

Bereavement Network of Hawaii 9/15/2022

We are very pleased to announce that our September quarterly training for the Bereavement Network of Hawaii (BNOH) will feature Dr. Bob Baugher, <https://www.bobbaugher.com/> during our Zoom meeting September 15 at 1:00 PM. If you are reading this announcement you are welcome to attend and to tell others who may be interested. BNOH is open to all who are interested and connected to helping people who are grieving and experiencing bereavement.

Several of us met Dr. Baugher at the Compassionate Friends Grief conference here in Hawaii this past spring. He is an excellent speaker ! He has graciously agreed to be our BNOH speaker this month while he is here in Hawaii vacationing with his family.

Bob Baugher, Ph.D., FT is a Psychology professor at Highline College in Des Moines, Washington where he teaches courses in Psychology and Death Education. As a trainer for LivingWorks he has trained more than 1,500 people in suicide intervention. Dr. Baugher has written books and articles on grief and loss and has given more than 800 workshops across America, England, South Africa, Namibia, Australia, Singapore, Canada and the Philippines. He is the professional adviser for both the Seattle widowed support group (Widows Information and Consultation Service) and the South King County Chapter of The Compassionate Friends.

For the BNOH training we have asked him to share two topics that he has given at Compassionate Friends conferences and in his Death Education classes.

Guilt: Coping with “If-onlys” and “I Should Haves”

Guilt is a huge issue for parents, siblings and grandparents. We will explore several types of guilt, reasons for guilt, and finish with a number of suggestions for coping with it.

Do Women and Men Really Grieve Differently?

You hear it quite often: “I just don’t understand him.” or “She’s dealing with our son’s death much differently than me.” Are men and women really from two different planets? First, we will discuss recent findings on grieving styles. Next, we will discuss “Men and Their Grief.” Last, we will examine ways that men and women can begin to appreciate similarities and differences in how they cope with life’s tragedies.

We hope that you are able to take advantage of this amazingly fortunate opportunity to learn directly from Dr. Baugher.

If you have not registered for the BNOH Meetings, here is the link to register. Once registered you will have access to all future BNOH meetings with your confirmation email/link. The link reminder (for those that are already registered) will be sent out shortly for easy access.

September 15, 2022

1:00 PM to 2:00 PM Hawaii Time

Register in advance for this meeting:

https://us02web.zoom.us/meeting/register/tZwtdOCupj8rG9WKA1zGV0XQ2tBM_Xdaqfr8