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The OmMama Resource Center

*presents*

# **Perinatal Loss: Facilitating Healing Through Compassionate Dialogue**

*A Professional Development Workshop*

**Friday, October 18  
8 a.m. – 5 p.m.  
Garden Hall, Maymont Park**

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### **Who should attend:**

Anyone who may experience perinatal loss in their professional practice, including but not limited to, nurses, physicians, midwives, social workers, doulas, childbirth educators and lactation consultants.

### **Objectives:**

Participants will be able to:

Describe the impact of perinatal loss within families, professionals, and organizations.

Apply new skills for communicating with the newly bereaved.

Develop mindfulness-based coping skills for dealing with loss and grief.

Discuss the impact of an effective community-wide approach to perinatal loss.

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## Workshop Schedule:

8:15 – 9:00 am	Arrival, Registration and Coffee/Continental Breakfast
9:00 – 9:15 am	Welcome – Leslie Lytle, Executive Director, Nurture
9:15 – 10:00 am	<b>Perinatal Bereavement: Losses that Span a Lifetime</b> / <i>Sarah Kye Price, PhD</i> When a pregnancy ends or a baby dies, women and families often live silently within the shadow of their unseen and unspoken grief. This opening session offers a theoretical foundation for understanding the silence that exists around perinatal loss, and describing effects that unresolved reproductive losses can have across a lifetime. Drawing from her work as both a grief therapist and academic social worker, Dr. Price situates the personal experience of perinatal bereavement within our understanding of how we grieve emotionally, cognitively, and interpersonally, and offers a framework for working through our own loss experiences, as well as supporting others who grieve.
10:00 – 10:15 am	Stretch/Reflection/Refreshment Break
10:15 – 11:30 pm	<b>Visiting Their Sacred Ground: Communicating with the Newly Bereaved</b> / <i>Tammy Ruiz, RN</i> Tammy Ruiz will bring her experiences as a Perinatal Bereavement Coordinator, Neonatal ICU & Hospice Nurse, Pastoral Care student and recent widow to explore the challenges and opportunities of entering into conversation with the newly bereaved, with major focus on newly bereaved parents in the hospital setting.
11:30 – 11:45 pm	Stretch/Reflection/Refreshment Break
11:45 – 1:00 pm	<b>Networking Lunch</b> (lunch provided)
1:00 – 1:15 pm	Introduction to the Afternoon
1:15 – 2:15 pm	<b>Being with Loss: Mindfulness as the Basis for Compassionate Self-Care</b> / <i>Alan Forrest, Ed.D.</i> Working in a professional capacity with the losses of others can be overwhelming until we have learned to be present with our own feelings of grief. During this experiential session, we will bring our attention inward to explore the edges of physical discomfort and emotional discomfort, and use the lens of this awareness to develop our capacity to mindfully navigate our own experience of loss.
2:15 – 2:30 pm	Stretch/Reflection/Refreshment Break
2:30 – 3:30 pm	<b>Panel Discussion: Moving Beyond Silence: Cultivating Space for Extended Grieving and Healing</b> / <i>Sarah Kye Price, PhD, Tammy Ruiz, RN, Moderators</i> Panel Members: Jennifer Jurlando, Karla, Helbert, LPC, Ron Herrsche
3:30 – 3:45 pm	Stretch/Reflection/Refreshment Break
3:45 – 4:30 pm	<b>Small Group Networking: Building an Effective Community Response to Perinatal Loss</b>
4:30 – 5:00 pm	<b>Large Group: Reflections/Next Steps/Closing</b>

## Presenters:

**Sarah Kye Price, PhD** is Associate Professor in the School of Social Work at Virginia Commonwealth University. Her research focuses on the integration of mental health into maternal and child health promotion and home visiting programs, particularly in communities disproportionately impacted by fetal and infant mortality. Previously, she worked as the Family Support Specialist for SIDS Resources in St. Louis, Missouri and as a Grief Therapist with Life Transitions Center in Buffalo, New York.

**Tammara Ruiz, RN** is the Perinatal Bereavement Coordinator at Mary Washington Hospital in Fredericksburg, Virginia, where she cares for women and families in times of pregnancy loss and infant death. This care includes working with inpatients, outpatients, historical losses (unresolved losses from the distant past) and birth preparation after life-limiting diagnosis ("Perinatal Hospice" care). She designed and implemented a local program that has provided respectful burial to 385 babies. She speaks widely to Health Care Professionals on excellence in the provision of Perinatal Bereavement Care.

**Alan Forrest, Ed.D.** is Chair and Professor in the Department of Counselor Education at Radford University. He is a Licensed Professional Counselor and a Licensed Marriage and Family Therapist, with extensive clinical experience in the areas of death, loss, grief, bereavement and self-care. In addition to his personal mindfulness meditation and yoga practice, Alan has co-led mindfulness retreats for graduate students, medical students, and other helping professionals. He is interested in mindfulness pedagogy and facilitates weekly mindfulness practice groups at Radford University for faculty and staff.

### ***Continuing Education Credits***

**Nurses:** The NYU College of Nursing Center for Continuing Education in Nursing is accredited as a provider of continuing nursing education by the American Nurses' Credentialing Center's Commission on Accreditation. This program will award 5.0 contact hours.

We are currently seeking approval to provide continuing education credits for social workers and counselors.

**Cost:** Professionals: \$185

*(10% discount or \$166.50 when you register by **September 15.**)*

Students: \$100 (must provide valid student ID)

Nonprofits: 20% discount when two or more staff members register at the same time.

Fee includes continental breakfast, lunch, and snacks.

**Register online at <http://bit.ly/PNLCompassion>**

### **Garden Hall, Maymont Park**

1700 Hampton Street, Richmond, VA 23220 [Map](#)  
*Free parking available at the [Hampton Street Entrance](#)*

**Find this event on Facebook: <http://bit.ly/PerinatalLoss>**



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