



## **'Transforming loss...**

## **into living again with**

## **faith, hope, and love'**

Deb Lee Gould, MEd  
Bereaved Parent & Grief Consultant  
*Grief Support for Bereaved Parents & Families*

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### **EDUCATION and PROFESSIONAL EXPERIENCE**

#### **MEd, Counselor Education, University of North Carolina at Greensboro, NC, 1993**

- ♥ **1994 – Present: Grief Consultant**, 'Private Practice' Greensboro, NC and Okemos, MI (2006)
  - Provide one-on-one emotional support and grief consultation services to bereaved adults
  - Write [articles](#) on 'coping and healing' with loss
  - Created (1994) and Published (1996) '[Holistic Intergenerational Grief Model ~ Healing of a Fractured Heart](#)' <sup>TM</sup>
  - Passed National Counselor Exam, December 1993
  - Presented talks on loss and grief to the community
  
- ♥ **May 1993 – Nov 1994: Grief Counselor**, Six-month internship and Contract work at Hospice at Greensboro, NC
  - Counseled Hospice patients, families, and bereaved individuals from the community
  - Facilitated adult and children's grief groups and participated in children's grief camp
  - Functioned as an interdisciplinary team member
  
- ♥ **Feb 1991 – Present: Co-Founder and Director of the [FOD \(Fatty Oxidation Disorders\) Family Support Group](#)**, Greensboro, NC and Okemos, MI
  - Initiated, Formed, and am Director of a National (initially for MCAD only) and International Family Support Group to network Families dealing with rare genetic metabolic Fatty Oxidation Disorders
  - Provide emotional support, grief consultation, and referral information via email/phone to Families in the US and abroad with an FOD and/or those living with the death of a child from an FOD
  - Write and publish a biannual newsletter specifically for FOD Families and Professionals informing them of current Newborn Screening news, Diagnosis and Treatment updates, new developments in Research, as well as coping and 'healing' articles
  - Co-Direct a 2-day National Metabolic Conference every two years with another Metabolic Family Support Group
  - Attended, participated in and/or spoke at counseling and grief counseling seminars and meetings

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*1983, 1986, and 1987 gave birth to 3 beautiful children ~ Kristen, Kevin (MCAD), and Brian (carrier)  
July 21, 1985 ~ Kristen's Sudden Death from Undiagnosed MCAD at our home in Champaign, IL*

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#### **Surgical Technologist Certificate, Lansing Community College, Lansing, MI, 1981-1982**

- ♥ **1982: Surgical Tech Intern**, Ingham Medical Center and Sparrow Hospital, Lansing, MI
  - Assisted Physicians with instrumentation during surgical procedures

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#### **MS, Physical Education, University of Illinois, Urbana-Champaign, IL, 1978**

- ♥ **1978 – 1982: Physical Education Teacher and Substitute PE Teacher**, Lansing, MI
  - Substitute taught local K-12 Physical Education classes
  - Taught aerobic dance to adult fitness classes
  - Instructed Physical Education classes for 350 K-4 children at Allen Elementary for 2 years
  - Graduate Teaching Assistant: Instructed U of I undergraduates in conditioning and weight control, racquetball, and canoeing activities for 2 semesters (1977-78)

#### **BS, Physical Education, University of Illinois, Urbana-Champaign, IL, 1973 –1977**

*'A Fighting Illini Forever ~ Chief Illiniwek Forever!'*



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**Counseling and Grief Counseling  
Early Years of Education/Training/Experience**

**1990**

Aug	Began UNC Greensboro MEd Counseling Program	
Sept – Nov	Hospice Volunteer Training	18 hrs
Nov – May 1993	Hospice Volunteer: patient/family, group facilitator, Article contributor, children's grief camp co-facilitator, Bereavement counselor (Hours include 1990 - May 1993)	200 hrs

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**1991**

Jan 16-18	Bereavement Skills Training: 3 days, Dr Alan Wolfelt	18 hrs
April – 1993	Transition Center Volunteer: grief group facilitator, phone support, article contributor	80 hrs
	Individual Supervision by M P, MEd, NCC	14 hrs
April 9	Suicide Workshop: Dr Wolfelt	3 hrs
April 18	Grief Counseling Workshop: Ms Soltyes	5 hrs
June 5	*NCABC Annual meeting & seminar	5 hrs
July 18	Grief Seminar: Pet Loss	2 hrs
Sept 17 & 19	Hospice Workshop: Children and Loss	4 hrs
Sept 27	Stress Reduction Workshop	4 hrs
Dec 6	Crisis Intervention Training	4 hrs
Dec 10	Winston-Salem, NC Hospice Workshop: Families in Grief	8 hrs

