” underlines how Alexander Hamilton navigated trauma experiences including parental loss, suicide and the loss of a child. His legacy is much more than a list of accomplishments written in a history book when you consider the resiliency he consistently displayed throughout his life. Bob Delaney’s presentation will exemplify the Dalai Lama’s words, “There is a growing appreciation of understanding one’s emotions, how they operate and how to manage them.”

Handmade Books: Tiny Pages that Speak Volumes

– *Sharon Strouse*

We are storytellers and have been for millennia. Our knowledge, wisdom and heart have been carved onto the walls of caves, written on tablets, hides, parchment and paper, and more recently, created sitting at our computers. Our stories are verbal and visceral, and when we find a safe place for them to be heard and seen there is healing. Handmade Books: Tiny Pages that Speak Volumes, offers the opportunity to write your story during a sense-making and benefit-finding process. During our time together you will...write, loosen, let go, layer, soften, dissolve, flow, tear, fold, tie together, hold and embrace...your story. This reflective writing and creative process is designed for those on a healing path.

Healing Hands Knitter’s Group – Claire Wudowski

Studies have shown that there is a relaxation response that is encouraged through knitting. The repetition of the needles have an effect similar to that of yoga and meditation. Join Claire Wudowski as she shares her knitting prowess, needles, yarn and love for people, spending an evening together in a knitter’s haven.

Holding on or letting go? Wisdom from the Dark Emotions

– *Ben Wolfe, M.Ed., LICSW, FT*

Most of us do NOT want to be negative. We want to live with a “we can” attitude and one which brings out the best in us, and in turn others. Why would we intentionally head down that “scary and fearful road,” actually confronting the elements in our lives we are most concerned about? This workshop will describe the “Dark Emotions,” and in turn the “wisdom” that comes from exploring them. These “Dark Emotions,” which consist of grief, fear and despair, are the

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ones we most often want to suppress, avoid or deny. They are also the elements at times which keep us "stuck." After a death or significant loss, how do you live your life, Holding On or Letting Go?

How to Recognize When Your Child or Teen May Need Professional Help – Dr. Jon Reid

Although not all bereaved children and teenagers need professional mental health care in order to cope with the death of a loved one, some will indeed need such help in order to cope successfully. This presentation will review the indicators of when professional help is needed.

In-Laws and Grief – Dr. Gloria Horsley

This will be active workshop – bring your in-law issues and concerns. Dealing with in-laws after a loss can be tough. Not all mothers-in-law are controlling, and not all brothers-in-law are lazy. But even if you have problem in-laws, you can learn to change your relationship with them. In fact, once you clear the natural hurdles, you may even learn to like your in-laws! In this workshop, Dr. Gloria Horsley, author of *The In-law Survival Manual* and *In-laws: A guide to Family Therapy* will demonstrate through living family sculptures how to negotiate common trouble spots -- like power, money, and family holidays.

Mask Making – Sharon Strouse

Masks and mask making are ancient and powerful tools, used in the process of healing and the journey toward wholeness. Evidence of their use can be found on the walls of caves as far back as 12,000 years ago. You will harness your innate gifts of imagination and your ability to create and like your ancestors, use the magic of mask making to explore various aspects of your persona, find new ways to communicate hidden thoughts, feelings and memories, reclaim joy and reopen locked doors. Masks reveal, conceal, and forever memorialize all at the same time. The mask-making process is an opportunity for healing and transformation. Casting material will be used to create an authentic mask of your face. Vaseline will be applied to your face and then wet casting material will be overlaid. This will set and dry for a time and then be removed from your face. You will work in pairs throughout the creative process and share your experience

at the end of the workshop. Your mask will dry completely overnight and you will be able to decorate it the following day, in the Artful Grief Studio.

Metaphors for Healing – Dr. Frank Campbell

This workshop will focus on the benefits of developing accurate metaphors to describe your feelings of loss. This approach to communication when grieving has proven helpful for getting support that is helpful from those who want to be able to provide support and have not had a loss comparable to your loss. This approach allows a different response to "how are you?" than the assumed a "I am fine" phrase many see as an expectation by society.

