

# HEATHER STANG, MA, C-IAYT

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## OVERVIEW

Author, thanatologist and yoga therapist focused on reducing suffering and fostering post-traumatic growth through private sessions, group events, writing, public speaking and professional training.

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## RELATED PROFESSIONAL EXPERIENCE

### 2009 – PRESENT FOUNDER, SPEAKER & AUTHOR

*Mindfulness & Grief Institute, Frederick, MD*

- Provide educational experiences through public speaking, podcasts and online groups for grief professionals and bereaved persons based on evidence-based data, anecdotes and experiential components.
- Produce content to educate the public and professionals on the principles of mindfulness and thanatology, including the Mindfulness & Grief Book, podcasts, blogs and videos.

### 2003-PRESENT CERTIFIED YOGA THERAPY PRACTITIONER & MEDITATION INSTRUCTOR

*Frederick Meditation Center, Frederick, MD*

- Utilize yoga therapy and mindfulness-based techniques to support clients with problem solving and personal growth through private sessions and groups.
- Develop, facilitate and promote training workshops, retreats and classes using mindfulness based techniques such as meditation, yoga and journaling for anxiety, stress and bereavement.

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## EDUCATION

### 2010 MASTER OF ARTS IN THANATOLOGY (DEATH, DYING & BEREAVEMENT)

*Hood College | Frederick, MD*

GPA: 4.0

Case Study: *Mindfulness Meditation and Emotion Regulation in Survivors of Suicide*

### 1994 BACHELOR OF ARTS IN ART HISTORY

*St. Mary's College of Southern Maryland | St. Mary's City, MD*

Thesis: *The Image of the Dying Woman in Pre-Raphaelite Art*

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## CERTIFICATIONS

### 2017 CERTIFIED YOGA THERAPIST

International Association of Yoga Therapists

Recertified 2020

### 2016 REGISTERED YOGA TEACHER: 200 HOUR

Yoga Alliance

### 2003 CERTIFIED PHOENIX RISING YOGA THERAPY PRACTITIONER

Phoenix Rising Yoga Therapy School

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## RESEARCH EXPERIENCE

### 2008-2009 SILENT MONITOR: NATIONAL SUICIDE PREVENTION LIFELINE RESEARCH PROJECT

*Research Foundation for Mental Hygiene, Inc. | New York, NY*

- Collected data in MS Access from hotline calls witnessed via X-Lite software for the MACRO and NIMH funded study: "Effectiveness of Suicide Hotline Training and Assessment of Usage Patterns" & National Suicide Prevention Hotline Evaluation."

## BOOK & PUBLICATIONS

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- Stang, H. (in press). From grief to peace: A guided journal for navigating loss with compassion and mindfulness. London: CICO Books.
- Stang, H. (2020). Grief, loss and the superpower of mindfulness. In J.A. Harrington & R.A. Neimeyer (Eds.), *Superhero grief: The transformative power of loss*. New York: Routledge.
- Stang, H. (2020). Complementary therapies: Intimacy in hospice care. In K.J. Doka & A.S. Tucci (Eds.), *Intimacy and sexuality during illness and loss* (pp. 85-97). Hospice Foundation of America.
- Stang, H. (2019, Winter). Seven ways to help grieving children during the holidays. *TAPS Magazine*, 5-6.
- Stang, H. (2019, Spring). Grief and sleep: Seven ways to cope with insomnia after loss. *TAPS Magazine*, 21-22.
- Stang, H. (2014, 2018). Mindfulness and grief: with guided meditations to calm the mind and restore the spirit. London: CICO Books.
- Stang, H. (2017, Spring). Let it R.A.I.N. *TAPS Magazine*, 10-11.
- Stang, H. (2016, Fall). Tending the Garden of Grief With Mindfulness Meditation. *TAPS Magazine*, 6-7.
- Stang, H. (2015). Compassion & Lovingkindness Meditation. In R. A. Neimeyer (Ed.), *Techniques of grief therapy: Assessment and intervention* (pp. 159-164). New York: Routledge.
- Stang, H. (2015). The Relaxation Response. In R. A. Neimeyer (Ed.), *Techniques of grief therapy: Assessment and intervention* (pp. 133-138). New York: Routledge.
- Stang, H. (2015). Yoga For Grief. In R. A. Neimeyer (Ed.), *Techniques of grief therapy: Assessment and intervention* (pp. 144-149). New York: Routledge.
- Whittington, H. (2009). Living in the body: Using awareness of physical sensation to cope with loss. *Association of Death Education & Counseling Forum*, 35(4), 15.

