



**7<sup>TH</sup> ANNUAL NATIONAL MILITARY  
SUICIDE SURVIVOR SEMINAR**

*Program*

**OCTOBER 9–11, 2015  
COLORADO SPRINGS, CO**

*Coming Together to  
Help Each Other Heal*

# 7<sup>TH</sup> ANNUAL T★A★P★S

## National Military Suicide Survivor Seminar

Cheyenne Mountain Resort in Colorado Springs, Colorado

★ *Dear TAPS family,*

I would like to welcome you to the seventh annual TAPS Military Suicide Survivor Seminar. If you are a returning family member, we're so glad to see you again! If you are attending for the first time, we are so glad that you found the courage and strength to make the journey here. We want to do everything we can to make your weekend a time filled with hope, healing and connection with others. I am so very sorry for the reason that brought us together but very grateful that you've found us.

Our first formal gathering will be after dinner on Friday night. I know you may be tired from packing and preparing physically and emotionally to travel here, but please try to attend one of the Dessert and Coffee Peer Connection Sessions. It is only an hour and we'll serve delicious desserts! These groups will help you to identify your peer group, set intentions for the weekend and give you an opportunity to ask any questions about the weekend that you may have.



This year's theme is about ... rocks. Well, more than just "about" rocks. In our Opening Session on Saturday morning, you will learn about a very unique Stone Balancing technique and see the many ways that balancing these heavy, odd-shaped stones can be metaphors for our own grief journeys and our lives in general. Balancing these stones on top of each other is going to look impossible - what is holding them up like that? Can that little rock really bear the weight of all those on top of it? The way the rocks are stacked just doesn't make sense here! It seems like the rules of gravity don't apply to these rocks, although the end result of this stacking is very unexpected and quite beautiful. That very much reminded me of my own grief journey, when the "rules" I thought I could depend on in my life seemed to not apply anymore. I'd encourage you to start thinking about your own grief journey and places along that way that just didn't make sense to you since this loss. How has your "shape" changed since the beginning of this journey? Have you learned to "balance" things in ways you never expected? What rules don't seem to apply anymore for you ... and what unexpected results have you experienced?

In your Welcome bags you have received a journal. Carry this journal with you throughout the weekend to write down various thoughts, emotions and quotes. I encourage you to write things that make you feel better such as: special memories, healing tools, poems, quotes, gifts of grief, names and contact information of the new people you meet here. This journal will be one of the many tools you can take home and incorporate into your life after the Seminar.

This is your weekend. It is very important to take care of yourself. If you're tired, rest. If you're hungry, eat. If you want to cry, cry. It's OK to laugh too. If you need a hug, we're here with open arms. Please, please remember to drink lots of water and breath deep, long breaths in the Colorado altitude. Thank you for allowing us to join you on this journey. Together we will remember the love, celebrate the life and share the journey.

With thoughts of peace and comfort,

*Kim Ruocco*

Kim Ruocco

Chief External Relations Officer, Suicide Postvention and Prevention



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### ★ Agenda

#### Friday, October 9<sup>th</sup>

##### AFTERNOON

- 3:00p - 8:00p Check-In Adults ..... Main Lobby, next to Mountain View Restaurant
- 3:00p - 8:00p Survivor Care Table ..... Lower level at base of staircase
- 3:00p - 8:00p TAPS Store ..... Lower level, in front of mirrors at base of staircase
- 3:00p - 8:00p Bookstore ..... Lower level, in front of mirrors at base of staircase
- 5:00p - 7:00p Casual Family Dinner Buffet ..... Colorado Ballroom
- 6:00p - 8:00p Good Grief Camp Check-In and GGC Zone ..... Centennial Hallway, ballrooms
- 7:00p - 8:00p Desserts & Coffee Peer Connections Sessions

*Please plan on attending one of our Dessert Sessions. These sessions will help prepare you for the weekend, and help you get what you need the most. Whether it's information and education, a connection with someone whose story is like yours or a renewed and refreshed spirit that is ready to focus on healing, it is all here for you this weekend. Come learn what we've got in store for you ... and enjoy coffee and dessert treats, too.*

**Peer Mentors** (Cheyenne 1) This is a special session for all our trained Peer Mentors, including our newest graduates! Enjoy coffee, desserts and togetherness with Grief Expert Iris Bolton as she uses her Crystal Grid to help demonstrate the gift of giving and receiving. This talk will help lift us on our weekend journey of maneuvering through the Rockies and finding peace within.

**New Loss/First Time Attendees** (White River 1 & 2) If your loss was within the last year or this is your very first TAPS Military Suicide Survivor Seminar, this is the dessert session for you. We'll share what to expect over the weekend, how to get support and extra hugs if you need them, and can even make recommendations of which workshops and groups might be helpful for you to attend. This is a safe place to ask questions and learn more about what new learning and connecting opportunities are here for you, securely surrounded by your loving TAPS family.

**Family Reunion** (Cheyenne 2) Hosted by Special Guest LaRita Archibald, come reunite with TAPS family members from previous events or others that you've connected with in other ways along your journey. If you're not a first-timer or a Peer Mentor, please join us! We'll help you navigate the weekend, talk about the sessions and workshops offered and help you set an intention so you can get what you need out of the weekend.

**LGBTQ issues and suicide grief** (Comanche) This session is designed to connect those who have LGBTQ issues surrounding their suicide grief to each other and is intended for those who identify within the community or have lost a loved one who identifies as LGBTQ. This will be a safe place to connect, ask questions, share emotions and learn more about getting the most out of the seminar weekend.





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Saturday, October 10<sup>th</sup>

ALL DAY

8:00a - 9:30p	Child Care for ages 0-3 years old .....	Dove Junior Suites
9:00a - 5:30p	Resource Village .....	White River 1
9:00a - 5:00p	Artful Grief Art Studio .....	Shoshoni
9:00a - 6:00p	TAPS Store .....	Lower level, in front of mirrors at base of stairs
9:00a - 6:00p	Bookstore .....	Lower level, in front of mirrors at base of stairs
9:00a - 8:00p	Survivor Care Table .....	Lower level at base of staircase
11:00a - 6:00p	Help Table .....	Lower level at base of staircase

MORNING

7:00a - 9:00a	Family Breakfast .....	Colorado ballroom
7:30a - 8:15a	Walking Morning Meditation .....	Meet by fireplace in Main Lobby
8:00a - 9:30a	Check-In Adults .....	Main Lobby, next to Mountain View Restaurant
8:00a - 9:00a	Good Grief Camp Check-In .....	Centennial Hallway
9:15am	Good Grief Camp Drop-Offs .....	At child's assigned group room
9:30a	Welcome and Opening Remarks .....	Colorado Ballroom
	<i>Bonnie Carroll, TAPS Founder and President</i>	
	<i>Kim Ruocco, TAPS Chief External Relations Officer, Suicide Postvention/Prevention</i>	
9:45a	Presenters Panel .....	Colorado Ballroom
	<i>Dr Frank Campbell, Dr. Michelle Cornette, Iris Bolton, Eric Marcus, Laura Biddle, Sharon Strouse, LaRita Archibald, Franklin Cook, Jill Harrington LaMorie, OPTUM Health.</i>	
10:45a	Finding Balance: When the Laws of Gravity Will Not Apply .....	Colorado Ballroom
	<i>Dr. Frank Campbell</i>	

AFTERNOON

12:00p - 1:15p	Buffet Lunch .....	Colorado Ballroom
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1:30p - 3:00p ..... **EARLY AFTERNOON WORKSHOPS AND CARE GROUPS**

**Workshops:** Our breakout workshops are designed to be educational and informative in nature. While there may be time to ask questions, there usually isn't an opportunity for sharing regarding individual circumstances. Care Groups are a great time to share personal stories and experiences. Feel free to connect with the workshop presenters after their workshops, during meals and in our free time!