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**1992**

Feb 7	Charter Hospital: Boundaries of Therapeutic Relationship	4 hrs
June 3	NCABC Workshop: Multicultural issues in grief	5 hrs
June 10	*AHEC Workshop: Depression	3 hrs
July 10-11	Compassionate Friends National Conference/Workshops	16 hrs
Aug 31 & Sept 2	Hospice Training: Dying child	6 hrs
Oct 7	NCABC Workshop: Disenfranchised Grief	4¼ hrs
Dec 4 & 5	Satir Workshop: Loss, grief, and healing	12 hrs

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**1993**

Jan 6	NCABC Workshop: Role of Psychiatrist	3 hrs
Mar 3	NCABC Workshop: Growing up with grief	4 hrs
May 3 & 4	Hospice 'Reaching for Rainbows' children's grief Camp counselor	17 hrs
May - Dec	Hospice at Greensboro: UNCG MEd Counseling Internship	
	Total Hours of Work	725 hrs
	Total Hours of Direct Contact	288 hrs
	Total Hours of Supervision	56 hrs
June 4	NCABC Workshop: Creative Arts and Grief	4 hrs
Sept 9	AIDS Workshop	6 hrs
Oct 6	NCABC Workshop: Suicide and Depression	4 hrs
Nov 19	UNCG: Legal Issues in Counseling	4 hrs
Dec 17	Completed MEd at UNC Greensboro	
	Total Practicum Contact Hours for all Counseling Courses (excluding Internship)	112 hrs
	Total Supervision Hours for Practicum Courses	16 hrs
Dec	Passed National Counselor Examination	

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**1994**

Jan - Dec	Peer Group Supervision	2 hrs/mo
Jan 13	NCABC Workshop: Grief Assessment Model	4 hrs
Jan 14	Hospice Bereavement Volunteer Training Workshop	5 hrs
Mar - Oct	Hospice at Greensboro: Contract work, Grief Counselor	5-10 hrs/wk
Mar - Oct	Individual Supervision: Director of Bereavement Care	1 hr/mo
Mar - present	'Private Practice': Grief consulting one on one or by email/phone	25-30 hrs/wk
Mar 11	Mind Matters Seminar: Emotions, Depression	6 hrs
Mar 29	NCABC Workshop: Rituals	3 hrs
Mar 31	*ADEC Seminar: Living with Grief, Personally and Professionally	2 hrs
April 23 & 24	Hospice 'Reaching for Rainbows' Children's Grief Camp	15 hrs
June 29	Career Track seminar: High impact communication for women	4 hrs

\*NCABC = NC Association for Bereavement Care

\*AHEC = Area Health Education Center

\*ADEC = Association for Death Education and Counseling

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### **Group Facilitation & Co-Facilitation**

Fall 1991	Transition Center: Adult Grief Co-facilitator	14 hrs
Winter 1991	Transition Center: Adult Grief Co-facilitator	14 hrs
Fall 1992	Hospice at Greensboro: Children's Grief Co-facilitator	18 hrs
May 1993	Hospice at Greensboro 'Reaching for Rainbows' Children's Grief Camp Co-facilitator	17 hrs
Summer 1993	Hospice at Greensboro: Adult and Children's Grief Co-facilitator	22 hrs
	Adopted Families' National Conference: Death of an Adopted Child Co-facilitator	2 hrs
Mar - Oct 1994	Bereaved Parent Support Group Facilitator	4 hrs/mo
April 1994	Hospice at Greensboro: 'Reaching for Rainbows' Children's Grief Camp Co-facilitator	15 hrs

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### **Grief Presentations**

#### **Panel Discussion Member**

Dec 1991 & 1992	Transition Center: Coping with the Holidays
Feb 1992	Transition Center: Bereavement and the Clergy
Mar 1993	NCABC: Growing up with Loss

