



**'Transforming loss...
into living again with
faith, hope, and love'**

Deb Lee Gould, MEd
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Grief Support for Bereaved Parents / Families

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Donations will benefit www.fodsupport.org

Federal Tax ID # 83-0471342

My Professional Role: Although I am educated and trained as a Counselor, I am working as a Grief Consultant mainly for **parents** (as well as other family members) **living/coping with the death of a child of any age and from any cause.** My grief support via email, phone calls (US and abroad), or face-to-face (local families), however, is not a substitute for you seeking local individual or group counseling from a mental health professional in regard to your grief or other issues. I am not working as a therapist that diagnoses and treats specific mental health concerns. My counseling/consulting philosophy entails a growth model for transforming one's grief versus the medical model of diagnosing and medically treating a mental illness. However, there may be instances where a possible mental health issue may best be treated via medication/medical treatment and a combination of one-on-one counseling (ie., grief depression moves to clinical depression), but I will definitely let you know if I think further diagnostic assessment or treatment is recommended. It will then be your responsibility to seek that help from a local medical and/or mental health professional.

In 1991 I made the decision to pursue a Masters in Education with a Counseling emphasis in order to learn more on being with and facilitating the grief process of Parents and Families who have experienced the death of a child/children or other family members. Because I have chosen to offer my services free of charge since 1991, as co-Founder and Director of the FOD (Fatty Oxidation Disorders) Family Support Group, I have not pursued any further mental health licensure, even though I passed the National Counselor Exam for Certification in 1993. Additionally, because our members are spread out all over the world, there was no opportunity to meet face-to-face and accumulate the thousands of 'face time hours' within the specific time limit to meet the licensure requirements. I strongly believe my professional graduate training and my personal experience with a child's death (refer to the Coping and Healing page on our website), a surviving child's chronic rare metabolic disorder, a father's death at a young age, and the death of many other family members and friends have helped me in my own grief journey and in assisting others find their way along their own challenging road. As stated above, however, consultations with me should not replace seeking other types of professional counseling or medical help when necessary.

Consultation Fees: Thank you for choosing to share your story and concerns with me. There is **no charge** for my services. If you choose to make a donation to the FOD Family Support Group, it would be greatly appreciated ~ a donation is not required however. You can donate via PayPal on our website or make a check out to the 'FOD Family Support Group.' You will receive a receipt acknowledging your donation. **All donations are tax-deductible. The FOD Group is a 501c3 non-profit corporation.**

•••Please note that at this time, all consultations will involve only adults 18 years and older. Issues with your younger children can be discussed, however. Please call for my office location in Okemos.



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EDUCATION and PROFESSIONAL EXPERIENCE

MEd, Counselor Education, University of North Carolina at Greensboro, NC, 1993

- ♥ **1994 – Present: Grief Consultant**, 'Private Practice' Greensboro, NC and Okemos, MI (2006)
 - Provide emotional support and consultation services to bereaved individuals
 - Write [articles](#) on 'coping and healing' with loss
 - Created (1994) and Published (1996) [Personal Parental Grief Model](#)
 - Passed National Counselor Exam, December 1993
 - Presented talks on loss and grief to the community

- ♥ **May 1993 – Nov 1994: Grief Counselor**, Six-month internship and Contract work at Hospice at Greensboro, NC
 - Counseled Hospice patients, families, and bereaved individuals from the community
 - Facilitated adult and children's grief groups and participated in children's grief camp
 - Functioned as an interdisciplinary team member

- ♥ **Feb 1991 – Present: Co-Founder and Director of the [FOD \(Fatty Oxidation Disorders\) Family Support Group](#)**, Greensboro, NC and Okemos, MI (2006)
 - Initiated, Formed, and am Director of a National (initially for MCAD only) and International Family Support Group to network Families dealing with rare genetic metabolic Fatty Oxidation Disorders
 - Provide emotional support, grief consultation, and referral information via email/phone to Families in the US and abroad with an FOD and/or those living with the death of a child from an FOD
 - Write and publish a biannual newsletter specifically for FOD Families and Professionals informing them of current Newborn Screening news, Diagnosis and Treatment updates, new developments in Research, as well as coping and 'healing' articles
 - Co-Direct a 2-day National Metabolic Conference every two years with another Metabolic Family Support Group
 - Attended, participated in and/or spoke at counseling and grief counseling seminars and meetings

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*1983, 1986, and 1987 gave birth to 3 beautiful children ~ Kristen, Kevin ([MCAD](#)), and Brian (carrier)
July 21, 1985 ~ Kristen's Sudden Death from Undiagnosed MCAD at our home in Champaign, IL*