Mind Body Medicine for Healing Trauma

– Dr. James Gordon

The sudden death of a loved one is traumatic. It often causes anxiety and agitation, and fills our mind with disturbing as well as loving memories and images. Sometimes we have difficulty moving ahead with our lives, and with maintaining intimate connection with others whom we love. This workshop will provide participants with practical techniques for reducing stress, moving beyond emotional and physical stuck places, and balancing love and honor for the one who has died with a mindful embrace of present reality and future possibilities.

Movement Through Grief: What Your Spirit Requires, What Your Body Requests –Emily Mumoz, Nichole Bukowski

We know that the anguish of our broken hearts becomes part of our bodies. Moving purposefully through our emotions also invites us to consider what our bodies can release, what they hold onto, and how that makes a difference for how we grieve. This workshop will focus on where we hurt and where we can heal, both physically and emotionally. All movement will be focused on releasing muscle tension and is therefore suitable for any stage in the grief journey and for all levels of fitness. Comfort is real and powerful, and we'll deepen our understanding of what it means and how it feels.

Moving Forward: Dating, Relationships and Intimacy After Loss – Dr. Carla Stumpf-Patton

Moving forward in our grief and taking the next step toward new relationships and intimacy after loss can bring many



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confusing emotions and questions. This session is a secure place to explore all of the related questions and concerns, such as learning to trust again, dating after a loss, developing safe relationships, and incorporating new people into the family system. The population best suited for this session is surviving spouses, partners and fiancés. This is not a couples session and is not intended for couples who are already in a relationship together.

Non-Denominational Christian Sunday Morning Service – Chaplain Doug Windley

North Carolina ANG Chaplain Doug Windley will lead a Sunday worship service entitled, "Being Salt of the Earth in the Wake of Grief." This message will encourage survivors to re-engage in purposeful living through God's strength. Teachings will be based on Matthew 5:13-16. This is not a TAPS-sponsored event, yet TAPS recognizes that spirituality is a critical component toward healing and encourages survivors to connect with their places of worship.

Parenting Bereaved Children Through Your Own Grief – Rachael Hill

Parenting is hard enough, let alone adding grief into the mix. This workshop will discuss how children understand death at different developmental stages, and how that death understanding can impact their grief. It will also provide resources and tools for you to help them through their grief journey, as well as discuss the importance of self-care for your own well being while helping your children down this difficult path.

Post Traumatic Growth: Moving from Coping to Thriving – Ben Wolfe, M.Ed., L.I.C.S.W., FT

Situations concerning losses, of any type, are a part of life and occur on a regular basis in the lives of individuals and their families. However, how is it that one can "grow" after a devastating and life-changing crisis or traumatic event? How can one in their "new normal" at some point see the world as still a bright place to live? And, what is the difference between persons who move from coping and surviving, to being transformed and thriving? This workshop will provide strategies and interventions to help individuals and families trying to cope with the opportunities and struggles on the "loss journey." Interventions dealing with loss in its broadest sense, factors that influence post-traumatic growth, and family

make up and communication styles will be explored in this interactive workshop.

Pound Fitness: Release, Sweat, Rock – Emily Munoz

It's time to bring a different sound to your grief...and that is the sound of noise! We won't be tiptoeing quietly around our feelings, we'll be using weighted drumsticks to create a connection between music, movement, and everything you want to let go. Bring your feelings, your frustrations, and readiness to sweat. Modifications exist for all fitness levels.

Preserving Assets for your Loved Ones after Death, the Legal Process – Traci Voelke, Esq

In this session we will discuss estate planning, trusts, wills and other vehicles to transfer assets upon your death. We will also to discuss the probate process and its complications, highlighting mechanisms to avoid the court process. We will discuss common problems people encounter with the court system after death including guardianship and legal complications of minors inheriting property and other assets. Finally, we will discuss the importance of powers of attorney and how they can protect your finances and healthcare wishes as well as protecting your children under age 18.

