MOUNTAINS OF COURAGE
12th Annual Conference

Creating Safe and Supportive Conversations on Death and Dying



Saturday, April 1, 2023

Best Western GranTree Inn ◆ Bozeman, MT

Mountains of Courage

Hosted by the Gallatin Valley Circle of Compassion

WHO IS MOUNTAINS OF COURAGE?

Mountains of Courage is a volunteer group of local community members who are professionally or personally touched by the human experience of death and dying.

A group of interested people came together in 2011 to explore how they could help shift the current paradigm around this very human and challenging subject.

The group and the mission have evolved to meet the interests of the community they serve. The evolution continues today.



Megan Doyle

Crisis and Trauma Therapist, Passionate about helping others through sudden and violent death



Tawnya Healy
Committee Chair

Sacred Medicine and EOL Specialist, Reiki Practitioner



Arlene Hoag

Hospice volunteer, Living/Dying Project.org



Lori Shanahan

End of Life Doula, Compassion and Choices Volunteer, Threshold Choir International member



Adrianne Wallace

Marriage & Family Therapist, Parent Coach & Help Center Volunteer



Edy Harrington

Honorary Committee Member
Physical Therapist (ret.)
Interested in end of life matters



Jan Young

Honorary Committee Member
Physical Therapist (ret.)
Interested in end of life matters

Our mission: To Connect, Educate, and Empower our Community on Matters Related to Death and Dying

KEYNOTE SPEAKER | 2023

Mary-Frances O'Connor, Ph.D



Loss of a loved one is something everyone experiences, and for as long as humans have existed, we have struggled when someone dies. But until now, we have had little scientific perspective on this universal experience.

In *The Grieving Brain: The Surprising Science of How We Learn from Love and Loss*, renowned grief expert, neuroscientist and psychologist Mary-Frances O'Connor shares groundbreaking discoveries about what happens in our brain when we grieve, providing a new paradigm for understanding love, loss, and learning.

O'Connor is an associate professor of psychology at the University of Arizona, where she directs the Grief, Loss and Social Stress (GLASS) Lab, which investigates the effects of grief on the brain and the body.

University of Arizona

O'Connor earned a doctorate from the University of Arizona in 2004 and completed a fellowship at UCLA. Following a faculty appointment at UCLA Cousins Center for Psychoneuroimmunology, she returned to the University of Arizona in 2012.

Montana Roots

Having grown up in Dillon, Montana, Mary-Frances has happy memories of trips to the Country Bookstore and piano lessons in Bozeman and summer adventures at Bannack Days and the candy shop in Virginia City. She now lives in Tucson, Arizona.

Opening keynote
9:15 am - 10:45 am
Closing keynote
3:15 pm - 3:45 pm

Question and answer sessions will take place.

Advance Directive and Estate Planning
presented by Dr. Marsha Goetting



Do you know who receives your property if you die without a will or trust? Do you have a financial and health care power of attorney? Attend this session to learn about the legal documents all Montanans should have.

The property of people who do not have a will is distributed according to the *law of the intestate succession*. Montanans need to understand how this law and how they title their real and personal property determines who receives it upon their death. Make sure your assets go to the right people instead of people on the intestate succession list.

Dr. Goetting is a Professor and Extension Family Economics Specialist at Montana State University. Dr. Goetting is a member of the Montana Alzheimer's and related Dementia Workgroup. She received her PhD from Iowa State University and her master's and bachelor's degrees from Kansas State University.

Let's Talk About Dying For a Change

We teach people in our culture how to drive, how to cook, but we don't have classes on how to die. The way we handle death is so sanitized, and we're so protected that it's a hard topic for us.

Most modern cultures avoid talking about aspects of dying. People don't want to upset each other. Friends and family members fear they will say the wrong thing. The dying don't talk because they are afraid, or don't want to be a burden, or don't want to trigger a feud.

We traumatize each other with our peculiar practices, when we could as easily be transformed by talking.