- ★ Artful Grief: Mask Making ~ Sharon Strouse, Donna Naslund ..... Cheyenne 1
- ★ Helping Children following Sudden and Traumatic Loss ~ Dr Frank Campbell .... Amphitheater
- ★ Family Journeys Survivor Panel ~ Eric Marcus, Don Lipstein ..... Cheyenne 2
- ★ Why People Die by Suicide: A Primer for Survivors of Military Suicide Loss  
*Michelle M. Cornette, Ph.D., Executive Director, American Association of Suicidology* ..... White River 2





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# Schedule

#### 1:30p - 3:00p ..... EARLY AFTERNOON CARE GROUPS

**Care Group** are smaller, more intimate sessions in which you can share your own story, experiences and feelings while listening to others who have a similar story and relationship with their service member. Care groups set the stage for making deep, personal connections to your peers.

- ★ Parents ..... Dove 1
- ★ Parents - Loss of Only Child ..... Dove 2
- ★ Siblings ..... Dove 3
- ★ Spouses ..... Manitou
- ★ Fiancés/Significant Others ..... Comanche
- ★ Battle Buddies ..... Kiowa
- ★ "Like a Parent": This group is for grandparents, step parents, and in-laws ..... Arapaho
- ★ VILO's – Very Important Loved Ones ~ This group is for extended family members grieving the suicide loss right alongside the immediate family, such as aunts/uncles, cousins, nieces/nephews, ex-spouses ..... Ute

#### 3:30p - 5:00p ..... LATE AFTERNOON WORKSHOPS

- ★ Surviving, Thriving and Flourishing: Hope for Healing Suicide Loss ~ Iris Bolton .... Amphitheater
- ★ Forgiveness: the Way to Balance ~ Laura Biddle ..... Cheyenne 1
- ★ Ask the Doctors: Open Forum ~ Dr. Michelle Cornette Ph.D., Dr. Frank Campbell, Ph.D. .... White River 2
- ★ Tools That Offer PTSD/Trauma Coping Skills & Resources ~ Optum, a division of United Health ..... Cheyenne 2

#### 3:30p - 5:00p ..... LATE AFTERNOON CARE GROUPS

- ★ Parents ..... Dove 1
- ★ Siblings ..... Dove 2
- ★ Spouses/Significant Others ..... Dove 3
- ★ Spouses who did not have children ..... Manitou
- ★ Homicide/Suicide ..... Arapaho
- ★ Adult Children ..... Comanche
- ★ Men Only: a group for any man grieving a suicide loss ..... Kiowa
- ★ "I love someone who lost someone to suicide" ..... Ute

#### 6:00p - 9:00p TAPS Dinner: Adults only ..... Colorado Ballroom

Seated by state/region so you can connect with members of your TAPS family who live in your area.

#### 9:00p Combined 12-Step Group Meeting ~ Franklin C ..... Dove 1

\*\*Note: TAPS welcomes anyone attending this weekend's seminar who is a member of a 12-Step Fellowship to attend the "Combined 12-Step Group Meeting," but the meeting is not affiliated with TAPS. See more information in the Workshop/Session descriptions.

#### 9:30p Pick up Good Grief Campers in their Group Rooms



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8:00a - 12:00p	Resource Village .....	White River 1
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9:00a - 6:00p	Survivor Care Table .....	Lower level at base of staircase
9:00a - 6:00p	Help Table .....	Lower level at base of staircase

MORNING

7:30a - 9:00a	Breakfast .....	Colorado ballroom
7:30a	Good Grief Camp Drop-Off & Breakfast with Mentors .....	In Group rooms
9:15a	Ritual of Remembrance Ceremony .....	Patio
	Featuring The Gathering of Spirits Drum Group	
9:15a	A Quiet Time for Reflection and Response .....	Cheyenne 1

AFTERNOON

11:30p - 1:30p	Lunch Buffet .....	Colorado ballroom
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**An Introduction to Equine Facilitated Therapy with Pikes Peak Therapeutic Riding Center**

*Interested in attending but didn't sign up via email? Check at the Help Table - there may be space available!*

Group #1 .....	Bus leaves front of hotel at 10:15a, return approx 1:00p
Group #2 .....	Bus leaves front of hotel at 12:15p, return approx 3:00p
Group #3*** .....	Bus leaves front of hotel at 2:15p, return approx 5:00p

\*\*\*Parents with children in GGC CANNOT attend Group #3 as it will be returning later than the

Good Grief Camp Closing Session.

1:00p - 4:30p	Afternoon Walk and Talk: Garden of the Gods .....	Buses leave from front of hotel
	Join our special guests and on-site experts Dr. Frank Campbell and Rev. Laura Biddle in a peaceful afternoon of exploring the breathtakingly beautiful Garden of the Gods. Enjoy smaller, intimate chats with our experts and each other. Good walking shoes are recommended, however there is a 1.5 mile concrete walking path trail that is wheelchair accessible.	



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#### Sunday, October 11<sup>th</sup> (continued)

##### 1:30p - 3:00p ..... Afternoon Sessions

- ★ Music Therapy ~ *Rehabilitative Rhythms* ..... White River 2
- ★ Companioning a Grieving Heart ~ *Zaneta M. Gileno, LMSW* ..... Dove 2
- ★ A Women's Sanctuary for Heart Healing & Soul Nourishment ~ *Sheila Foster, M.A.* ..... Manitou
- ★ Yoga For Grief: Moving into Empowerment ~ *Christine Bogdan* ..... Cheyenne 1

##### 1:30p - 3:00p ..... Continuing Conversations with our Experts and Special Guests

- ★ PTSD/ & Trauma Coping Skill ~ *Optum Health* ..... Dove 1
- ★ Losing an Adult Child ~ *LaRita Archibald* ..... Arapaho
- ★ Addictive Behaviors ~ *Franklin Cook* ..... Comanche
- ★ Spiritual Questions after a Suicide ~ *Doug Windley* ..... Kiowa

3:00p - 3:30p    Afternoon Snack: Coffee and Cookies

##### 3:30p - 4:30p ..... Late Afternoon Sessions

- ★ Moving Forward: Intimacy and Relationships After Suicide Loss  
*Jill Harrington-LaMorie and Dr. Carla Stumpf-Patton* ..... Dove 3
- ★ God Winks ~ *Bonnie Carroll* ..... White River 2
- ★ Grieving Like A Man (for Men Only) ~ *Franklin Cook* ..... Comanche