Relaxation and Compassion Meditation for Grief – Heather Stang, MA

Grief impacts your physical, mental and emotional body. The Relaxation Response Meditation, developed at Harvard in the late 1960s by cardiologist Dr. Herbert Benson, is proven to temper anxiety, mild to moderate depression, insomnia, nausea, headaches and many other stress-related complaints associated with grief. During the first half of this 90-minute workshop, you will learn this simple yet powerful practice, which includes relaxing breath-work and crafting your personal mantra. Next, you will learn Metta Meditation, also known as the Prayer of Lovingkindness and Compassion. This ancient technique is the systematic practice of sending "well wishes" to six types of people, including yourself, a beloved teacher or spiritual icon, a friend or family member, a neutral person, a difficult person, and finally, all sentient beings. This technique highlights the fact that we all share a desire to be happy, safe and free from suffering, which creates the potential to heal difficult relationships and cultivate

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gratitude for supportive relationships. Participants will be provided handouts with detailed instructions and links to free guided meditations for home practice.

Role Modeling Self-Care for the Next Generation

– **Dr. Frank Campbell**

The most challenging concept for many who are struggling to cope with daily demands is self-care. The concept is intended to be a life jacket on a rough sea and yet most assume this is selfish behavior and not worthy of consideration. Once this concept is clearly understood it can be the life-saving approach to grief it is intended to be. Participants are encouraged to share what they are struggling with on a daily basis in an effort to normalize some of the common issues surrounding loss while looking for new ways to cope through self-care.

Setbacks: Life's Tool to Empower Your Future for Young Adults – Renee Monczynski

In this workshop for young adults 25 and under, join Renee for a refreshing spin on goal setting. Before our loved one's death we had plans, a future timeline, a road to follow. After that death, what do we do with those plans? Do we follow the planned route out of love for the one we lost? Do we build a new road? All are options, but how do we find what works for us? We have been taught goal setting since grade school, but what do we do when those do not go as planned? Learn how to re-assess, re-group and re-direct those setbacks into a future that works for you instead of against you.

Sharing Our Stories: What We Tell Ourselves, Our TAPS Family and the Outside World – Artis Henderson, Claire Henline, Kelly Griffith and Rachael Hill, with moderator Andy Weiss

Our stories are important, and we don't want our loved ones to ever be forgotten. But how we tell our stories matters. In this panel discussion, you'll hear from other surviving military loved ones on best practices for how we tell our stories through journaling and other creative outlets, how we tell our stories through the TAPS Magazine and blog, and how we tell our stories to the outside world through social media and in books. If you are ready to share your story with others, learn how to go about sharing it and how your writing can

contribute to your own healing. Moderated by surviving father Andy Weiss, the panel will include surviving sister and TAPS Magazine Editor Kelly Griffith, surviving spouse and author Artis Henderson, surviving daughter and TAPS Social Media Manager Claire Henline, and surviving spouse Rachael Hill, who has shared her story across various platforms.

Siblings Grieve, Too – Dr. Heidi Horsley

Losing a sibling is one of the worst things that can ever happen; it turns your world upside down. Your sibling is part of your past, and you expect this relationship to continue throughout your lifetime. In this interactive workshop, Heidi will discuss what helped her, after the death of her 17-year-old brother, and what has helped the thousands of bereaved siblings she has worked with. She will also address the unique aspects and challenges of sibling death, and get feedback from participants about issues they are struggling with, and how they have found hope without their brother or sister.

Suicide Survivor Support at TAPS: We're Here for You – Kim Ruocco, MSW

Suicide loss survivors often experience complex emotions and unique challenges in their grief. This session, with a panel of TAPS Staff Suicide Loss Survivors, will give those coping with a suicide death an opportunity to find comfort in the support of their peers, share their feelings with trusted listeners and learn from the experiences of others.

Supporting Children Who Did Not Know Their Parent – Dr. Carla Stumpf-Patton

For children who cannot remember or did not know their parent, the grieving process can be difficult to understand, as they don't grieve for what they miss, as much as for what they never had. For the adults raising these children, it can often be challenging to navigate this unfamiliar scenario. This session will allow parents and guardians to explore some of the unique feelings and issues around this family dynamic, such as creating positive memories of the deceased for the child learn about their parent, assisting the child to form their own identity through having a healthy attachment with the deceased parent, and rebuilding the family system when a parent is no longer physically present.



