Kara Thieleman, PhD, LMSW

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**Education**

**Doctor of Philosophy in Social Work** May 2019
Arizona State University, Phoenix, Arizona

* Dissertation: *Selah:* *A mixed-methods investigation of the impact of a mindfulness-based retreat on parents mourning a child*

**Master of Social Work** May 2011

Arizona State University, Phoenix, Arizona

**Certificate in Trauma and Bereavement** May 2011

Arizona State University, Phoenix, Arizona

**Bachelor of Arts in Sociology/Anthropology** Dec 2005

Lewis & Clark College, Portland, Oregon

**Refereed Articles**

**Thieleman, K**., & Cacciatore, J. (under review). Effectiveness of a mindfulness-based retreat on distress and well-being in bereaved parents. *Research on Social Work Practice.*

Cacciatore, J., Gorman, R., & **Thieleman, K.** (in press). Evaluating care farming as a means to care for those in trauma and grief. *Health & Place.*

**Thieleman, K.,** & Cacciatore, J. (2019). “Experiencing life for the first time:” The effects of a traumatic death course on social work student mindfulness and empathy. *Social Work Education, 38*(4), 470-484*.*

Cacciatore, J., **Thieleman, K.,** Lieber, A., Blood, C., & Goldman, R. (2019). The long road to farewell: The needs of families with dying children. *OMEGA, 78*(4), 404-420.

Cacciatore, J., & **Thieleman, K.** (2019). Normal complications and abnormal assumptions after perinatal death. *The American Journal of Maternal-Child Nursing, 44,* 6-12.

**Thieleman, K.,** & Cacciatore, J. (2018). “As if nothing happened:” Experiences of bereaved parents in Romania. *OMEGA.* Advance online publication

Wallace, C., **Thieleman, K.**, Cimino, A., & Rueda, H. (2017). Ethics at the end of life: A teaching tool. *Journal of Social Work Education, 53*(2), 327-338.

**Thieleman, K.,** Wallace, C., Cimino, A., & Rueda, H. (2016). Exhaust all measures: Ethical issues in pediatric end-of-life care. *Journal of Social Work in End-of-Life & Palliative Care, 12*(3), 289-306.

Cimino, A. N., Mendoza, T., **Thieleman, K.**, Shively, R., & Kunz, K. (2015). Women re-entering the community: Understanding addiction and trauma-related characteristics of recidivism. *Journal of Human Behavior in the Social Environment*, *25,* 468-476.

**Thieleman, K**., Cacciatore, J., & Hill, P. (2014). Traumatic bereavement and mindfulness: A preliminary study of mental health outcomes using the ATTEND model. *Clinical Social Work Journal, 42*(3), 260-268*.*

**Thieleman, K**.,& Cacciatore, J. (2014). A witness to suffering: Mindfulness and compassion fatigue amongst traumatic bereavement volunteers. *Social Work, 59*(1), 34-41.

**Thieleman, K.,** & Cacciatore, J. (2014). When a child dies: A critical analysis of grief-related controversies in DSM-5. *Research on Social Work Practice, 24,* 114-122.

Cacciatore, J., & **Thieleman, K**. (2014). We rise out of the cradle into the grave: An ethnographic exploration of ritual, mourning, and death on a Hutterite colony. *OMEGA, 69*(4), 357-379.

Cacciatore, J., **Thieleman, K.**, Killian, M., & Tavasolli, K., (2014). Braving human suffering: Death education and its relationship to empathy and mindfulness. *Social Work Education, 34,* 91-109.

Cacciatore, J., **Thieleman, K**., & Osborn, J. (2014). Of the soul and suffering: Mindfulness-based interventions and bereavement. *Clinical Social Work Journal, 42*(3)*,* 269-281.

**Thieleman, K.**, & Cacciatore, J. (2013). The DSM-5 and the bereavement exclusion: A call for critical evaluation. *Social Work, 58*(3), 277-280.