- Excerpt from Dr. Susan Kreitzberg, MOC Founder

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KEYNOTE SPONSOR

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WORKSHOP SESSION ONE 1-2 PM

Palliative Care: What It Is, How to Talk About It, What are the Benefits

Dr. Kathryn Borgenicht - Medical Director of Eden Hospice Bozeman, MT



There is confusion about palliative care and hospice and their roles when families confront serious illnesses. Learn what roles palliative medicine and hospice play to take care of patients and the tools to get what you need from the medical system. Dr. Borgenicht is a board-certified geriatrician and palliative care doctor. She was instrumental in starting the palliative care program at Bozeman Health and is passionate about helping patients navigate medical care.

Healing a Grieving Heart

Daeryl Holzer - Clairvoyant and Spiritual Teacher



Daeryl became intimately involved with grief after the death of her husband in 2014. What followed was a string of unusual occurrences, perceived as messages from the other side. By staying open to what was inexplicable, she gained profound insight and tangible methods for emotional healing. She shares her experience to help others who are struggling with grief, and teaches how to use the mind to heal the broken heart.

Alternative Medical Options for Living and Dying

Christine Renee - Shamanic Reiki Master Teacher, Founder of Reiki Cafe University
Tawnya Healy - Sacred Medicine and EOL Specialist Safe Travels
Dr. Jennifer Krieger - Naturopathic Physcian, Integrative Oncology Spring Integrative Health
Sarah Lehmann - Massage Therapist Restful Touch






Reiki energy work, plant medicine, yoga, and naturopathic medicine are all ways to heal the body and mind. The panel will discuss key points and take questions from the group in this open discussion about various healing modalities outside of traditional medicine.

PICK ONE WORKSHOP

WORKSHOP SESSION TWO 2-3 PM

Violent and Sudden Death: Coping with Grief and Loss

Megan Doyle - Crisis and Trauma Therapist
Erin Clark - Crisis and Trauma Psychotherapist
Perrin Lundgren - LCPC, Bozeman Help Center
Randy Jones - Gallatin County Sherriff's Dept. Chaplain




Coping with the sudden or violent death of a loved one is one of the most severe life challenges anyone can experience. The impact of having someone removed from your life so unfairly can have a profound impact on your mental health and the ability to keep moving forward in a forever-changed life. The panel will talk about how a death can affect us; how to grieve and cope with the death; surviving the first year; self-care while grieving; and remembering those that have been lost.

How to Navigate Difficult Conversations

Scott Merenz



A personal case study discussing end-of-life plans, home arrangements, Medical Power of Attorney, and other tender topics with those in your care circle. Scott will share about his journey of emotionally preparing for these conversations with his beloved parents and family; implementing the "how-tos" and the emotional results of these heart-to-heart discussions. A focus not only on Scott but also his parents' reactions during this process.

Q & A - End of Life Options

Dr. Collette Kirchhoff MD, FAAFP - Medical Director of Eden Hospice Bozeman, MT



Medical care at the end of life is often challenging. Critical thought and preparation are important to maintain independence and dignity during the dying process. A short presentation on end-of-life options followed by a Q&A (hospice care, medical aid in dying, dementia provision, voluntary stopping of eating and drinking, and cessation of medical treatment). Dr. Kirchhoff is a Board Certified Family Physician and Hospice Palliative Physician. For 23 years she maintained a practice in family medicine, and for 16 years she served as a medical director of Hospice. She is the Clinical Assistant Professor of Family Medicine at the University of WA and the FCM Director of WWAMI Medical School in MT.

PICK ONE WORKSHOP

YOUR DAY AT A GLANCE | 2023

8:00	am	Check-in and registration
9:00	am	General Session Begins
9:15	am	Opening keynote address
10:45	am	Break
11:00	am	Advance Directive and Estate Planning
11:45	am	Threshold Singers
12:00	pm	Lunch
1:00	pm	Workshop Session One
2:00	pm	Workshop Session Two
3:00	pm	Break
3:15	pm	Keynote closing address
3:45	pm	Closing comments
4:00	pm	Book signing

My Notes and Bright Ideas!