##### 3:30p - 5:00p\*\* ★ Yoga For Grief: Moving into Empowerment ~ *Christine Bogdan* ..... Cheyenne 1

*\*\*NO parents with children in GGC can attend this session as it will end later than the Good Grief Camp Closing Session. This is a duplicate of the Yoga for Grief session being offered today at 1:30pm.*

##### 4:45p - 5:45p    Good Grief Camp Closing Session ..... Colorado Ballroom

*\*\*For parents with campers in Good Grief Camp*

##### 6:15p    Family Buffet Dinner ..... Colorado Ballroom

Additional seating: Patio, Cheyenne 1&2

##### 7:30p ..... Family Movie Night

- ★ Movie Theater (Teens and Adults); "Big Miracle" ..... Cheyenne 1 & 2
- ★ Family Movie Theater (appropriate for all ages); "Big Hero 6" ..... Centennial 1





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### ★ Workshops

#### SATURDAY Workshop & Session Descriptions

##### *Artful Grief: Mask Making ~ Sharon Strouse, MA, ATR-BC, CIH*

Mask making has been around since the dawn of man. Native American masks had many different purposes including medicinal and spiritual uses. Many Native American tribes believed that when certain animal masks were worn during tribal rituals that the person who wore the mask would take on certain characteristics of the animal depicted. Many of the masks made by the American Indians represented things like strength and wisdom. Your mask - what meaning does it have, what do you show to the world - what do you hide behind - what would it feel like to remove your mask - what would it feel like to honor yourself? 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. The cast will set for a few minutes and then be removed from your face. The cast will dry overnight and you will be able to decorate it the following day. At the conclusion of the Mask Making we will gather in a circle and share.

##### *Artful Grief: Open Art Studio ~ Sharon Strouse, MA, ATR-BC, CIH and Karen Anderson, MAAT, GC-C*

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. No talent required, only the willingness to be with what is in your heart, for "a picture is worth a thousand words." As part of the Artful Grief: Open Art Studio experience, Sharon will share her own journey of healing through the creative process of collage making. A few of the collages she created will be on display as she answers questions about the images that arose from her loss. There will be a designated "TAPS Exhibition Space" where participants may display their artwork. These heartfelt images will serve as markers along the path to healing, will stimulate conversation and make sacred the shared journey.

##### *Ask the Doctors: An Open Forum ~ Michelle M. Cornette, Ph.D. Executive Director, American Association of Suicidology and Frank Campbell, Ph.D., LCSW, C.T.*

Do you have questions about why people die by suicide and the suicide grief journey that survivors are thrust into after a suicide occurs? Do you wonder what are "normal" feelings in this journey and if or when it's helpful to seek professional support from therapists, clinicians and medical doctors? This will be an open forum to ask Dr. Cornette and Dr. Campbell these questions and more.

##### *Combined 12-Step Group Meeting*

Open to members of any 12-Step Fellowship this meeting 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 symposium who is a member of a 12-Step Fellowship to attend the "Combined 12-Step Group Meeting," but the meeting is not affiliated with TAPS.

##### *Family Journeys ~ Eric Marcus and Don Lipstein, TAPS Peer Mentor Support and Training Coordinator.*

Every family's journey in the aftermath of a loved one's suicide is unique. Join fellow loss survivor and author Eric Marcus as he explores these journeys with several panelists who will share how they've navigated the often complex terrain that can bring families together or tear them apart. Topics to be covered include: the different ways in which family members respond to a suicide; understanding the different ways in which people grieve; the range of coping strategies individuals and families use to recover from their loss; ideas for bringing families together when a suicide has caused rifts; and much more. This workshop will include audience questions and participation.



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### ★ Workshops

## Descriptions

#### *Forgiveness: The Way to Balance ~ Rev. Laura Biddle*

Using the metaphor of rocks and balance, some of us may feel as if it's impossible to create balance with the rocks we've been dealt. Regret, guilt, insecurity, fear, and blame are rocky emotions that take us off center. Sometimes their grip is so intense, we feel paralyzed. During this workshop, we will consider how these emotions can weigh us down and keep us off-balance. The art of forgiving ourselves and others restores balance. Forgiveness is the way to balance. And forgiveness begins with ourselves. In his book "The Forgiving Self" Robert Karen says that the forgiving spirit liberates us from feeling victimized and frees us from compulsive self-hatred and regret; forgiving others is nothing but the mirror image of forgiving oneself. Please join Laura for this conversation about forgiveness as a way to finding balance.

#### *Helping Children following Sudden and Traumatic Loss ~ Dr. Frank Campbell, Ph.D., LCSW, C.T.*

Sudden and Traumatic loss can create a host of problems for children to contend with in addition to adjusting to a world where each moment defines their loss. Being able to identify, assist, and seek help can avoid long-term mental health issues. This workshop will discuss how sudden and traumatic loss sets up a different grief response for children and those who care for them. Video, powerpoint and questions from the participants will provide the focus for this workshop.

#### *Surviving, Thriving and Flourishing: Hope for Healing Suicide Loss ~ Iris Bolton*

This workshop includes a sharing of progression from barely surviving the death of a loved one, to making meaning from the tragedy and even thriving. By helping others and by making a difference in this world, your resilience can help your life flourish. Nature teaches us how. Iris will share her personal journey and share the stories of other loss survivors that deal with eight difficult aspects of grief such as: why suicide, guilt, stigma/shame, anger, pain (physical and emotional), fear, depression and faith issues. A stone "give away" is included to represent the uniqueness of grief and the power of the human spirit.

#### *Tools that Offer PTSD/Trauma Coping Skills & Resources*

*~ Peter Ashenden, Dona Dmitrovic with Optum, a division of United Health*

The presenters will give a brief overview of a program known as "Seeking Safety" which provides safe coping skills for PTSD/trauma. The presenters have lived experience of trauma and will share from their personal experiences during the presentation and will offer various tools that will help participants to acquire skills and resources for coping with the loss of a loved one or their behavioral health issue instead of unsafe behaviors such as substance use or other destructive behaviors.

#### *Walking Morning Meditation ~ Christine Bogdan*

Start your morning off by tapping into your body's wisdom with 'meditation in action'. Walking with ease and peace of mind on the earth is a wonderful miracle. Together we will take short steps in complete relaxation; walking slowly with a smile on our lips, our hearts open with a willingness to experience peace once again. If weather permits, we will use the beauty of walking outdoors as our mindful focus. If for some reason the weather is too crisp or it is raining we will use the indoors of our exquisite resort. Please be aware that the average morning temperature is 39 degrees, so dress appropriately.



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### ★ Workshops

## Descriptions

***Why People Die By Suicide: A Primer for Survivors of Military Suicide Loss***  
~ Michelle M. Cornette, Ph.D., Executive Director, American Association of Suicidology

When we lose a loved one to suicide we often wonder why this has happened and if there is anything we could have done to prevent it. In this session Dr. Cornette will offer a basic understanding of the multiple factors that contribute to a death by suicide. If you are still putting those pieces together, this may be the session for you.