Cacciatore, J., & **Thieleman, K**. (2012). Pharmacological treatment following traumatic bereavement: A case series. *Journal of Loss and Trauma, 17*(6), 557-579.

**Refereed Conference Presentations**

**Thieleman, K.** “*I don’t fear it anymore:” Bereaved parents’ perceptions of the impact of a mindfulness-based retreat.* Arizona State University College of Public Service & Community Solutions Doctoral Student Research Conference. Phoenix, Arizona. January 26, 2018.

**Thieleman, K.** *Effects of a mindfulness-based retreat on depression and anxiety in bereaved parents.* Society for Social Work and Research. New Orleans, Louisiana. January 11-15, 2017.

**Thieleman, K.** *The effects of a mindfulness-based retreat on bereaved parents’ trauma responses.* Arizona State University College of Public Service & Community Solutions Doctoral Student Research Conference. Phoenix, Arizona. December 4, 2016.

**Thieleman, K.** *Increasing student empathy through death education: Implications for practice.* Council on Social Work Education. Denver, Colorado. October 15-18, 2015.

**Thieleman, K.** *Mindfulness and empathy in social work death education.* Society for Social Work and Research. New Orleans, Louisiana. January 14-18, 2015.

**Thieleman, K.** *Grief and loss in LGBT populations: Exploring disenfranchised grief.* Workshop. 3rd Annual Let’s Get Better Together Conference. Tucson, Arizona. May 2, 2014.

**Thieleman, K.** *Grief in ethnic minority populations.* Workshop. 10th Annual Cesar E. Chavez Behavioral Health Conference. Phoenix, Arizona. March 27, 2014

**Thieleman, K.** *Braving human suffering: Mindfulness and its relationship to mindfulness and empathy.* American Association of Behavioral and Social Sciences. Las Vegas, Nevada. February 10-11, 2014

Cacciatore, J.& **Thieleman, K.** *Is it bereavement or mental illness?: Dilemmas in the DSM-5.* Mental Health Tomorrow: Advancing the Paradigm Shift. University of Texas Pan-American. South Padre Island, Texas. December 1-2, 2012.

**Invited Publications**

**Thieleman, K.** (2015). Epilogue: Grief, bereavement, and rituals across cultures. In J. Cacciatore and J. Defrain (Eds.), *The world of bereavement* (287-298)*.* Springer Publishing: New York.

**Invited Presentations**

**Day-long conference presentation**

Conference leader:*A difficult goodbye: A day's instructional discussion about the loss of a child.* Kaweah Delta Health Care District, Visalia, CA. October 30, 2013.

**Courses Taught**

SWU 410: Social Work Practice II

SWG 501: Human Behavior in the Social Environment

SWG 519: Research Methods in Social Work (online)

SWU 374: Diversity and Oppression in the Social Work Context

SWU 303: Micro Human Behavior in the Social Environment (online)

SWU 180: Intro to LGBT Studies (online)

SWU 498/SWG 591: LGBT Issues (online)

Developed SWG 519: Research Methods in Social Work for ASU Online program

**Graduate Teaching Assistant,** Arizona State University

SWG 591: Trauma & Death Counseling

SWG 519: Research Methods in Social Work

SWU 250: Stress Management Tools

**Practice Experience**

**Group Facilitator,** Resilient Parenting for Bereaved Families Program 2019-2020

REACH Institute, Arizona State University, Tempe, Arizona

* Co-facilitated structured group program for parents with minor children after the death
of their co-parent
* Provided supportive group environment
* Taught empirically-supported self-care and parenting skills to bereaved adults to
improve outcomes for families

**Grief Counseling and Research Team Volunteer,** Selah Carefarm (a program of the 2018-present
MISS Foundation)

Cornville, Arizona

* Provide support to individuals experiencing traumatic grief visiting the carefarm
and/or participating in research
* Conduct research with individuals utilizing the carefarm, including both qualitative
and quantitative approaches