#### **Speaking Engagements**

Sept 1992	Hospice Volunteer Training Session: Parental Grief
Sept 1992	Community Roundtable: Moving Beyond Survival ~ Living after the death of a child
Mar 1994	Triad Health Project Volunteer Training Session: Facilitating Grief
Mar 1994	Compassionate Friends Support Group: Coping with Anger
April 1994	Medical Grand Rounds at Moses Cone Hospital (Greensboro) Facilitating Grief for Medical Professionals
May 1994	Bereaved Parent Support Group (High Point): Coping Strategies For Bereaved Parents
Aug 1994	March of Dimes Regional Genetic Conference (Winston-Salem) Crisis and Grief Counseling ~ Helping Families Cope with a Genetic Disorder
Nov 1994	Compassionate Friends Support Group: Taking Care of Ourselves Through the Holidays

### **Television Appearances**

Feb 1992	The Good Morning Show (Greensboro): Women within the Funeral Industry and Issues surrounding grief
Feb 1992	Duke University Public Relations (Durham): Gould Family Interview for The Children's Miracle Network



## Publications

Gould, DL (1991-present): Most of the articles below are also on the FOD Family Support Group website at [www.fodsupport.org](http://www.fodsupport.org) (Coping and Healing page) and [www.bereavedparent.com](http://www.bereavedparent.com) (Coping & Healing page), as well as all of my current writings and newsletters. Co-editor and author of **MCAD Communication Network**, now called the **FOD Communication Network**. This is an international Family Support Group newsletter for over 4000 Families in the US, Canada and overseas that are living with rare metabolic disorders called Fatty Oxidation Disorders.

Gould, DL (1994, November). *What my boys mean to me*

Gould, DL (1994, October). *My love for Kristen ~ My eyes tell it all*

Gould, DL (1994, September). *I've seen the light*

Gould, DL (1994, September). *Voice of hope*

Gould, DL (1994, June). *MCAD: In memory of Kristen*, **Research Trust for Metabolic Diseases in Children** (England), Volume 4, No.7, pp. 14-15

Gould, DL (1994, March). *Set free*

Gould, DL (1994, February). *When a child dies*, **Hospice at Greensboro, Inc. newsletter**

Gould, DL (1993, June). *The healing power of love messages* **Bereavement**, p. 16

Gould, DL (1993, Spring). *Reaching for rainbows*, **Thanatos**, p. 27

Gould, DL (1993, January). *Grief reconciliation: Letting go of self-limiting identities*, **The Caregiver Newsletter**, pp. 4-5 (Distributed by The Transition Center, Greensboro, NC)

Gould, DL (1993, Winter). *Renewed strength and hope* **Compassionate Friends Newsletter** (Greensboro, NC) p. 3

Gould, DL (1992, Fall). *A mother's journey through grief*, **Hospice at Greensboro Kaleidoscope Volunteer Training Handbook**

Gould, DL (1992, May). *What really makes us rich?* **The Caregiver Newsletter**, p. 4

Gould, DL (1992, January). *Rediscovering joy*, **The Caregiver Newsletter**, pp. 1-2

Gould, DL (1991, Fall). *Our child's memory*, **Compassionate Friends Newsletter**, p. 3

Gould, DL (1991, Fall). *Suggestions to help you through the holidays*, **Compassionate Friends Newsletter**, p. 3

## Most Current Grief Consulting Continued Learning – Seminars, Workshops, Presentations & Books

[Even though I may not use most of these specialized 'treatments' (ie., PTSD treatment) in my Grief Support practice, I do believe it's important to be open to all current information and to be aware of what others are utilizing to help individuals move toward 'healing']

### On-site Seminars or Workshops:

**'Companioning' versus 'Treating' the Mourner: Exploring Principles and Practices of Compassionate Caregiving**, Alan D Wolfelt, PhD, Author, Educator and Grief Counselor. 2012 Fall Community Grief Conference Sponsored by Gorsline Runciman Funeral Homes. Oct 4, 2012 3 hrs

**'Higher Brain Living'**, Barbara Brouwer, **Higher Brain Living® Facilitator in Michigan**. At Therapy Today Counseling and Consulting, East Lansing, MI. July 11, 2014 1.5 hrs

**'Dream Workshop'**, Michael Stratton, ACSW. Author and Therapist. At Therapy Today Counseling and Consulting, East Lansing, MI. Oct 10, 2014 1 hr

### DVD Seminars:

**Trauma, PTSD, & Traumatic Grief**. Duane T Bowers, LPC May 6, 2011 6 hrs

**Trauma, PTSD & Grief**. Linda J Schupp, PhD Nov 8, 2012 5.5 hrs

**Brief Therapy Inside Out - EMDR: Working with Grief**. Francine Shapiro, PhD with Jon Carlson, PsyD & Diane Kjos, PhD 2011 1.5 hrs