### SUNDAY Workshops, Sessions and Activities Descriptions

***Artful Grief: Open Art Studio*** ~ Sharon Strouse, MA, ATR-BC, CIH and Karen Anderson, MAAT, GC-C

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. No talent required, only the willingness to be with what is in your heart, for "a picture is worth a thousand words." As part of the Artful Grief: Open Art Studio experience, Sharon will share her own journey of healing through the creative process of collage making. A few of the collages she created will be on display as she answers questions about the images that arose from her loss. There will be a designated "TAPS Exhibition Space" where participants may display their artwork. These heartfelt images will serve as markers along the path to healing, will stimulate conversation and make sacred the shared journey.

***Afternoon Walk and Talk: Garden of the Gods***

Join our special guests and on-site experts Dr. Frank Campbell and Dr. Laura Biddle in a peaceful afternoon of exploring the famed Garden of the Gods. Enjoy smaller, intimate chats with our experts and each other. Good walking shoes are recommended, however there is a 1.5 mile concrete walking path trail that is wheelchair accessible.

***A Quiet Time of Reflection and Response***

Join fellow survivors in a quiet time of reflection and response where you can quietly meditate on your favorite biblical verse, poem and/or sacred writings of your faith that provide you with hope and encouragement to move forward. Respond with the lighting of candles, letters to your loved one in sacred solitude. Chaplain Doug Windley (N.C. Army National Guard) will be available for support and prayer upon request.

***A Women's Sanctuary for Heart Healing and Soul Nourishment*** ~ Sheila Foster, M.A.

You are invited into sacred space to experience some stillness and gentle practices to help you be present to your heart and body, to meet what is, and to help your heart stay open to the flow of love. This will be precious time for you with yourself, as well as with other women.

***Companioning a Grieving Heart*** ~ Zaneta M. Gileno, LMSW, Director, TAPS Community Based Care.

Using Dr. Alan Wolfelt's model of care, we will learn how to support suicide loss survivors. This session will provide you with the tools to facilitate a support group. Time will also be given for learning how to support ourselves as we support others.





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### ★ Workshops

## Descriptions

#### *Equine Therapy with Pikes Peak Therapeutic Riding*

~ Heather Cotterman ESMHL, TRI, Pikes Peak Therapeutic Riding Center

This introductory workshop will include equine demonstrations, large group activities with and without horses. There will be opportunities for hands on experience during the workshop. Equine Facilitated Therapy has many benefits that overlap the physical, mental and emotional realms. Horses provide reflective opportunities that can be utilized to meet an individual's, couple's, or family's treatment goals. Clients work with a Mental Health Professional with the appropriate credentials, along with a Certified Equine Specialist in Mental Health and Learning to achieve treatment goals through working with horses. Activities include herd observation, grooming, leading, liberty work that lead to discussions about ways to achieve personal goals. Clients have gained a variety of coping skills, leadership skills, improved self awareness, and self-confidence through Equine Facilitated Activities.

#### *Moving Forward: Intimacy and Relationships after Suicide Loss*

~ Dr. Jill Harrington and Dr. Carla Stumpf-Patton

Moving forward in grief and taking the next step toward new relationships and intimacy after a loss can bring many confusing emotions and thoughts. This session is a secure place to explore all of the related issues, questions, and concerns, such as learning to trust again, dating after a suicide loss, developing safe relationships, and incorporating new people into the family system. The population best suited for this session is surviving spouses, partners, fiances, and significant others.

#### *Music Therapy with Rehabilitative Rhythms ~ Kristin Sjoberg, MM, Music Therapist-Board Certified*

Join us for a caring session focused entirely on experiencing music used for healing. Participants will engage in three full length music therapy exercises—active music making, song writing, and relaxation to music. No previous music experience is required.

#### *Ritual of Remembrance Ceremony*

Celebrate everlasting and enduring love on Sunday morning. Please join Laura Biddle, Iris Bolton and the Gathering of Spirits Drum Group for a ritual to honor our relationships with the people we love. Using rhythm, flute, guitar and voice, as well as prayers and silence, our relationships with our loved ones will be at the heart of our time together. By taking time to forgive both ourselves and the people we love, we will create ways to release regret, guilt, fear, and worry while making room for love, hope, peace, and joy.

#### *Winks and Signs from the Other Side ~ Hosted by TAPS' President and Founder, Bonnie Carroll*

Some call them "God winks," some refer to the phenomenon of "after death communication" but whatever the name, 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.

#### *Yoga For Grief: Moving Into Empowerment ~ Christine Bodgan*

You don't need to be a Yogi to attend this class, just a willingness to befriend your body. Through mindful movements designed to transform grief, we will establish a connection from our heads, to our hearts and through our body releasing grief and connecting us to the gift of life. What to wear; it doesn't really matter what you wear as long as it isn't too loose and that it can stretch with you as you stretch. Men tend to wear baggy gym shorts and t-shirt. Women tend to find leggings with a blouse, t-shirts, or tank tops that aren't too loose-fitting or low cut work best. Remember, it is going to fall down or fall up when the body is inverted for a pose like downward facing dog. We promise - no poses will involve transforming you into a pretzel!



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### ★ *Presenters/Special Guests*



**Karen Anderson, MA** is a certified Grief Counselor and SoulCollage guide and has her Master's degree in Art Therapy from Saint Mary of-the-Woods College, Indiana. Working with TAPS since 2010, Karen facilitates Artful Grief: Open Art Studio and has offered special therapeutic art workshops tailored to diverse age groups, including children and teens. She has over 25 years experience as a flight attendant for American Airlines, where she has provided support to coworkers following 9/11 and Flight 587 in 2001. At home in Connecticut, she offers workshops using art, breathing techniques and meditation for healing through life's transitions, loss and grief. Karen's father and two brothers, one who is forever 48 years old, served in the Navy and cultivated her understanding of military culture. She now has two children who are grown and two cats that are still growing, which continue to inspire her own healing journey.



**LaRita Archibald** Six months after the suicide of her twenty-four year old son, Roger Kent in 1978, LaRita Archibald joined the American Association of Suicidology to become an informed suicide prevention advocate and to give voice to suicide bereaved by helping form the AAS Survivor Division. In 1980, LaRita and her husband founded HEARTBEAT, among the first support groups for suicide bereaved anywhere; there are presently 42 chapters in 11 states and two foreign countries. LaRita co-founded SPARE, forerunner of the current Colorado Suicide Prevention Coalition, co-founded Pikes Peak Suicide Prevention in Colorado Springs, helped organize and train a twenty-four hour volunteer crisis line and initiated a LOSS program in the community. She has contributed to, authored or co-authored numerous suicide prevention related guides and manuals, traveled to USAFE, Ramstein, GR three consecutive years to establish and train Crisis Support Teams. She has been supportive of TAPS since her first presentation at their 2000 annual convening in Washington DC. After thirty three years as HEARTBEAT facilitator, LaRita retired in 2012 to write her book, *Finding Peace Without All the Pieces After A Loved One's Suicide*, to offer empathy and encouragement to suicide bereaved. She lives in Colorado Springs with her husband of 65 years, and is blessed with nine grandchildren and two great grandchildren.



