



“HOW DO YOU DOULA?”

JUNE 1, 2022 ~ 7:00 - 8:30 P.M. EDT

Please note the time zone conversion for your convenience: 4:00 PM PDT / 5:00 PM MDT / 6:00 PM CDT

<https://www.nedalliance.org/>

Please join us for a panel discussion to learn how four of our NEDA members are working as doulas in their communities. Following are brief biographies of Diane Button, Karen Reppen, Michelle Thornhill and Jane Whitlock. The Zoom link for this event is at the end of this document.



Diane Button is the author of the bestselling new release, *[Dear Death: Finding Meaning in Life, Peace in Death, and Joy in an Ordinary Day](#)*. She is a practicing end-of-life doula, a doula instructor, and a founding partner of the Bay Area End-of-Life Doula Alliance in Northern California. Diane is also a former NEDA board member. She holds a Master’s in Counseling Psychology from Goddard College in Vermont. Her master’s thesis, *The Components of a Meaningful Life*, became the genesis for her life’s work of supporting people to find meaning and peace in life and in death. She is a lead Instructor with the University of Vermont’s End-of-Life Doula Certificate Program offered through the Larner College of Medicine.

Diane has been sitting vigil for over 15 years, is INELDA certified, runs a non-profit, and is proud to be an alumna of both the UVM EOL Doula Certificate Program and the Companion Animal Program. Diane is the author of several other books and trainings, including *The Letter Box*, a legacy project that has been translated into several languages. Her current project, *Dear Death, A Companion Guide*, is a workbook being released this summer filled with exercises for those looking to live with meaning and to explore their own end-of-life questions. You can find out more about Diane, her books, and her work at: DianeButton.com.



Karen Reppen has been passionately learning and teaching about aging, illness, death, and grief for more than 20 years, increasing awareness about end-of-life care through outreach to patients, families, health-care providers, and the public. She is serving her second term on the board of the National End-of-Life Doula Alliance (NEDA). As an independent death awareness educator, and grief support specialist, and long-term hospice volunteer, she provides direct support to the dying and their loved ones, in both inpatient and home settings.

Karen's primary focus is to "work upstream" by providing opportunities that help people explore their own core beliefs around end of life, enabling them to become more aware and prepared for end of life much earlier in the game. She offers community presentations and interactive workshops and classes for churches, businesses, neighborhood associations, senior centers, and other organized groups and has been facilitating death cafes for more than 8 years. She is active in multiple local organizations working to improve the way death is experienced in our culture.

Karen earned an End-of-Life Doula Certificate through the University of Vermont, Grief Support Specialist Certificate through UW-Madison Continuing Studies and completed the Being with Dying program at the Upaya Institute in Santa Fe, NM. She is trained in advance care planning, Reiki, Reflexology, and other supportive modalities and has studied for more than 11 years at Stephen Jenkinson's Orphan Wisdom School in Ottawa, Canada.



Michelle Thornhill is a sought-after speaker and consultant who makes discussing important topics manageable. She's an Advanced Certified Grief Recovery Specialist, an End-of-Life Doula, and the Founder of Legacy & Hope, LLC, a boutique company that helps individuals & organizations with grief, loss, bereavement, and end of life care. As a member of the Board of Directors for the National End-of-Life Doula Alliance (NEDA), Michelle co-chairs the Justice, Equity, Diversity & Inclusion Committee.

Michelle has over 20 years of experience in bereavement-care, and a desire to share proven coping strategies, as well as action programs to help individuals move beyond the pain that comes with grief, loss and end of life. She is a member of the Advisory Board for Girls Leading Africa and the Philadelphia Chapter President of the International Association of Women.



Jane Whitlock has been working on staff at a skilled nursing facility (SNF) as an Integrative Care/End of Life Doula for a year and a half. Working as a doula in an institution where she is part of a much larger team, and often with much less family involvement, is not the doula model most of us are familiar with but will undoubtedly become more and more common.

In 2000, of people over the age of 65, 20% died at home, 20% died in a senior living facility and 60% died in the hospital. By 2020, the percentage of those dying in a senior living facility rose to 30% and those dying in the hospital had dropped to 50%. There is every reason to believe this trend will continue. Nursing homes are ground zero for death in America and doulas have the education and experience to support specialized death care in these places. Death is a collaborative event. www.deathdoulajane.com

NEDA Board is inviting you to a scheduled Zoom meeting.

Topic: NEDA Presents: "How Do You Doula?" Panel Discussion

Time: Jun 1, 2022 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/89335319331?pwd=SIJKQ3lnTkdQMk1BMTNaWUNtY255Zz09>

Meeting ID: 893 3531 9331

Passcode: 325643

One tap mobile

+13017158592,,89335319331#,,,,*325643# US (Washington DC)

+13126266799,,89335319331#,,,,*325643# US (Chicago)

Dial by your location

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

Meeting ID: 893 3531 9331

Passcode: 325643

Find your local number: <https://us02web.zoom.us/j/kcuJQeybru>