



## Institute for Hope and Healing

Founded in 2018, the TAPS Institute for Hope and Healing brings together the nation's leading experts, authors, and survivors to share meaningful information with those who have experienced loss and those who support bereaved individuals. For professionals, the Institute provides high-quality education about grief, loss, and related subjects. For the public, the Institute offers a safe and special place to learn about and explore grief while finding support, validation, comfort, and inspiration.

Institute programs are designed with the TAPS family and military support professionals in mind. Many programs are accessible worldwide, with livestreaming/archived recording accessibility 24/7.

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### UPCOMING PROGRAMS

#### *Soul Injury and PTSD* - Thursday, May 3, 9:30 am - 4:30 pm ET (in-person event)

Spend a day at the Institute with nationally-known speaker Deborah Grassman, APRN, a former VA hospice nurse, as she presents two popular Opus Peace programs focused on living life to its fullest in the wake of adversity: *Soul Injury* and *PTSD and Trauma Integration*. Lunch is included. There is no fee to attend. Appropriate for all learning levels. CEs are available for professionals through HFA.

#### *Grief is a Journey* - Wednesday, May 9, noon - 1:30 pm ET (live webinar with archived recording)

Presented by Kenneth J. Doka, PhD, MDiv, this program challenges long-held myths about grief and grieving and makes a case for the individual nature of grief. Based on his recent book, *Grief is a Journey: Finding Your Own Path*, Doka looks at the many ways that individuals react to loss and provides self-help techniques for the bereaved. Appropriate for all learning levels. CEs are available for professionals through the TAPS Institute.

#### *Using Photography to Cope with Grief* - May 16, 4:30-6:30 pm ET (in-person event)

This 2-hour workshop, presented by founders of the popular website [whatsyourgrief.com](http://whatsyourgrief.com), explores the basics of grief theory and therapeutic techniques for coping with loss while focusing on creative expression through photography. Participants will learn different photographic prompts and activities that can be used to help with processing and expressing difficult emotions, returning to difficult and emotional places, and maintaining a continuing bond with loved ones. Appropriate for all learning levels. No CEs.

#### *Beyond the Five Stages: Understanding Modern Grief Theory* - June 8, 9:30 am-4:30 pm ET (in-person event)

Presented by [whatsyourgrief.com](http://whatsyourgrief.com) mental health professionals Litsa Williams and Eleanor Haley, this program looks beyond the well-known "five stages" theory of grief. The grief theory landscape has changed significantly over the last 50 years. However, despite this evolution, many clinicians are only familiar with the early foundations of grief theory. This session explores the most prominent grief theories to have emerged from the fields of psychology and thanatology, beginning with Freud and working forward to the most current evidenced-based models of grief. Lunch is included. Appropriate for those who work in the field of grief and loss or related areas. CEs available for professionals through the TAPS Institute.

Email [institute@taps.org](mailto:institute@taps.org) or call 800-959-8277 for more information.