



Traumatic Grief Companioning Project Workshop

*Initial Session,
November 2022
Lynnwood, WA*

TGCP Workshop Presenters

Edward K. (Ted) Ryneerson, MD

Jennifer Levin, MFT, PhD, FT

Cindi Sinnema, Chaplain, Project Director

Shannon Sessions, Exec. Dir. Support 7

Cindy Meyers, Sr. Community Chaplain

Merle Meyers, Sr. Community Chaplain

Robin Gaphni, Bainbridge Island focal

With executive support from

Capt. Keith Sessions and Bella Sessions





Support 7 Executive Director, Traumatic Grief Companioning Project (TGCP) team member, and event host Shannon Sessions opened the meeting with Traumatic Grief Companioning Project Director Cindi Sinnema standing by.



Founder Dr. Ted Rynearson introduced the themes and laid a foundation for the day's presentations.



Dr. R shared his personal story and set the stage for a non-clinical approach to supporting survivors of sudden unnatural traumatic death events.

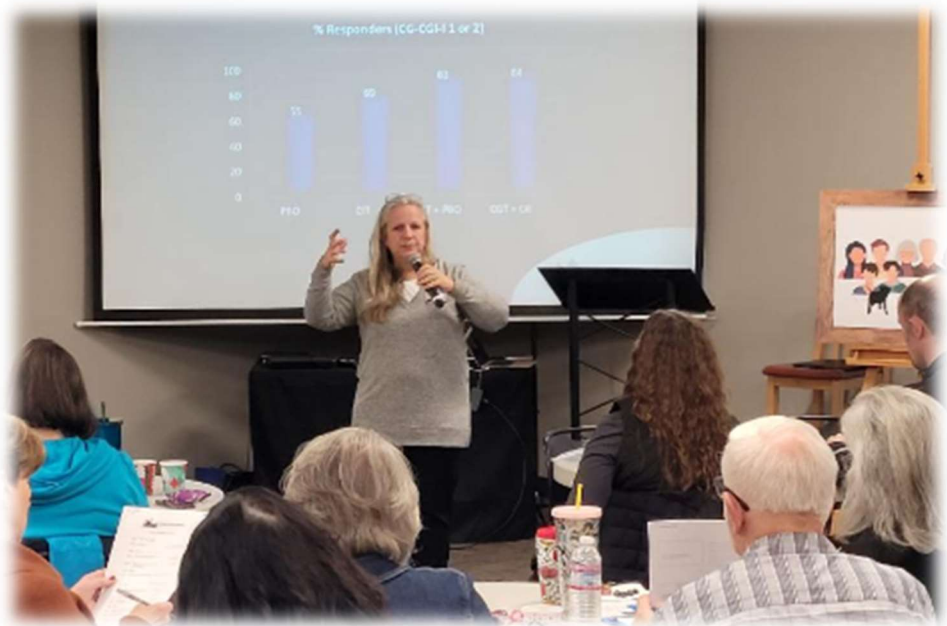


TGCP Facilitator Dr. Jennifer Levin of Therapy Heals offered a composite family scenario as an illustration of events that may take place following a sudden unnatural death and how various family members may be affected.



Dr. R offered some insights into the discussion as Shannon Sessions looked on. A Kintsugi bowl and sand pendulum in the background served as artistic expressions of grief.

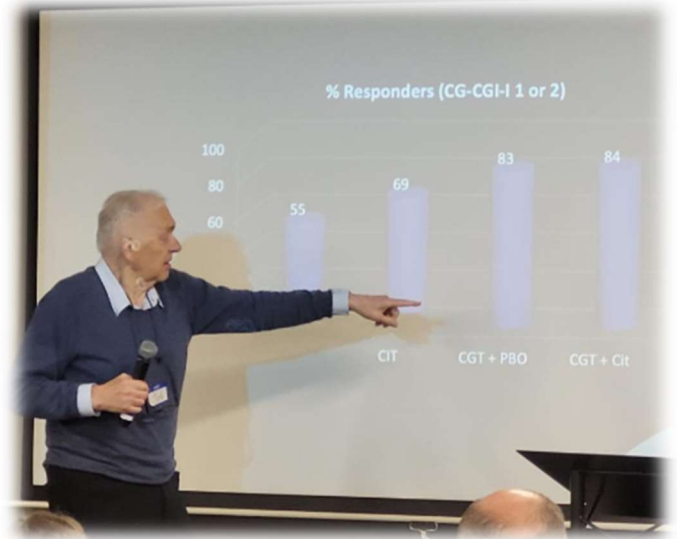
Director Cindi Sinnema provided oversight information to add to the understanding of dynamics and events taking place as our composite family moves forward in the initial series of events.