**Journey from Loss to Renewal: Clinical Interventions for Normal & Complicated Grief**. Robert Zucker, LCSW, MA, FT Mar 18, 2012 6 hrs

**Grief and Mindfulness**. Dr Sameet Kumar May 17, 2012 6 hrs

**Grief: Integrative Assessment & Treatment**. Dr Christina Zampitella June 8, 2012 6 hrs

### Online Video Seminars:

**'Treating the Invisible Wounds of War: Iraq & Afghanistan Veterans, Families and Care Providers – PTSD & Substance Abuse: Overview & Treatment for Veterans Part 1 & 2'** Robyn Walser, PhD, Assoc Director National Center for Post Traumatic Stress Disorder, Palo Alto, CA. As part of the UC TV series: UCSF Neurology and Coming Home Project. Oct 20, 2009 2 hrs

**'Stress-Coping Theory And Grief, Meaning Making Coping in Cancer Survivorship'** Maggie Stroebe, PhD, Professor of Psychology at Utrecht University, The Netherlands and Crystal Park, PhD, Univ of CT Assoc Professor of Psychology. As part of the UC TV series: UCSF Osher Center for Integrative Medicine & American Psychological Assoc. April 26, 2012 1 hr

***'Spirituality and Combat Trauma'*** Steve Torgerson, Chaplain, Travis Air Force Base. As part of the UC TV series: UCSF Neurology and Coming Home Project. May 12, 2009 1 hr

***'Various Anxiety vs Depressive Disorders'*** Jeffrey A Applebaum, MD, FAAFP, Asst Clinical Professor, Family Medicine, UC Davis Medical Group. As part of the UC TV series & UC Davis Continuing Medical Education series. August 16, 2011 1 hr

***'Coping & Resilience and Coping with Unattainable Goals'*** Alex Zautra, PhD, ASU Foundation Professor of Clinical Psychology and Carsten Wrosch, PhD, Concordia University Assoc Professor. As part of the UC TV series: UCSF Osher Center for Integrative Medicine & American Psychological Assoc. Sept 11, 2009 1 hr

***'Anxiety Disorders'*** Sarah Melton, PharmD, BCPP, GCP Dir of Addiction Outreach, Appalachian College of Pharmacy Assoc Professor of Pharmacy Practice. As part of East Tennessee State Univ '11 Psychiatry in the Mountains series. Oct 21,2012 1.25 hr

***'Psychotherapeutic Treatment of Appalachian Combat Veterans with PTSD'*** Myra Qualis Elder, PhD, James H Quillen Veterans Affairs Medical Center, Mountain Home, TN. As part of East Tennessee State Univ '11 Psychiatry in the Mountains series. Oct 21,2012 1 hr

***Course: Acute Stress, Grief and Trauma*** as part of AACC series Total 12 hrs

***'Care and Counsel for Trauma'*** July 26, 2012

Lecture 1: Introduction to Crisis Counseling

Lecture 2: Grief, Loss and Complicated Grief

Lecture 3: Anxiety and Depression

Lecture 4: Trauma and Abuse

Lecture 5: Counseling Strategies for Crisis and Trauma

Lecture 6: Trauma and Attachment

Lecture 7: Methods and Techniques for Immediate Response

Lecture 8: Impact Dynamics of Crisis and Trauma

Lecture 9: Peer Support and Accountability

Lecture 10: Survivor Guilt and Fostering Resiliency

Lecture 11: Managing the High Cost of Care

Lecture 12: Community Responses and Cultural Differences

***'The Art & Science of Psychotherapy'*** Victoria Lemle Beckner, PhD. Dept of Psychiatry at UCSF. As part of UCTV Podcasts, UCSF Osher Center for Integrative Medicine. March 13, 2012 1.5 hrs

***'Applying Mindfulness-based Cognitive Therapy to Treatment'*** Stuart Eisendrath, MD, Professor of Clinical Psychiatry, UCSF Depression Center. As part of UCTV Podcasts, UCSF Osher Center for Integrative Medicine. March 27, 2012 1.5 hrs