## PROFESSIONAL DEVELOPMENT

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- 2020 Psychological Assessment and Intervention in the Corona Crisis with Dr. Robert A Neimeyer, Online
- 2019 Techniques of Grief Therapy with Dr. Robert A Neimeyer, Arlington, VA
- 2018 Symposium on Yoga Therapy & Research, International Association of Yoga Therapy, Reston, VA
- 2017 A Course In Mindful Living, Elisha Goldstein, 6 Months Online Coaching Program
- 2016 Bereavement Intensives: Grief Track, National Hospice & Palliative Care Organization, Hollywood, FL
- 2016 Grief In The 21st Century, Hospice of the Chesapeake, Arnold, MD
- 2016 Phoenix Rising Group Facilitator Training (Lyn Talley), Bristol, VT
- 2016 Phoenix Rising Therapeutic Yoga Teacher Training (Sarah Kaczor), Bristol, VT2
- 2016 Finding the Space To Lead: Mindful Leadership Training (Janice Marturano), Wayne, NJ
- 2016 Loss, Grief and the Quest for Meaning (Robert A. Neimeyer), Hood College, MD
- 2015 Phoenix Rising Yoga Therapy Advanced Training for Practitioners, Bristol, VT
- 2008 Frontiers of Trauma Treatment (Bessel van der Kolk), Kripalu, Lenox, MA
- 2008 HIPPA Certification & CITI Program for Human Subjects Research, Columbia University, NY (Online)
- 2005 Teaching Advanced Meditation Techniques (Sudhir Jonathan Foust), Kripalu, Lenox, MA
- 2003 Frederick County Hotline Training, Frederick, MD
- 2002-03 Phoenix Rising Yoga Therapy Certification, (Karen Haskaarl, Elissa Cobb), Burlington, VT

## HONORS AND AWARDS

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- 2016-21 TAPS Advisory Board
- 2009 Inducted into Phi Kappa Phi National Honor Society
- 2009, 18 NaNoWriMo Winner: Completed a 50,000 Word Novel in 30 Days
- 2002 Entrepreneur of the Year, Small-Established Business, Frederick County, MD
- 1994 The Vasari Prize for Outstanding Academic Achievement in Art History

## MEMBERSHIP IN PROFESSIONAL ORGANIZATION

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- Association of Death Educators and Counselors
- International Association of Yoga Therapists

## RELEVANT PRESENTATIONS

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### ASSOCIATION OF DEATH EDUCATION AND COUNSELING

- 4/2019 *The Role of Empathy & Mindfulness When Working with Trauma* | Annual Meeting, Atlanta GA
- 4/2019 *The Mindful Hospice: Caring for Our Patients, Our Families, Ourselves* | Annual Meeting, Atlanta GA
- 4/2018 *Mindfulness & Grief: Reengaging with Life After Loss* | Annual Meeting, Pittsburgh, PA
- 4/2017 *Mindfulness & Grief: Self-Compassion as Self-Care* | Annual Meeting, Portland, OR
- 4/2016 *Mindfulness & Grief: Coping Skills for Life After Loss* | Annual Meeting, Minneapolis, MN
- 5/2015 *Mindfulness & Grief: Techniques for Posttraumatic Growth* | Annual Meeting, San Antonio, TX
- 4/2014 *Mindfulness & Grief: The Transformative Power of Now* | Annual Meeting, Baltimore, MD

