

Shauna Janz, MA
Sacred Grief Consulting

shaunajanz.com & sacredgrief.com

I offer consultation, mentorship, education and facilitation on the skills of grief literacy, embodied resiliency, trauma-informed praxis, ancestral reconnection, ritual healing and spirit relating. I teach both locally and internationally through in-person and online offerings.

My offerings blend modern healing approaches rooted in research-based fields of somatics, attachment, complex trauma, and neurobiology with reclaiming ancestral and cultural approaches rooted in animist/nature-based rituals and holistic healing practices. All offerings weave personal and collective awareness within an anti-oppressive and decolonizing ethic.

Current

Founder of Sacred Grief - an online center of learning Designing and delivering grief, ritual and ancestral programs	2019-ongoing
Shauna Janz Consulting - education, mentoring, facilitation Grief and resiliency workshops, training, and group process	2008-ongoing
Contracted facilitation and training for: BC Center for Long Covid, ME/CFS & Fibromyalgia	2026-ongoing
Moms Stop the Harm – National Opioid Crisis Response Programs	2017-ongoing

Secondary Education

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

Other Relevant Career Positions

Executive Director & Education Lead Facilitator Learning Through Loss – Grief Support for Youth & Professionals	2010-2019
Traumatic Loss Facilitation Trainer BC Bereavement Helpline & BC Victims of Homicide	2013-2019
Self-Employment Program Director Bridges for Women	2012-2014
Trauma-Informed Life Skills Facilitator Bridges for Women	2010-2012
Vice President to the Board Learning Through Loss	2008-2010
Disability Program Evaluation Researcher Cross Government Research, Policy and Practice Branch	2008- 2009

Relevant Professional Development & Training

Reverence + Repair for White Folks Marika Heinrich and Stevie J Guiol, Embodied Ancestral Inquiry	2024
Anti-capitalist Business and Marketing Coaching Bear Hebert, Feminist Liberatory Coach	2023
Certificate in Foundations in Somatic Abolitionism Anti-racist education and culture building, Resmaa Menakem	2022
Certificate in Somatic Embodiment and Regulation Strategies Trauma-informed Care & Resiliency, Linda Thai, MSW	2022
Cultivating Culturally Safe Care Culturally Committed, Founder Kim Trottier	2021
Secure – The Magical Art and Subtle Science of Attachment Somatic Trauma Recovery, Carmen Spagnola	2021
Safety in Spirit Work- various ongoing trainings Spirit-Wise, Betsy Bergstrom	2021-2024
Race and Resilience- Racial Equity, Power and Privilege Michelle C. Johnson and Kerri Kelly	2020
NARM-Informed Professional Complex & Developmental Trauma Healing, NARM Training Institute	2020
Grief Ritual & Community Learning Retreat Sacred Groves, Therese Charvet & Tere Carranza	2020
Neurobiology of Attachment and Trauma Somatic Mentoring, Patti Elledge	2020
Mediumship and Seidr Journeying Spirit-Wise, Betsy Berstrom	2020
Somatic Approaches to Healing Trauma Somatopia, Albert Wong	2019
Racialized Trauma and Cultural Somatics Embodied Anti-racism, Resmaa Menakem	2019
Ancestral Lineage Healing Practitioner, Mentor & Teacher Ancestral Medicine, Daniel Foor	2017-2020
Gather at the Well – Norse Ritual Animism Living Voice Medicine, Maris Bergrune	2019
Seidr Initiation Training Living Voice Medicine, Maris Bergrune	2018
Ritual Healers' Intensive Sacred Death Care, Sarah Kerr	2018
Cultural Perspective Training Indigenous Perspectives Society	2018
Circle and Box Training Residential Schools: Healing and Education, Jann Derrick	2017
Reconciliation through Indigenous Education University of British Columbia	2017
Welcome Home to the Animate World Animus Valley Institute, Bill Plotkin and Geneen Haugen	2017

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	2014-2015
Level 1 & 2, Ojai Foundation	
Homicide Loss Support Group Facilitation Training	2013
BC Victims of Homicide, BC Bereavement Helpline	
Trauma Care and Attachment	2012
Bridges for Women	
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 – Companioning Others with Dignity and Meaning 2014-ongoing
- Honoring Loss and Grief in the Workplace 2013 – 2019.
- Supporting Youth Training: Promoting Dignity in Response to Grief 2010 – 2019
- 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

Sample of Clients Served

Non-profit organizations: BC Bereavement Helpline, BC Victims of Homicide, Moms Stop the Harm, BC Center for Long-Covid, ME/CFS & Fibromyalgia, 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-Nulth 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

- Elder Wisdom: A Deep Time Convergence of Ancestral and Place-based Ecosystems. Shauna Janz. Braided Way – Faces and Voices of Spiritual Practice. February 2024.
- False Compassion: An essay on Spiritual Bypassing, Complex Trauma and Agency. Medium, 2020
- Outcome Measures and Front-Line Social Service Work: For-profit Contractors, Accreditation, and Accountability by Shauna Janz (p. 204). Chapter in Under New Public Management – Institutional Ethnographies for Changing Front-Line Work. Edited by Alison Griffith and Dorothy Smith. University of Toronto Press, 2014.

Awards

- Nominee for Vancouver Island Top 20 Under 40 Leaders in Business and Community Achievement, 2018
- Nominee for the Lieutenant Governor's Silver Medal for outstanding M.A. research and thesis 2009
- Ministry of Labour and Citizens' Services Research Grant 2009
- UVic Research Assistant Fellowship 2008
- UVic Graduate Scholarships 2007 & 2008