**Laura Biddle** is a spiritual teacher and counselor living in Massachusetts. As the University Chaplain at Salem State University, she works with both students and employees. Since graduating from seminary, her experiences have included: reintegration assistance with prisoners and their families, counseling with survivors of domestic abuse, and healing for people who have lost loved ones to suicide. Additionally, for the last 15 years, she has been working as a grief counselor in a private practice. Six years ago, Laura joined the leadership team for the TAPS Military Suicide Survivors Seminar.



**Christine Bogdan, RYT200** Christine has spent 30 years as an Army spouse. With over 20 moves, 5+ years of deployments and 10 years of war, she has found herself with a greater sense of inner peace within the mayhem of War, all thanks to yoga & meditation practice. Her teaching is rooted in Integral Yoga, Vinyasa Yoga, iRest™ Yoga Nidra and Mindful Yoga for Veterans. She has spent her life supporting the military; it is because of their selfless service to our Nation that she chose to deepen her yoga journey and become a teacher. Her heart's desire is to empower these men and women to de-stress in a supportive community, where "More Ease & Less Struggle" reminds each individual of the empowerment that dwells within, together inspiring one another to make healthier life choices and cultivating balance that brings health, happiness & well-being.



**Gathering of Spirits Drum Group** The Gathering of Spirits drum group was founded by Jim Bear Running Montoya, Mescalero Apache Indian and President of the Colorado Springs Indian Center in August 2012. It is represented by members of the Colorado Springs Indian Center who represent many tribes: including Apache, Navajo, Comanche, Cheyenne and Blackfeet and many others. The drum is a powerful instrument and is thought of as the heartbeat of Mother Earth. It is used in many spiritual and sacred ceremonial practices, giving



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both rhythm and meaning to life. The songs were written by Jim Bear Running and members of The Gathering of Spirits and include spiritual, healing and prayer songs.



**Iris Bolton** is Director Emeritus of the Link Counseling Center, a non-profit family counseling center in Atlanta, Georgia. She was a volunteer in the establishment of The Link in 1971. She became Director two years later and served in that capacity for 36 years. During that time The Link expanded to include “The House Next Door,” building a facility next to The Link devoted to grief programs for children and their caregivers.

It also housed the newly established “National Resource Center for Suicide Prevention and Aftercare,” pioneering work in suicide prevention, intervention and aftercare in the United States. Iris graduated from Columbia University in New York City. She completed further studies in community counseling at Georgia State University in Atlanta. She majored in Suicidology at Emory University, receiving her Masters Degree in 1981. Her background is in individual and family therapy. She trained in this country and abroad specializing in the areas of children’s grief and the complicated grief process following suicide. Iris is co-founder of the North Atlanta Chapter of Compassionate Friends in Atlanta, a self-help organization for bereaved parents. She founded “S.O.S. Survivors of Suicide Support Groups” in Atlanta and the S.O.S. Support Team, providing home visits to the bereaved. She presents workshops and trainings across the country, teaching other groups to provide similar services. She co-authored *My Son...My Son, a Guide to Healing After Death, Loss or Suicide*, a book about the survival of a family in the aftermath of suicide. Her co-author was her father Curtis Mitchell. She is married to Jack Bolton and is the mother of four sons and is currently writing her second book titled: “VOICES OF HEALING AND HOPE: Conversations on Grief after Suicide.” She hopes to have it published by the end of the year 2015.



**Dr. Frank Campbell, Ph.D., LCSW, C.T.** is the former Executive Director of the Baton Rouge Crisis Intervention Center and the Crisis Center Foundation in Louisiana, USA. He is currently Senior Consultant for Campbell and Associates Consulting where he consults with communities and on Forensic Suicidology cases. It was due to his more than twenty years of working with the bereaved by suicide that he introduced his

Active Postvention Model (APM) most commonly known as the LOSS Team (Local Outreach to Survivors of Suicide). His work with survivors and victims of trauma has been featured in three Discovery Channel documentaries. Dr. Campbell is a past president of AAS (American Association of Suicidology) and has received the Roger J. Tierney Award for service and the Louis I. Dublin Award for his contributions to the field of Suicidology. Dr. Campbell was also elected by the International Association of Suicide Prevention (IASP) to receive the Dr. Norman Farberow Award for his international contributions on behalf of those bereaved by suicide. He was Social Worker of the Year in Louisiana and the first John. W. Barton Fellow selected in his hometown of Baton Rouge, Louisiana. To find out more about his work in the field of Suicidology, you can visit [www.lossteam.com](http://www.lossteam.com).



**Franklin Cook, MA, CPC** is an expert in peer support services, with over 15 years experience focused on suicide bereavement and 30 years on addiction recovery. This is his fourth year attending the TAPS National Military Suicide Survivor Seminar in support of TAPS staff and seminar attendees. He is a survivor of his father’s suicide (his dad was a Korean War-era veteran) and is himself a Vietnam-era veteran (U.S. Army 1972-75.)

Franklin has extensive expertise in community-based suicide prevention and project management as well as delivering peer support to people bereaved by suicide in many settings, including support groups, one-on-one, via telephone and online. He is a longtime national advocate for meeting the needs of survivors of suicide loss and served on the board of directors of the Suicide Prevention Action Network (SPAN USA) for six years, until its merger with the American Foundation for Suicide Prevention in 2009, and is now a member of the Alliance for Hope for Suicide Survivors, the largest gathering place on the Internet for survivors focused exclusively on grief support.





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**Michelle M. Cornette, Ph.D., Executive Director, American Association of Suicidology** Dr. Cornette's longtime professional focus has been the study and prevention of suicide. Her professional history in suicide prevention includes roles as administrator, researcher, clinician, educator, and survivor of suicide loss. Dr. Cornette is a member of the MOMRP Suicide Research Consortium, and the Defense Suicide Prevention Office working group addressing suicide prevention training. She sits on the Medical Advisory Board of the Charles E. Kubly Foundation, and has previously served on the VISN 12 Mental Health Advisory Board, and the Board of Directors, Mental Health American of Wisconsin. She has been honored for her contributions by both VHA and DoD. Dr. Cornette holds a research faculty appointment in the Department of Medical and Clinical Psychology at the Uniformed Services University of the Health Sciences. She earned her PhD in Clinical Psychology from the University of Wisconsin-Madison.



**Heather Cotterman, ESMHL, TRI**, 2015 PATH International's Region 10 Certified Equine Professional of the Year, was the Founder and Program Director of Equi-Valent Riding Center, an Equine Facilitated Therapy and Learning Center, in Delaware, OH from 2009-2013. She developed the Barn Buddies: Horses Teaching Social Skills program offered to all children on the Autistic Spectrum and Developmental Disabilities. As well as the Horse Whispering: Leadership Development Skills Program for school students, youth groups, women's groups and corporate teambuilding workshops. Heather helps Clients engage in Round Pen, Ground Work, and Mounted activities designed to enhance social, leadership, and personal growth skills. Prior to starting the nonprofit program in 2009, she was a somatic riding instructor for 12 years, teaching riders how their physical and mental state affects their horses. Her 24 years of teaching experience in the field of dance has enhanced her ability to help students be enlightened equestrians. Heather has a BSE in Education, as well as BA in Choreography from Otterbein College. She completed her 15th year as Adjunct Faculty at Otterbein University prior to moving to Colorado. Heather is a Certified Centered Riding Instructor, a Professional Association of Therapeutic Horsemanship Equine Specialist for Mental Health and Learning and a PATH Certified Therapeutic Riding Instructor. She has attended clinics by Monty Roberts, GaWaNi Pony Boy, Chris Cox, Pat Parelli, Steve Lantivit, Equine Affair, and others. Heather has had served as an Equine Behavior Consultant for EquuSpeak at the NARHA Conference in 2010. Heather is currently on staff at Pikes Peak Therapeutic Riding Center in Colorado Springs, working with Wounded Warrior soldiers, at risk youth, clients with adaptive riding needs as well as working with Equus Equation on EFL workshops.