**'Mindfulness-Based Stress Reduction: Sitting Meditation'** Kevin Barrows, MD.  
As part of UCTV Podcasts, UCSF Osher Center for Integrative Medicine.  
Jan 7, 2009. .5 hrs

**'Diagnosing and Treating Mood Disorders in the Primary Care Setting'** Robert McCarron, DO, Asst Clinical Professor Internal Med/Psychiatry, UC Davis. As part of UCTV Podcasts UC Davis. Nov 17, 2009. 1 hr

**'Bipolar Disorder'** Jeffery Applebaum, MD, FAAFP, Asst Clinical Professor UC Davis Medical Group. As part of UCTV Podcasts UC Davis. May 17, 2011. 1 hr

**'Children of Military Families: Helping Them Cope with Deployment & Trauma'** Alicia Lieberman, PhD, Professor, UCSF Dept of Psychiatry. As part of the UC TV series: UCSF Neurology and Coming Home Project. Sept 24, 2009. 1 hr

**'Depression in the Elderly'** Stephen Hall, MD, Clinical Professor, Dept of Psychiatry UCSF. As part of UCTV Podcasts, UCSF Osher Center for Integrative Medicine. Sept 28, 2012. 1.5 hrs

**'Emotions, Thoughts and Health: What all aging bodies should know – Emotions, Decisions and Behaviors across the Lifespan'** Wendy Berry Mendes, PhD, Assoc Professor of Psychiatry at UCSF. As part of UCTV Podcasts, UCSF Osher Center for Integrative Medicine. April 26, 2012 1.5 hrs

#### Panel Member or Speaker:

##### **2014 Conference on Pediatric Palliative Care and Bereavement Support Panel.**

Sponsored by Art for Charlie/MSU College of Human Medicine/The Peoples Church of East Lansing. 245 - 330pm, Nov 1, 2014 .75 hr

##### **Parental Bereavement Support Meeting. 'Coping through the Holidays Panel'**

The Peoples Church of East Lansing. 630- 730pm Nov 4, 2014 1 hr

#### Books added to my growing grief library and to my knowledge of grief and life:

**Treating Traumatic Grief: A Practitioner's Guide.** Laurie Anne Pearlman, PhD, Camille B Wortman, PhD, Catherine A Feuer, PhD, Christine H Farber, PhD, Therese A Rando, PhD

**A Clinician's Guide: Helping Bereaved Parents.** Richard G Tedeschi, PhD and Lawrence G Calhoun, PhD

**Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart.** Alan D Wolfelt, PhD

**Understanding Your Grief Journal: Exploring the Ten Essential Touchstones.** Alan D Wolfelt, PhD

**Journey Through Grief.** Alan D Wolfelt, PhD



***Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy.*** Francine Shapiro, PhD

***Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies.*** TJ Wray, PhD

***The Death of a Child: Reflections for Grieving Parents.*** Elaine E Stillwell

***GriefWork: Healing from Loss.*** Fran Zamore, LCSW

***The GriefWork Companion – Activities for Healing.*** Fran Zamore, LCSW

***Helping Grieving People – When Tears are not enough: A Handbook for Care Providers.*** J Shep Jeffreys, EdD

***No Time for Goodbyes: Coping with Sorrow, Anger, & Injustice After a Tragic Death.*** Janice Harris Lord, LCSW

***Find Hope: Verses of Hope and Comfort for Hurting People.***

***Prayers for Healing: 365 Blessings, Poems, & Meditations from Around the World.*** Maggie Oman, MA

***The Empty Room: Understanding Sibling Loss.*** Elizabeth DeVita-Raeburn

***The Other Side of Sadness: What the New Science of Bereavement Tells Us About Life After Loss.*** George Bonanno, PhD

***Mindfulness for prolonged grief.*** Sameet M. Kumar, PhD

***Forging Healthy Relationships.*** Trevor Crow, LMFT & Maryann Karich

***The Wounded Woman: Hope and Healing for Those Who Hurt.*** Steve Stephens, PhD and Pam Vredevelt, LPC

***Hold Me Tight.*** Sue Johnson, EdD

***Healing into Life and Death.*** Stephen Levine

***Inner Work: Using Dreams and Active Imagination for Personal Growth.***

Robert A Johnson

***Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life.*** Jasmine Lee Cori, LPC

***A Contemporary Approach to Substance Abuse and Addiction Counseling: A Counselor's Guide to Application and Understanding.*** Ford Brooks, EdD and Bill McHenry, PhD