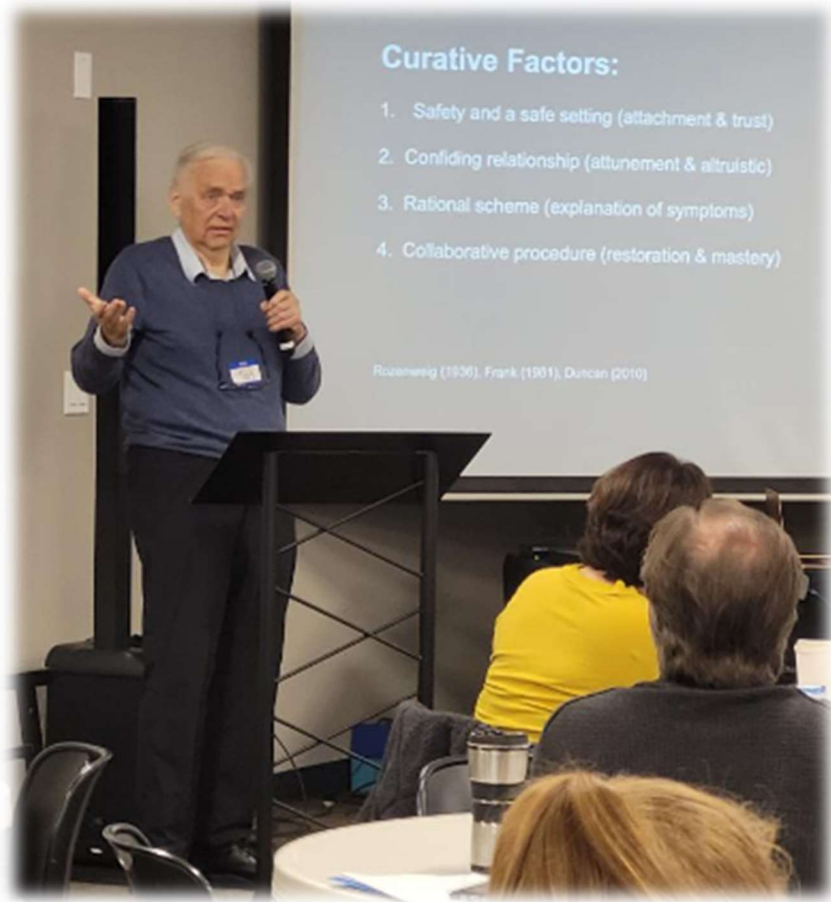




A top-tier perspective requires getting a little higher up in the room!

Dr. R discusses the long-term effects of traumatic events in various responder groups and what is or is not helpful in supporting their individual levels of resilience.





Co-facilitators Cindy and Merle Meyers walked through a vocabulary exercise often used in companioning conversations and explained how various family survivors might effectively use this tool to express their experiences.

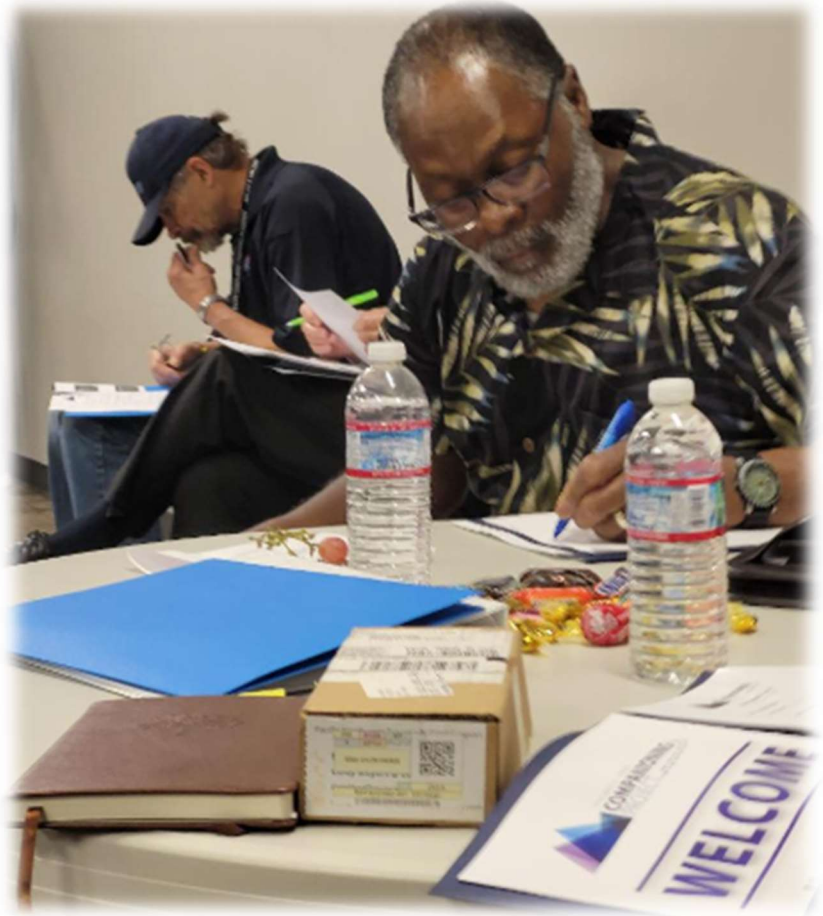


Robyn Gaphni of the Island Volunteer Caregivers discusses facilitating the IVG grief support groups and those who attend and support each other.

Welcome and facilitation served with a smile from Bella Sessions.



And a little homework....



In attendance were chaplains, health care workers, victim advocates, a funeral director, church ministry leaders, and some members of the public that had an interest in learning more about companionship. One highlight of the day was hearing from a Survivors panel as they relayed unique challenges that could be significantly helped in future cases by trained volunteer companions in attendance here today.



Introductions









Also in attendance (pictured far right) were Mr. and Mrs. Lew Cox! Lew is an author, renowned Victims' Advocate, and Executive Director of Violent Crime Victim Services in Tacoma, WA.



It was an honor to be joined by Lois Gaydos who supported her husband Ken in the early 1980s in founding Support 7, the all-volunteer chaplaincy agency serving First Responders around the clock. Dispatched by SNO911, Support 7 partners with law enforcement and fire agencies helping those in physical and emotional crises resulting from tragic events in South Snohomish County, Washington.

There were several built-in breaks to promote getting acquainted and matching notes and stories.