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TAPS Casework Assistance and Education Support Services, We Are Here for You! – Jen Harlow and Ashlynne Haycock

No two stories of military loss are the same, and no two TAPS families deal with the aftermath of grief in the same way. Many of us face mountains of benefit paperwork at a time when we still struggle to face the day. Perhaps your benefits are delayed, you are facing financial struggles, or you looking for education resources. Whatever the situation, TAPS Casework is here to offer you help as you navigate complex processes and unfamiliar requirements.

The Challenges of a Caregiver's Grief – Paul Tschudi

An exploration of the tasks of grief, the factors that affect the journey, what others don't understand, the lonely, haphazard road of caregiving during a loved one's prolonged illness. Thoughts on reconstructing life after loss and the myth of closure.

The Power of Being Kind: Self-Compassion as Self-Care for Grief – Heather Stang, MA

Self-compassion as self-care for grief is the practice of making skillful choices that will reduce suffering and improve the quality of your life. It goes beyond creating healthy habits, such as exercise, a balanced diet, drinking plenty of water and getting the right amount of sleep – though these can all help with grief. This session will explore how an attitude of self-compassion—in other words, relating to yourself as you would a beloved friend—can help you manage difficult emotions, reduce suffering, and even transform your relationship to yourself and others. We will also explore the three core components of self-compassion, and experience a guided meditation designed to open your heart so you can offer loving kindness to yourself.

The Trauma Healing Diet – Dr. James Gordon

Psychological trauma disturbs every aspect of our physiology as well as our psychology. Emotional distress compounds the disturbance to our GI tract and to every aspect of digestion. This workshop provides an overview of the damage that trauma does to our brain and our gut and practical, evidence-based ways to use food, supplements and herbs to repair the GI tract and restore resiliency to our brains.

Tools for Transformation – Erin Jacobson

In our grief journey there are times when we feel powerless to change the way we feel. Studies have shown that there are simple actions which can improve your wellbeing by improving mood, decreasing stress, decreasing anxiety, decreasing depression and more. If you are feeling stuck, join us as we discuss practical steps you can take at any point in your journey through grief.

Turning Your Story into a Book – Artis Henderson

Many of us hope to someday tell our loved one's story, but we're not sure how to begin. This session will teach you how to write a book about your experience. We'll cover narrative structure, talk about scenes and discuss the common mistakes many first-time writers make. This will be a safe, supportive environment for sharing.

Updates in Military Suicide Prevention from the Defense Suicide Prevention Office — Dr. Keita Franklin

The Department of Defense will provide an overview of the current efforts that are underway to prevent suicide. The presentation will include an overview of the Institute of Medicine Prevention Continuum and the current methodologies used across the DoD to prevent suicide. Public health strategies across a number of key areas will be reviewed including; media engagement, community based mental health efforts, evidence based practices, data and surveillance, research and program evaluation efforts as well as outreach and engagement practices. This presentation will include an in-depth review of the current research projects underway as well as recent research findings that are currently being translated by the services.

What Parents Need to Know About Teen Grief and Young Adult Grief – Dr. Heidi Horsley

Adolescence and young adulthood can be a difficult time, even in the best of situations. This makes coping with the death of a sibling especially stressful. Since society tends to focus on parental grief, bereaved siblings often feel unacknowledged, overlooked, and ignored. This mother/daughter team will talk about the unique aspects of losing a child vs. losing a sibling. This workshop will also address the "dos" and "don'ts" when dealing with teen and young adult grief. Lastly, important

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issues specific to parenting surviving teens and young adults after the death of a sibling will be discussed.

What's New with Federal Survivor Benefits? – Kathy Moakler

There are changes on the horizon for the TRICARE health benefits and for the TRICARE dental benefits that affect eligible surviving family members. TAPS tracks proposed legislation that could impact your benefits as well. Become an informed consumer. Experts from TRICARE will be there to answer your questions and the TAPS survivor advocate will update you on legislation.

Yes, Men's Grief is Different – Dr. Frank Campbell

This workshop is intended to be interactive with the participants while describing some of the more traditional ways that men reveal their unique grief. It is a workshop for sharing and caring for those who grieve differently with insight as our goal rather than changing the way others grieve. Discussion and understanding will be a focus and encouraged by those attending.

