

Shauna Janz, MA

Sacred Grief Consulting

I offer consultation, public speaking, mentorship, education and facilitation on the skills of grief literacy, resiliency, trauma-informed practice, ancestral reclamation and ritual healing. I teach both locally and internationally. My offerings are rooted in, and informed by, trauma and attachment healing, somatic and emotional resiliency, personal and cultural awareness, and within an animist, anti-oppressive and decolonizing ethic.

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Current

Founder of Sacred Grief - an online center of learning	2019-ongoing
Designing and delivering grief literacy and support programs	
Shauna Janz Consulting - education, mentoring, facilitation	2010-ongoing
Grief and resiliency trauma-informed workshops and group process	

Secondary Education

University of Victoria	2007-2009
M.A. Studies in Policy and Practice for Health and Social Services	
University of British Columbia	2001-2004
B.A. Double Major: Psychology/Anthropology	

Other Relevant Career Positions

Executive Director & Education Lead Facilitator	2010-2019
Learning Through Loss – Grief Support for Youth & Professionals	
Traumatic Loss Facilitation Trainer	2013-2019
BC Bereavement Helpline & BC Victims of Homicide	

Self-Employment Program Director	2012-2014
Bridges for Women- Anti-Violence and Healing	
Trauma-Informed Life Skills Facilitator	2010-2012
Bridges for Women- Anti-Violence and Healing	
Vice President to the Board	2008-2010
Learning Through Loss	
Disability Program Evaluation Researcher	2008- 2009
Cross Government Research, Policy and Practice Branch	

Relevant Professional Development & Training

Certificate in Foundations in Somatic Abolitionism	2022
Anti-racist education and culture building, Resmaa Menakem	
Certificate in Somatic Embodiment and Regulation Strategies	2022
Trauma-informed Care & Resiliency, Linda Thai, MSW	
Cultivating Culturally Safe Care	2021
Culturally Committed, Founder Kim Trottier	
Secure – The Magical Art and Subtle Science of Attachment	2021
Somatic Trauma Recovery, Carmen Spagnola	
Race and Resilience- Racial Equity, Power and Privilege	2020
Michelle C. Johnson and Kerri Kelly	
NARM-Informed Professional	2020
Complex and Developmental Trauma Healing, NARM Training Institute	
Grief Ritual & Community Learning Retreat	2020
Sacred Groves, Therese Charvet & Tere Carranza	

Neurobiology of Attachment and Trauma	2020
Somatic Mentoring, Patti Elledge	
Somatic Approaches to Healing Trauma	2019
Somatopia, Albert Wong	
Racialized Trauma and Cultural Somatics	2019
Embodied Anti-racism, Resmaa Menakem	
Ancestral Lineage Healing Practitioner and Mentor	2019
3 year training, Ancestral Medicine	
Cultural Perspective Training	2018
Indigenous Perspectives Society	
Circle and Box Training	2017
Residential Schools: Healing and Education, Jann Derrick	
Reconciliation through Indigenous Education	2017
University of British Columbia	
Welcome Home to the Animate World	2017
Animus Valley Institute, Bill Plotkin and Geneen Haugen	
Family Systemic Constellations	2017
Foundations in Healing Family Trauma, Mark Wolynn	
Building Bridges through Understanding the Village	2016
Indigenous Education and Reconciliation, Kathi Camilleri	
Justice in Therapeutic Work & Witnessing Resistance to Trauma & Oppression	2016
Vicki Reynolds, Therapist/Activist	
Nature-based Ancestral Program	2016
Annie Bloom & Peter Scanlan	

Community Grief Ritual & Mentorship	2015
The Sacred Work of Grief, Francis Weller	
The Way of Council	2014
Level 1 & 2, Ojai Foundation	
Homicide Loss Support Group Facilitation	2013
BC Victims of Homicide, BC Bereavement Helpline	
Trauma Care and Attachment	2012
Bridges for Women - Anti-Violence and Healing	
Satir Transformational Systemic Therapy	2012
Level 1 Training, Satir Institute of the Pacific	
Critical Incident Group Debriefing	2011
Crisis and Trauma Resource Institute Inc.	
Walking and Talking with Kids about Death and Dying	2011
Life and Death Matters, Palliative Care and Education	
Grief Theory & Practice, Masters of Educational Psychology	2011
Dr. Nancy Reeves, PhD. University of Victoria.	
Transformation through Grief, Loss and Change	2011
Therapy Training, Satir Institute of the Pacific	
Grief, Loss and Life Transitions	2011
South Island Center for Counselling and Training.	