### TAPS INSTITUTE FOR HOPE & HEALING / HOSPICE FOUNDATION OF AMERICA

- 1/2021 *Mindfulness As Your Superpower* | Webinar
- 3/2020 *Meditation & Self-Care for Stressful Times* | Webinar
- 4/2020 *Meditation for Uncertain Times* | Webinar
- 3/2020 *Catching Some Zzz's – Finding Rest When Stressed* | Webinar
- 3/2019 *Using Meditation to Help Grievers Cope with Challenging Emotions* | Webinar
- 1/2019 *Meditation for Coping with Difficult Emotions* | Webinar
- 12/2018 *Compassion Meditation for Meaning Making and Posttraumatic Growth* | Webinar
- 11/2018 *Relaxation Meditation to Ease the Anxiety, Stress and Tension of Grief* | Webinar
- 10/2018 *Handle with Care: Supporting Your Grieving Body, Mind & Spirit* | Day-long Workshop, Arlington, VA

### TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

- 2016-19 *National Military Survivor Seminar And Good Grief Camp Workshop Presenter* | Arlington, VA
- 2017-18 *Regional Survivor Seminar Workshop Presenter* | Southern CA, TX, Northern CA, OH

### INTERIM HEALTHCARE HOSPICE & MACKAY MORTUARY

- 11/2020 *Tending To What Hurts With Self-Compassion & Self-Care* | Hope and Help for the Holidays | Webinar
- 11/2019 *Mindfulness & Grief For The Holidays & Beyond Keynote* | Hope and Help for the Holidays | Greenville, SC

### NATIONAL HOSPICE & PALLIATIVE CARE ORGANIZATION

- 8/2018 *Mind Full or Mindful? Utilizing Mindfulness Techniques to Support Staff, Patients & Bereaved Clients* | Integrative & Rehabilitation Therapies NCHPP Webinar
- 4/2018 *Mindfulness & Leadership Excellence* | Management & Leadership Conference, Washington, DC
- 11/2016 *Self-Compassion: Managing Personal Loss in a Professional World* | Intensives, Hollywood, FL
- 5/2016 *Mindfulness & Leadership Excellence* | Management & Leadership Conference, National Harbor, MD

### MARYLAND HEALTH EDUCATION INSTITUTE/MARYLAND HOSPITAL ASSOCIATION

- 5/2018 *Mindfulness & Leadership Excellence* | Baltimore, MD
- 6/2017 *Mindfulness in the Trenches: Self Care for the Palliative Caregiver* | Baltimore, MD

### NATIONAL FALLEN FIREFIGHTER FOUNDATION WELLNESS RETREATS

- 5/2018 *Mindfulness & Compassion as Self-Care for Grief* | Blue Ash, OH
- 5/2016 *Vision Board Workshop for Life After Loss for Young Adults* | Warrenton, VA
- 5/2016 *Vision Board Workshop for Life After Loss* | Portland, OR
- 5/2014 *Compassion & Forgiveness, Conscious Relaxation, Meditation, Journaling & Posttraumatic Growth* | St. Louis, IL
- 5/2010 *Relax and Renew Toolkit, Compassion and Mindful Grief Workshop* | Chicago, IL

### LIVEONNY ORGAN DONATION NETWORK

- 2017 & 18 *Meditation for Grief Half-Day Retreat* | Day of Tribute for Organ Donation Families, New York City, NY
- 11/2015 *Meditation for Grief* | New York City, NY

### IOWA HOSPITAL ASSOCIATION

- 2020 *Cultivating Good Health Through Personal Vitality (Four Workshop Series)* | Webinar
- 11/2019 *Self-Compassion as Self-Care Keynote & Mindfulness For Leadership* | HPCA & IAHC Joint Conference | Des Moines, IA

### VON SUPPORTIVE CARE AND BEREAVEMENT SERVICES (ONTARIO)

- 10/2020 *Self-Compassion as Self-Care* | Virtual Bereavement Support Series | Webinar