Yoga for Stress and Anxiety – Rayanne Hunter

Trauma and long-term stress and anxiety activate the stress response causing chaos in your body. By using yoga, you can increase the relaxation response by encouraging a calm breath, reducing muscle tension, creating body awareness, and promoting sound sleep allowing you to discover and reverse long-term consequences of stress, anxiety and trauma. Yoga and mindfulness practices can help you to better understand, make peace with, manage, and release emotional triggers and feelings, teaching you to stay present with intention, which can relieve you from worrying about the future or the past. All of this transfers off the mat, bringing fresh awareness into your everyday experience.

12 Step-Style Combined Group Meetings

Open to members of any 12-Step Fellowship, these meetings are being held on Friday, Saturday, and Sunday evenings at 9pm. The meetings will be conducted based on the 12-Step model first developed by Alcoholics Anonymous and will be

chaired by Franklin C., a longtime member of several 12-Step Fellowships. TAPS welcomes anyone attending this weekend's survivor seminar who is a member of a 12-Step Fellowship to attend the meetings, but the meetings are not affiliated with TAPS.



SPECIAL EVENTS, ACTIVITIES AND HAPPENINGS

DAILY ONSITE EVENTS

(unless noted otherwise)

SUN SALUTATIONS YOGA

7:00 – 8:00 a.m. Fri./Sat./Sun.

Get ready to face your day with a gentle yoga practice that will awaken your mind, open your heart and get your body moving. We will use our breath to ease into simple stretches and poses. No yoga experience required. You don't even have to be fully awake to participate! Come join and breathe with us, and together we will rise and shine. Mats provided.

RESOURCE VILLAGE

We are here to help you keep everything straight – and so we gathered the foremost experts in military benefits, advocacy, education resources, survivor services, entitlements, and veterans and military family affairs all in one place, our Resource Village. The Resource Village is located in Arlington Ballroom Salons I and II.

SURVIVOR CARE SUITE

Feeling overwhelmed? Need some extra support? Our Survivor Care Suite (located just outside the Arlington Ballroom) is where you can go if you'd like to talk to our Survivor Care Team staff, a peer mentor, a grief specialist, or mental health professional. Spending time talking one on one with another person to process emotions can make a world of difference. Our Survivor Care Suite and caring staff are ready for you, if you need us. And if you need someone to talk to when the Survivor Care Suite is closed, please don't hesitate to call 800-959-8277.

TAPS HELP DESK

The TAPS Help Desk will be located just outside of Arlington Ballroom, and will be manned continuously with team members happy to answer your questions or connect you with someone who can. The Help Desk will be your go-to for lost and found, programming and workshop questions, scheduling, or anything else that may arise.

TAPS STORE

Find all the comfiest TAPS gear for your time here and to take home. We have sweaters and sweatshirts to keep you warm, t-shirts and jammies, as well as other items to show your love for your hero. Store located in the concourse area outside the Arlington Ballroom.

ARTFUL GRIEF

12:30 p.m. – 5 p.m. Fri./9 a.m. – 5 p.m. Sat. and Sun.

The Artful Grief: Open Art Studio is a safe, sacred and quiet space for participants to create their own artwork in response to their personal journey and experience the transformational process of creativity. The studio will serve as an "art making" sanctuary that meets the ongoing needs of attendees throughout the conference.

COMBINED 12-STEP GROUP MEETINGS

9:00 p.m. Fri./Sat./Sun.

Open to members of any 12-Step Fellowship, the meetings will be conducted based on the 12-Step model first developed by Alcoholics Anonymous and will be chaired by Franklin C., a longtime member of several 12-Step Fellowships. TAPS welcomes anyone attending this weekend's survivor seminar who is a member of a 12-Step Fellowship to attend the meetings, but the meetings are not affiliated with TAPS.



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FRIDAY, MAY 26, 2017:

EVENING ACTIVITIES

Please note that all Friday evening activities require pre-registration; you will be issued a wristband at check-in. The wristband must be worn to gain entry onto the TAPS buses and into the event. Roundtrip transportation to all Friday evening activities will be provided. Proceed to the lobby of the Crystal City Marriott no later than 15 minutes prior to your departure to board the buses. Personal items cannot be left on the buses. Dress: We are asking everyone to wear their TAPS shirt for these activities. Be prepared for inclement weather.