**Sheila Foster, M.A.** is the founder of Temenos Center for Awakening and the Temple of the Sacred Feminine, a contemporary non-denominational women's mystery school where women learn spiritual practices and processes for healing. For 35+ years she has guided and supported women as they do the deep work of meeting their heartbreak and working with it as a path to Grace. Sheila works with women individually and in groups, addressing heartbreak, trauma, grief, and spirituality. Sheila lives in Boulder, Colorado.



**Dr. Jill Harrington-LaMorie, DSW, LCSW**, is a surviving spouse who served as the TAPS Director of Professional Education for more than three years, as well as being a peer mentor, group facilitator, and workshop presenter at the National Military Survivor Seminar and NMSSS. "Dr. Jill" completed her doctorate in social work at The University of Pennsylvania, focusing on Military Suicide Loss and Peer Support. Being a re-partnered spouse, she has helped support spouses and partners navigating new intimate relationships after loss. She currently works as the Senior Field Researcher on the National Military Family Bereavement Study for USUHS Center for the Study of Traumatic Stress as well as enjoys riding her Harley and traveling with her family.



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## *Biographies*



**Eric Marcus** lost both his father, a WWII Navy veteran, and his sister-in-law to suicide, which inspired his decades-long advocacy for suicide loss survivors. His work has included serving on the national board for the American Foundation for Suicide Prevention and a past staff position in which he rebuilt the organization's programs for suicide loss survivors in the U.S. and around the world. Mr. Marcus is the author of *Why Suicide? Questions and Answers about Suicide, Suicide Prevention, and Coping with the Suicide of Someone You Know*. He is the author of several other books and has written articles and columns for the New York Times, New York Daily News, New York Post, and Newsweek, and has been a frequent guest expert on television and radio. In addition to his writing, Mr. Marcus has also produced two documentaries on the suicide loss experience for AFSP, worked on a documentary about the landmark 1969 gay uprising at New York's Stonewall Inn for the PBS "American Experience" series, and worked in television network news for both ABC's "Good Morning America" and "CBS This Morning."

**Donna Naslund, RN** has her bachelor's degree in Nursing from the University of Maryland. She has over fifteen years experience in Emergency Room and Intensive Care Unit clinical settings, at Georgetown University and Johns Hopkins University hospitals. Over the past five years, Donna has volunteered at Gilchrist Hospice in Baltimore, Maryland, facilitating bereavement workshops and support groups as part of their community outreach programs. She is active in the development and implementation of ongoing bereavement programs, involved in the training of new bereavement facilitators and a bereavement representative for the weekly clinical hospice team meetings. Donna also makes monthly bereavement calls and serves as an End of Life Doula. She has participated in the Tragedy Assistance Program for Survivors National Conferences for the last three years, facilitating in the Artful Grief: Open Art Studio. Donna was widowed at the age of twenty six, remarried and has three adult children as well as one stillborn, baby girl in spirit.



**Kristin Sjoberg, MM** is a board-certified music therapist with Rehabilitative Rhythms Music Therapy in Aurora, CO. Music therapy is an evidence-based health profession in which music interventions are used within a therapeutic relationship to address individualized physical, emotional, cognitive and social needs. Kristin completed her bachelor's degrees in music performance and psychology at Luther College and her master's degree in music therapy at the University of Iowa. She is also a certified Robert F. Unkefer Academy Neurologic Music Therapist and a Music Together teacher. Kristin has clinical experience working with a wide-ranging selection of individuals in various settings, including but not limited to schools, hospitals, substance abuse programs, hospice, assisted living and nursing homes, adult day programs, military bases, and private homes. In addition to music therapy experience, Kristin worked as a program specialist for inner city youth, as a music teacher for a 'mommy and me' program, and as a researcher in Otolaryngology with the University of Iowa Hospitals and Clinics. On a more personal note, Kristin is a proud sister to SPC Erik Johnson and SPC Ashlee Johnson.



**Sharon Strouse, MA, ATR-BC, LCPAT** is a board certified Art Therapist and licensed clinical professional Art Therapist, author, teacher, facilitator, speaker and survivor. Her world dramatically changed on October 11, 2001 when her seventeen year-old daughter Kristin ended her own life. Sharon's own process of meditation and collage making, in response to the trauma of loss became a template for her work with others. She is a grief and bereavement specialist and national workshop presenter for The Compassionate Friends 2005-2015, TAPS 2008-2015, The Association for Death Education and Counseling 2012-2015 and The American Association of Suicidology 2013-2014. 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](http://www.krsf.com)) a non-profit dedicated to supporting programs that increase awareness of Mental Health through education and the arts. She is author of *Artful Grief: A Diary of Healing*. ([www.artfulgrief.com](http://www.artfulgrief.com))