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Surgical Technologist Certificate, Lansing Community College, Lansing, MI, 1981-1982

- ♥ **1982: Surgical Tech Intern**, Ingham Medical Center and Sparrow Hospital, Lansing, MI
 - Assisted Physicians with instrumentation during surgical procedures

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MS, Physical Education, University of Illinois, Urbana-Champaign, IL, 1978

- ♥ **1978 – 1982: Physical Education Teacher and Substitute PE Teacher**, Lansing, MI
 - Substitute taught local K-12 Physical Education classes
 - Taught aerobic dance to adult fitness classes
 - Instructed Physical Education classes for 350 K-4 children at Allen Elementary for 2 years
 - Graduate Teaching Assistant: Instructed U of I undergraduates in conditioning and weight control, racquetball, and canoeing activities for 2 semesters (1977-78)

BS, Physical Education, University of Illinois, Urbana-Champaign, IL, 1973 –1977

'A Fighting Illini Forever ~ Chief Illiniwek Forever!'



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**Counseling and Grief Counseling
Early Years of Education/Training/Experience**

1990

Aug	Began UNC Greensboro MEd Counseling Program	
Sept – Nov	Hospice Volunteer Training	18 hrs
Nov – May 1993	Hospice Volunteer: patient/family, group facilitator, Article contributor, children's grief camp co-facilitator, Bereavement counselor (Hours include 1990 - May 1993)	200 hrs

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1991

Jan 16-18	Bereavement Skills Training: 3 days, Dr Alan Wolfelt	18 hrs
April – 1993	Transition Center Volunteer: grief group facilitator, phone support, article contributor	80 hrs
	Individual Supervision by M P, MEd, NCC	14 hrs
April 9	Suicide Workshop: Dr Wolfelt	3 hrs
April 18	Grief Counseling Workshop: Ms Soltyes	5 hrs
June 5	*NCABC Annual meeting & seminar	5 hrs
July 18	Grief Seminar: Pet Loss	2 hrs
Sept 17 & 19	Hospice Workshop: Children and Loss	4 hrs
Sept 27	Stress Reduction Workshop	4 hrs
Dec 6	Crisis Intervention Training	4 hrs
Dec 10	Winston-Salem, NC Hospice Workshop: Families in Grief	8 hrs

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1992

Feb 7	Charter Hospital: Boundaries of Therapeutic Relationship	4 hrs
June 3	NCABC Workshop: Multicultural issues in grief	5 hrs
June 10	*AHEC Workshop: Depression	3 hrs
July 10-11	Compassionate Friends National Conference/Workshops	16 hrs
Aug 31 & Sept 2	Hospice Training: Dying child	6 hrs
Oct 7	NCABC Workshop: Disenfranchised Grief	4¼ hrs
Dec 4 & 5	Satir Workshop: Loss, grief, and healing	12 hrs

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1993

Jan 6	NCABC Workshop: Role of Psychiatrist	3 hrs
Mar 3	NCABC Workshop: Growing up with grief	4 hrs
May 3 & 4	Hospice 'Reaching for Rainbows' children's grief Camp counselor	17 hrs
May - Dec	Hospice at Greensboro: UNCG MEd Counseling Internship	
	Total Hours of Work	725 hrs
	Total Hours of Direct Contact	288 hrs
	Total Hours of Supervision	56 hrs
June 4	NCABC Workshop: Creative Arts and Grief	4 hrs
Sept 9	AIDS Workshop	6 hrs
Oct 6	NCABC Workshop: Suicide and Depression	4 hrs
Nov 19	UNCG: Legal Issues in Counseling	4 hrs
Dec 17	Completed MEd at UNC Greensboro	
	Total Practicum Contact Hours for all Counseling Courses (excluding Internship)	112 hrs
	Total Supervision Hours for Practicum Courses	16 hrs
Dec	Passed National Counselor Examination	

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1994

Jan - Dec	Peer Group Supervision	2 hrs/mo
Jan 13	NCABC Workshop: Grief Assessment Model	4 hrs
Jan 14	Hospice Bereavement Volunteer Training Workshop	5 hrs
Mar - Oct	Hospice at Greensboro: Contract work, Grief Counselor	5-10 hrs/wk
Mar - Oct	Individual Supervision: Director of Bereavement Care	1 hr/mo
Mar - present	'Private Practice': Grief consulting one on one or by email/phone	25-30 hrs/wk
Mar 11	Mind Matters Seminar: Emotions, Depression	6 hrs
Mar 29	NCABC Workshop: Rituals	3 hrs
Mar 31	*ADEC Seminar: Living with Grief, Personally and Professionally	2 hrs
April 23 & 24	Hospice 'Reaching for Rainbows' Children's Grief Camp	15 hrs
June 29	Career Track seminar: High impact communication for women	4 hrs