PENTAGON OPEN HOUSE AND TOUR

Assemble in lobby beginning at 4:15 p.m.

Depart hotel at 4:45 p.m.

(Red – Orange – Green – Blue – Silver – Purple wristband colors)

Depart Pentagon at 7:45 p.m.

Defense Secretary James Mattis, along with representatives from each branch of service and the NBA, will welcome TAPS families to the Pentagon for dinner, a tour of the 9/11 Memorial and interactive displays created for us. Dress: All participants must wear the wristband you were given at check-in and your TAPS t-shirt. No one will be allowed to board the buses, or admitted to the event, without those items. Special Note: No large backpacks or strollers. Personal phones and cameras are permitted.

WASHINGTON NATIONALS

V. SAN DIEGO PADRES BASEBALL GAME

Assemble in lobby beginning at 4:30 p.m.

Depart hotel at 5:00 p.m. (Yellow wristbands)

Rolling departures from Nationals Stadium at end of 5th inning; end of 7th inning; end of 8th inning; and last bus departs 30 minutes after the end of the game.

This event is perfect for sports enthusiasts who want to see the Washington Nationals play ball. Be prepared to root for the home team. Don't forget the spring weather can get a little wet or chilly, so bring appropriate attire. Special Note: Personal items will not be permitted to be left on the bus. Tickets for the game will be distributed on the bus. First pitch is at 7:05. When you disembark, you will be given instructions on the pickup location.

UNITED STATES MARINE CORPS

EVENING PARADE

Group #1 assembles in lobby at 6:00 p.m.

Group #1 departs hotel at 6:15 p.m. (American Flag wristbands)

Group #2 assembles in lobby at 6:15 p.m.

Group #2 departs hotel at 6:30 p.m. (White wristbands)

Return from Barracks 9:30 p.m. until 45 minutes after the end of the parade

19th Chairman of the Joint Chiefs of Staff General Joseph Dunford will be our host for a performance of music and precision marching. The Evening Parade features "The President's Own" United States Marine Band, "The Commandant's Own" The United States Marine Drum and Bugle Corps, the Marine Corps Color Guard, the Marine Corps Silent Drill Platoon, Ceremonial Marchers, and LCpl. Chesty XIII, the official mascot of Marine Barracks Washington. The Evening Parade, held every Friday evening during the summer, has become a universal symbol of the professionalism, discipline, and esprit de corps of the United States Marines.

Due to high security, no weapons of any kind are allowed within the Barracks premises. No food or beverages are permitted with the exception of water and baby food/bottles. Dress however you'd like, and remember to prepare to be outdoors, whether that means rain ponchos, sweaters and blankets or sunscreen. We will return upon conclusion of the parade which may be as late as 10:30. When you disembark, your bus captain will give you specific instructions about where to board the bus following the event. Special note: Personal items will not be permitted to be left on the bus.

MONUMENTS BY MOONLIGHT

TROLLEY TOUR OF WASHINGTON, D.C.

Assemble in lobby at 7:45 p.m.

Depart hotel at 8:00 p.m. (Pink wristbands)

Return to hotel at 10:30 p.m.

Board the iconic D.C. Trolley for a night tour of the city's most popular monuments while enjoying the tranquil night and evening breeze. Led by expert guides, you will learn about the amazing monuments and memorial located in our Nation's capital. With your TAPS family, you will stop at the Iwo Jima, FDR, Lincoln, Vietnam Veterans, Korean War



SPECIAL EVENTS, ACTIVITIES AND HAPPENINGS

and Martin Luther King, Jr. Memorials. Bring your camera to capture the moments as you see and learn all about our nation's capital and its cherished architecture.

SATURDAY, MAY 27, 2017

EVENING

FIELD DAY USA FOR GOOD GRIEF CAMPERS

Depart hotel at 4:45 p.m.

Return to hotel 9:00 - 9:30 p.m.

After a full day of grief work, connecting with their peers, and spending time with their military mentors, our kids will be ready for the TAPS 1st Annual Field Day USA. Field Day USA is an outdoor experience filled with old fashioned, high-spirited games, BBQ and ice cream under the lights with the U.S. Capitol on the horizon.