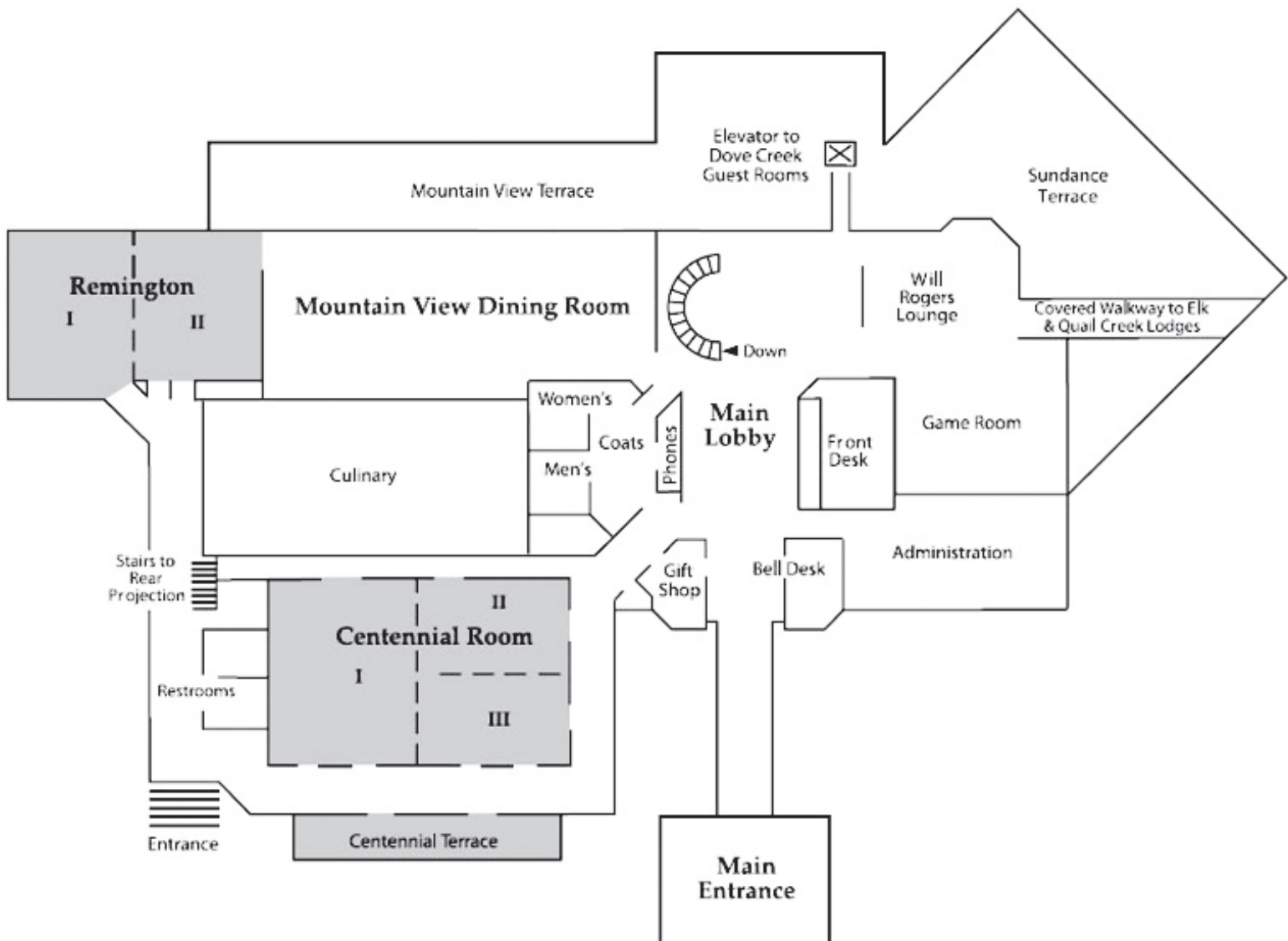


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Cheyenne Mountain Resort in Colorado Springs, Colorado

