

Rev Patti Shaffner, Certified Grief Educator, Grief Literacy Advocate



May 22nd, 2019, Patti's husband, David Cowan, RN, CNMT, died unexpectedly of a heart attack as she drove him to an emergency room. Although she thought she understood grief, the profound nature of this loss sent her reeling. She found that solid grief support was like looking for the proverbial needle in a haystack.

Thus, in 2021, Patti studied with David Kessler to become a peer-to-peer Certified Grief Educator. In 2023, she attended a five-month Grief Ritual Tender training with Francis Weller, PhD.

She has studied with and learned from others as well: Dr. Mia Hetényi and Mirabai Starr, and countless books.

Patti considers herself to be a Grief Literacy Advocate and believes that we don't flounder as much when there is space and time for grieving together.

"I do this work because I believe we all deserve support for all the many griefs we meet in life. I hear the sorrow. I see the pain. I wish I had been able to find, in those early excruciating days of my own loss, someone to listen and remind me that I was normal and that grief is not something to cure or fix or heal or get over; rather, it is evidence of love. Grief is Love! Our tears? They are Holy, Holy."