The #GratefulNation Challenge will officially kick off at Field Day USA as campers and their military mentors participate in "The Living Legacy Lap" in honor of their fallen loved ones. More information on the Challenge can be found in Resource Village or at TAPS.org/GratefulNation.

Dress: It is recommended that participants wear sneakers in order to be able to fully participate in all the activities.

**TAPS GRAND BANQUET FEATURING
CHEF ROBERT IRVINE AND THE BEST
OF THE MILITARY CHEFS**

6:00 - 9:00 p.m., Arlington Ballroom

As the host of one of the Food Network's highest rated shows, Restaurant: Impossible, Chef Robert Irvine has cooked in many challenging environments. For TAPS, he is teaming up with chefs from each branch of the military to prepare an amazing feast for the adults attending our National Seminar. In addition, the USO Show Troupe will be performing a repertoire of songs ranging from the standards of the 40's all the way through pop hits heard on the radio today.

Dress: You must wear your TAPS nametag to be admitted to the Ballroom. We want you to enjoy a special evening so please wear what is most comfortable to you. No outside food or beverages are permitted in the Ballroom.

SUNDAY, MAY 28, 2017

MORNING

YOGA FOR STRESS AND ANXIETY with Rayanne

Trauma and long-term stress and anxiety activate the stress response causing chaos in your body. By using yoga you can increase the relaxation response by encouraging a calm breath, reducing muscle tension, creating body awareness, and promoting sound sleep allowing you to discover and reverse long-term consequences of stress, anxiety and trauma. Yoga and mindfulness practices can help you to better understand, make peace with, manage, and release emotional triggers and feelings, teaching you to stay present with intention, which can relieve you from worrying about the future or the past. All of this transfers off the mat, bringing fresh awareness into your everyday experience.

ADULTS: MONUMENTS AND MUSEUMS

Depart hotel at 10:30 a.m.

This weekend, as we connect to one another as an extended family, we also will have the opportunity to connect with those who have gone before us. The roots of the American military family run deep, nourished by those who have kept this land free and protected. Their families and loved ones also paved the way for each of us to gather together today. To honor that history and connection, we will have the opportunity to journey to the National Mall together to reflect and bear witness to the stories from the past. We will be led in several intentional activities designed to learn, reflect, connect with one another as well as those who are a part of our family tree in the past.

The first option is to go to the National Museum of American History and begin with the Star Spangled Banner. The second opportunity will be to begin at the National Gallery of Art where we will view and discuss the Shaw Memorial. The third option will be to begin at the World War II Memorial on the National Mall, and the fourth opportunity will be to start at the Korean War Memorial. These activities will afford time to reflect together followed by an opportunity for free time at the National Mall and Smithsonian Museums.

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SPECIAL EVENTS, ACTIVITIES AND HAPPENINGS *continued*

SUNDAY, MAY 28, 2017 *continued*

EVENING

TAPS FAMILY BBQ

5:00 – 8:00 p.m., Arlington Ballroom

This will be an evening with your entire TAPS Family! TAPS kids will honor their buddies with a Military Mentor March from the Good Grief Camp to the Ballroom where they will be reunited with their families.

Mission BBQ will be serving up our home-cooked favorites while we connect and reflect with friends. Enjoy photos from the weekend scrolling on the big screens and take a turn dancing to the music of Tony David & WildeFire.

Dress: You must wear your TAPS nametag to be admitted to the Ballroom. No outside food or beverages are permitted in the Ballroom.

**MONDAY, MEMORIAL DAY,
MAY 29, 2017**

NATIONAL MEMORIAL DAY SERVICE

7:15 AM – 2:00 PM, Arlington National Cemetery

The annual Memorial Day tribute is one of only three ceremonies open to the public each year at Arlington National Cemetery. A concert preludes the wreath laying at the Tomb of the Unknown Soldier. This somber and powerful event is followed by the remembrance ceremony.

Dress: You can wear whatever is most comfortable to you, whether that be your Sunday best or your TAPS t-shirt! Please remember, though, that we will be sitting outside for the duration of the event. Please bring sunscreen and dress for the weather. TAPS will provide paddle fans and water for you, as well as bus transportation to and from the ceremony. Please assemble in the lobby at 7:00 a.m.; buses will load at 7:15 a.m. and will begin returning to the hotel after the ceremony. Your bus captain will give you specific instructions about where to meet the bus following the ceremonies at

Arlington. If you choose to walk to Section 60, please be mindful of time, as the last bus will depart for the hotel promptly at 2 p.m..