*Map*



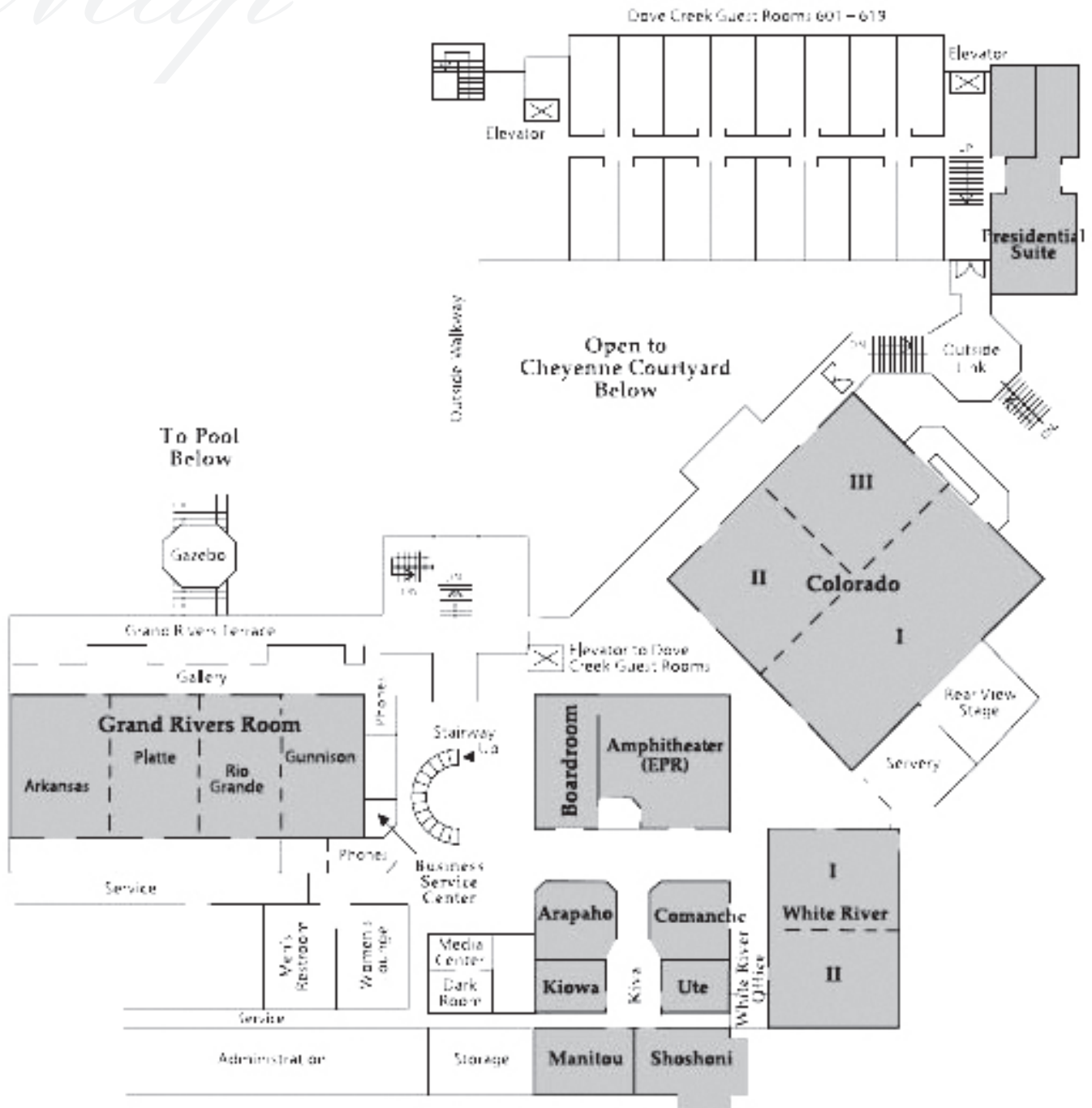


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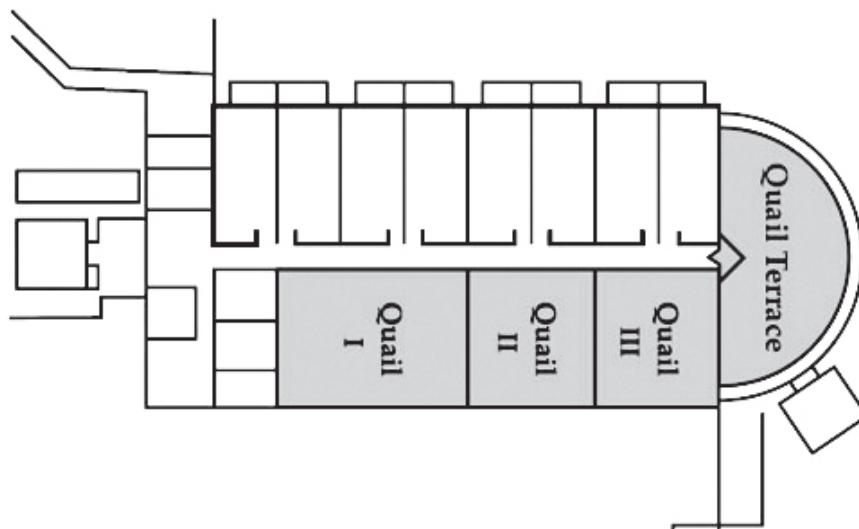
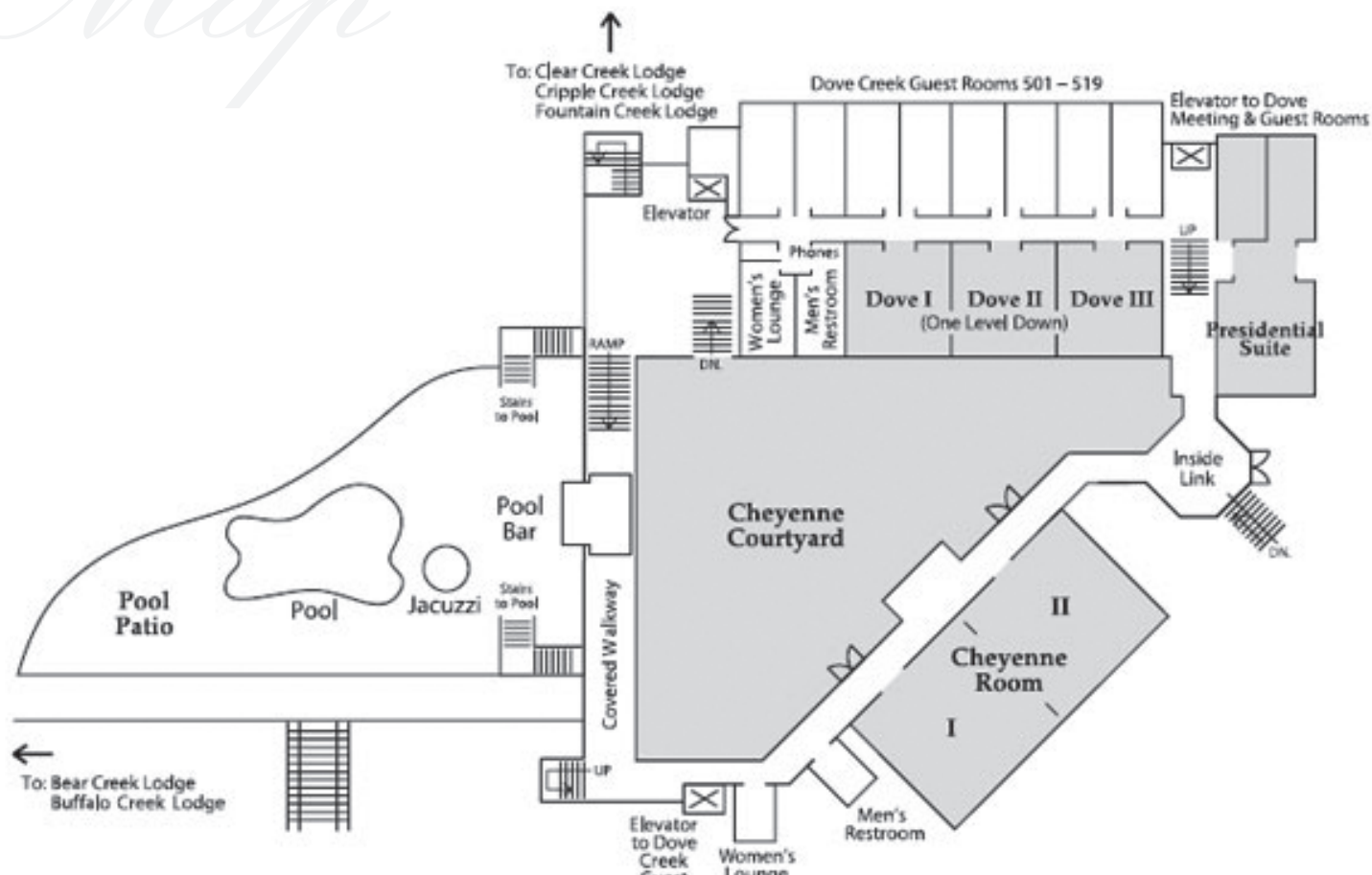
Cheyenne Mountain Resort in Colorado Springs, Colorado

Map



## Cheyenne Mountain Resort in Colorado Springs, Colorado

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### ★ Resources

#### *We're here for you!*

**Survivor Care Table:** Located on the lower level, in the "Nook" to the right of the staircase, the Survivor Care Table is where survivors connect with members of the Survivor Care Team, Military Family Life Counselors (MFLC's) and other supports. Whether someone needs to talk with a peer, a Volunteer Peer Mentor or a licensed clinician, this is the spot to come to... we're here to support you!

**Help Table:** Located on the lower level, in the "Nook" to the left of the staircase, the Help Table is your go-to-spot for answers to logistical questions such as: what time is dinner? Where is the Yoga class being held? What is the bus schedule to Denver Airport on Monday?

**Bookstore:** Come check out the many different offerings at the Bookstore, including books authored by some of our special guests and speakers this weekend! Located on the Mirror Wall, lower level.

**TAPS Store:** Show your TAPS pride and love! There are many new items featured at our TAPS store this year that we hope you'll love! Located on the Mirror Wall, lower level.

**Connect with TAPS Staff**  
**Anytime, day or night, 24/7**  
**1-800-959-8277**

## With hope, all things are possible.

Optum is honored to support the Tragedy Assistance Program for Survivors in inspiring hope for grieving military families on their journey toward healing.

Optum is dedicated to the successful recovery and resiliency for those dealing with trauma and other behavioral health issues. Serving over 35 million Americans, Optum helps empower people to manage their health and live life to the fullest. To find out more, please visit [www.optum.com](http://www.optum.com).





# TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS



*Thank You to our Sponsors!*

*Thank you for partnering with TAPS in providing comfort and support to those grieving the death of a loved one in military service to America.*



Special Thank You's to our experts, authors, speakers and special guests who shared their time, expertise and love with or TAPS family this weekend:

Extra Mile Ministries Crisis Response Team and their K9 Comfort Dogs, Gathering of Spirits Drum Group, Pikes Peak Therapeutic Riding Center, Colorado Springs Therapeutic Riding Center, Sheila Foster, Christine Bogdan, Karen Anderson, LaRita Archibald, Laura Biddle, Iris Bolton, Dr Frank Campbell, Franklin Cook, Dr Michelle Cornette, Dr Jill Harrington, Eric Marcus, Sharon Strouse, Josh Robinson and the amazing team of Group Leaders, Senior Mentors and Mentors who volunteer their time with our Good Grief Camp kiddos!

*Thank you to our  
Good Grief Camp Sponsor*



**MARK YOUR CALENDARS:  
8<sup>TH</sup> ANNUAL TAPS MILITARY  
SUICIDE SURVIVOR SEMINAR 2016**

**October 8-10  
TradeWinds Resort ★ St. Pete Beach, FL**