*NCABC = NC Association for Bereavement Care

*AHEC = Area Health Education Center

*ADEC = Association for Death Education and Counseling

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Group Facilitation & Co-Facilitation

Fall 1991	Transition Center: Adult Grief Co-facilitator	14 hrs
Winter 1991	Transition Center: Adult Grief Co-facilitator	14 hrs
Fall 1992	Hospice at Greensboro: Children's Grief Co-facilitator	18 hrs
May 1993	Hospice at Greensboro 'Reaching for Rainbows' Children's Grief Camp Co-facilitator	17 hrs
Summer 1993	Hospice at Greensboro: Adult and Children's Grief Co-facilitator	22 hrs
	Adopted Families' National Conference: Death of an Adopted Child Co-facilitator	2 hrs
Mar – Oct 1994	Bereaved Parent Support Group Facilitator	4 hrs/mo
April 1994	Hospice at Greensboro: 'Reaching for Rainbows' Children's Grief Camp Co-facilitator	15 hrs

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Grief Presentations

Panel Discussion Member

Dec 1991 & 1992	Transition Center: Coping with the Holidays
Feb 1992	Transition Center: Bereavement and the Clergy
Mar 1993	NCABC: Growing up with Loss

Speaking Engagements

Sept 1992	Hospice Volunteer Training Session: Parental Grief
Sept 1992	Community Roundtable: Moving Beyond Survival ~ Living after the death of a child
Mar 1994	Triad Health Project Volunteer Training Session: Facilitating Grief
Mar 1994	Compassionate Friends Support Group: Coping with Anger
April 1994	Medical Grand Rounds at Moses Cone Hospital (Greensboro) Facilitating Grief for Medical Professionals
May 1994	Bereaved Parent Support Group (High Point): Coping Strategies For Bereaved Parents
Aug 1994	March of Dimes Regional Genetic Conference (Winston-Salem) Crisis and Grief Counseling ~ Helping Families Cope with a Genetic Disorder
Nov 1994	Compassionate Friends Support Group: Taking Care of Ourselves Through the Holidays

Television Appearances

Feb 1992	The Good Morning Show (Greensboro): Women within the Funeral Industry and Issues surrounding grief
Feb 1992	Duke University Public Relations (Durham): Gould Family Interview for The Children's Miracle Network



Publications

Gould, DL (1991-present): Most of the articles below are also on the FOD Family Support Group website at www.fodsupport.org (Coping and Healing page), as well as all of my current writings and newsletters. Co-editor and author of **MCAD Communication Network**, now called the **FOD Communication Network**. This is an international Family Support Group newsletter for over 900 Families in the US, Canada and overseas that are living with rare metabolic disorders called Fatty Oxidation Disorders.

Gould, DL (1994, November). *What my boys mean to me*

Gould, DL (1994, October). *My love for Kristen ~ My eyes tell it all*

Gould, DL (1994, September). *I've seen the light*

Gould, DL (1994, September). *Voice of hope*

Gould, DL (1994, June). *MCAD: In memory of Kristen*, **Research Trust for Metabolic Diseases in Children** (England), Volume 4, No.7, pp. 14-15

Gould, DL (1994, March). *Set free*

Gould, DL (1994, February). *When a child dies*, **Hospice at Greensboro, Inc. newsletter**

Gould, DL (1993, June). *The healing power of love messages* **Bereavement**, p. 16

Gould, DL (1993, Spring). *Reaching for rainbows*, **Thanatos**, p. 27

Gould, DL (1993, January). *Grief reconciliation: Letting go of self-limiting identities*, **The Caregiver Newsletter**, pp. 4-5 (Distributed by The Transition Center, Greensboro, NC)

Gould, DL (1993, Winter). *Renewed strength and hope* **Compassionate Friends Newsletter** (Greensboro, NC) p. 3

Gould, DL (1992, Fall). *A mother's journey through grief*, **Hospice at Greensboro Kaleidoscope Volunteer Training Handbook**

Gould, DL (1992, May). *What really makes us rich?* **The Caregiver Newsletter**, p. 4

Gould, DL (1992, January). *Rediscovering joy*, **The Caregiver Newsletter**, pp. 1-2

Gould, DL (1991, Fall). *Our child's memory*, **Compassionate Friends Newsletter**, p. 3

Gould, DL (1991, Fall). *Suggestions to help you through the holidays*, **Compassionate Friends Newsletter**, p. 3