**Grief Counselor and Clinical Volunteer,** MISS Foundation 2011-2015

Phoenix, Arizona

* Provided crisis intervention, grief counseling, and psychoeducation on a part-time basis to individuals, couples, and families who had experienced the death of a child or other traumatic loss
* Worked with grieving families to create a visual ethnography exploring how parents remembered and memorialized their deceased children: *Bereaved parent memorial project*

**Medical Social Worker,** Hospice of the Valley Nov 2011-Aug 2012

Ryan House Palliative Care Unit, Phoenix, Arizona

* Developed and maintained therapeutic relationships with adult patients and their families
* Provided comprehensive psychosocial assessments and supportive counseling
* Developed and maintained comprehensive plan of care and collaborated with multidisciplinary team in providing patient and family care
* Facilitated transition from care environments, ensured patient safety, and provided links to community resources
* Supported the death and dying process and provided effective teaching to patients, families, and caregivers regarding end of life issues and grief
* Provided above services to pediatric patients and their families as needed, in both inpatient and home settings

**Clinical Social Work Intern,** MISS Foundation Aug 2010-May 2011

Phoenix, Arizona

* Provided crisis intervention, grief counseling, and psychoeducation to individuals, couples, and families who had experienced the death of a child or other traumatic loss
* Attended conferences and monthly support group meetings relating to traumatic loss

**Social Work Intern,** Triple R Behavioral Health Aug 2009-May 2010

24 Hour Residential Support,Phoenix, Arizona

* Conducted assessments and assisted in treatment and discharge planning for clients residing at a 24-hour supported living facility for adults living with serious mental illness
* Collaborated with clients, case managers, staff, and family members to identify treatment goals and assess progress toward them
* Worked with clients to develop social, cognitive, community, and independent living skills and to identify and reach recovery goals

**Research Experience**

**Research Assistant,** working with Dr. Joanne Cacciatore 2012-2014

School of Social Work, Arizona State University, Phoenix, Arizona

Drafted and submitted Institutional Review Board Applications, assisted with survey creation and data collection, conducted comprehensive literature reviews, and drafted and reviewed manuscripts for publication in the area of traumatic death and grief

 **Research Assistant,** working with Dr. Jeffrey Lacasse Jan-June 2011

School of Social Work, Arizona State University, Phoenix, Arizona

 Evaluated an educational intervention to improve the guidelines for use of psychotropic medications in child welfare settings, conducted comprehensive literature reviews, assisted with promotion of mental health conference

**Service**

**Professional service**

Ad-hoc journal reviews

 *Review of Communication Research*

*OMEGA – Journal of Death and Dying*

 *International Journal of Nursing Studies*

*Social Science Journal*

 *Social Work in Health Care*

*Death Studies*

 *Research on Social Work Practice*

*Journal of Loss and Trauma*

**University service**

**Member** of theonline committee, Arizona State University 2014-2015

**Guest speaker**

CDE 450: Child Dysfunction in the Family Context, Arizona State University 2014

 Shared ways to help dying children and their families and support families after the death of a child with students in child life certificate program

SWG 510: Social Work Foundation Practice I, Arizona State University 2013

Shared experiences working with bereaved families and answered students’ practice-related questions

SWG 606: Assessment of Mental Disorders, Arizona State University 2013

*DSM-5 and the bereavement exclusion: Controversies and considerations*

 **Presenter**

Integrative Health Initiative Socratic Lecture, Arizona State University 2013

*Mindfulness: an overview and introduction*

Arizona State University Wellness Week 2013 *Working mindfully with depression and anxiety*

**Student officer**

Mindfulness Community at Arizona State University2013-2017

**Mindfulness group facilitator** 2013-2014

Mindfulness Community at Arizona State University

**Community service**

**Speaker.** *Continuing bonds and social constraints after the death of a child.* Glendale Community College, Glendale, AZ. 2018, 2019

**Speaker.** *The grieving child and the family.* Early Head Start, Phoenix, Arizona. 2012

**Speaker.** *The grieving child: Understanding is the key to hope.* Sunshine Residential Homes. Phoenix, AZ. 2012