Special note: Personal items will not be permitted to be left on the bus. Attendees will be required to pass through a security checkpoint to gain access to the ceremony. Prohibited items include large bags or backpacks, firearms and weapons of any type, laser pointers, aerosol containers, soda cans, umbrellas, coolers, picnic baskets, tripods, lighters, personal protection sprays, and insulated beverage containers.



NATIONAL MEMORIAL DAY PARADE

12:15 p.m. – 5:00 p.m., Washington, D.C.

The National Memorial Day Parade in Washington, D.C. is a flag-waving event with patriotic marches and floats. The parade is sponsored by the American Veterans Center and is an annual tradition for Americans to come together to honor those who have sacrificed so much in service to our country. You will be able to walk alongside the TAPS float, as a tribute to the path that we are walking together, celebrating the lives of our heroes in the company of your TAPS family.

Dress: Wear your TAPS t-shirt and comfortable shoes. Buses will be available to get you to and from the parade. Dress for the weather, since we'll be outside, and don't forget sunscreen! Your bus captain will give you specific details about where the bus will be waiting at the venue after the parade. **Special note:** Personal items will not be permitted to be left on the bus.

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

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The TAPS Events Mobile App AND ACCESS THE 2017 NATIONAL MILITARY SURVIVOR SEMINAR EVENT APP

Navigate the event like a pro
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With the TAPS Events mobile app, you can:

- Stay organized with up-to-the-minute Session, Presenter and Event information
- Receive important real-time communications from TAPS
- Build a personalized schedule and bookmark Resource Village exhibitors
- Take notes and download event handouts and presentations
- Rate the sessions you attend and comment on them, too
- Participate in daily polls and surveys
- Locate sessions and exhibitors on the host venue maps
- Find other survivors and connect with your peers for a network of support
- Stay in-the-know and join in on TAPS social media
- And much, much more!



» DOWNLOADING THE APP IS EASY!

SEARCH: The App Store or Google Play for "TAPS Events"

TYPE: **USERNAME:** The email you used for registration
PASSWORD: taps2017

This year we have a 2-step security verification process. Every adult user requires their own email to set up a profile in the app. If you are registered under someone else's email, you must request your own account and access. Please email appsupport@taps.org to initiate this process or for assistance with the mobile app.

Platform Compatibility: Android v4x+ and iOS v7x+

800-959-TAPS (8277) * WWW.TAPS.ORG

23rd Annual T★A★P★S

National Military Survivor Seminar

SOCIAL MEDIA INFO

Engage with TAPS on social media and share how you are honoring your hero and spending Memorial Day weekend by using our hashtag:

#GratefulNation

#TAPSFam



facebook.com/TAPSorg



[@TAPSorg](https://twitter.com/TAPSorg)



[@TAPSorg](https://www.instagram.com/TAPSorg)



youtube.com/SupportTAPS



flicker.com/tapsorg

All military survivors are invited to share their loved one's photo on our Memorial Hero Wall to serve as a visual reminder to a #GratefulNation of the faces of our fallen heroes as we honor them on Memorial Day and throughout the year. Visit www.taps.org/gratefulnation to participate.

Thanks to our friends at Facebook, TAPS is once again excited to offer a way for you to share with all your friends right on your profile picture how we as a nation honor and remember our fallen heroes. The Fallen Heroes Frame is pinned on our Facebook page timeline.

TAPS is also pleased to again offer a Snapchat Geofilter. Our specially designed TAPS Grateful Nation Geofilter is only available while you are located in the area of the hotel. Make sure location services are enabled on your phone to use this feature."

For additional information look for our Social Media Tips section in the mobile app.

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Special appreciation is extended to the Fisher House Foundation Hero Miles Program who made it possible for many military survivors to join us for the weekend. For more information on how to donate your frequent flier miles, go to fisherhouse.org/programs/hero-miles.



NEW YORK LIFE FOUNDATION

*Grieving children need special care and support.
A caring adult can make all the difference.*

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www.newyorklifefoundation.org