#### Sample of Facilitation Offerings

- Grief Ritual for the Harms of Supremacy – 2021-ongoing
- Grief and Resiliency in the Era of Ecological Crisis 2019-ongoing

- The Heart of Belonging – Healing Ancestral Lineages 2018-ongoing
- Trauma-informed Facilitation 2014-ongoing
- Grief Support – Companionship Others with Dignity and Meaning 2014-ongoing
- Honoring Loss and Grief in the Workplace 2013 – ongoing.
- Supporting Youth Training: Promoting Dignity & Honoring Pain July 2010 – 2019
- Capacitar Multi-Cultural Wellness 2007 – ongoing
- Homicide Loss Support Groups 2013 – 2016
- Train-the-Trainer Traumatic Loss Support Groups 2014 – 2019
- Youth Loss Support Groups 2011 – 2019
- Grief and Loss Education in Schools 2010 – 2019
- Trauma-aware skills for women impacted by violence 2010 -2013
- Healing Pathways mind-body-spirit practices, UVic 2008 – 2010

### Sample of Clients Served

**Non-profit organizations:** BC Bereavement Helpline, BC Victims of Homicide, Moms Stop the Harm, Spiritual Directors International, Victoria Immigrant and Refugee Center, Inter-Cultural Association, AIDS Vancouver Island, Peers, Citizens Counseling, The Umbrella Society, John Howard Society, Power to Be, Boys and Girls Club, NEED2, Artemis Place, Kiwanis Youth Shelter, Big Brothers Big Sisters, Foster Parent Support Services, BC Schizophrenia Society, Sooke Family Resource Center, Threshold Housing, James Bay Community Project, Young Parents Support Network, Single Parent Resource Center, Garth Homer Society, Island Kids Cancer

**Hospice Societies:** Victoria, Nanaimo, Sechelt-Sunshine Coast, interior BC communities

**Government:** Aboriginal Youth Internship initiative, Child & Youth Mental Health, BC Housing, Parks and Recreation

**First Nations:** Victoria Native Friendship Center, Surrounded By Cedar, Nuu-Chah-Nuulth community health centers, Island Metis Family and Community Services, Snuneymuxw Health Center, WSANEC Tribal Leadership School

**Educational institutions:** University of Victoria, Camosun College, Sprott-Shaw College, BC School Districts of Greater Victoria, Burnaby, and North Vancouver Island

#### Other Relevant Projects

- Co-visionary of Deathly Matters – Community Conference 2019-2020
- Founder of the Victoria Holistic Death Care Gatherings 2017 – 2019
- Author of Grief and Loss: Conversations with Youth guidebook for youth-serving professionals 2015.
- Co-author of BC Victims of Homicide Traumatic Loss Facilitator Training Manual 2013.
- Wrote, directed, and co-produced educational documentary Grief and Loss: Conversations with Youth. 2012
- Extensive curriculum and program development experience 2010 – ongoing

#### Publications

- False Compassion: An essay on Spiritual Bypassing, Complex Trauma and Agency. Medium, 2020
- Chapter contribution in Under New Public Management: Institutional Ethnographies of Changing Frontline Work. University of Toronto Press. 2014

#### Awards

- Nominee for Vancouver Island Top 20 Leaders in Business and Community Achievement, 2018
- Nominee for the Lieutenant Governor’s Silver Medal for outstanding M.A. thesis 2009
- Ministry of Labour and Citizens’ Services Research Grant 2009
- UVic Research Assistant Fellowship 2008
- UVic Graduate Scholarships 2007 & 2008

