



WELCOME!

LET'S TALK ABOUT DEATH

-- TLPCHA SUMMIT 2025 --

JUNE 14, 2025

---


*Carla Archuletta, LPC/MHSP-S, NCC*

*Fellow in Thanatology: Death, Dying & Bereavement*

[CarlaArchuletta.com](http://CarlaArchuletta.com)


1

LET'S TALK ABOUT  
DEATH:



*What Death, Dying, and  
Bereavement*

*Teach us About Life and Living*



2

## YOUR PRESENTER

- Carla Archuletta is an LPC/MHSP-S in the state of Tennessee, a Fellow in Thanatology, and NCC. She received her End-of-Life Doula Professional Certificate from the University of Vermont and is a practicing End-of-Life Doula under mentorship.
- Based in Brentwood, Tennessee, Carla operates a private practice and provides clinical services through her affiliation with Gilda's Club Middle Tennessee and Brentwood Counseling Associates. Her extensive experience also encompasses several years as a hospice grief counselor, further enriching her expertise in bereavement and end-of-life care.
- Carla holds advanced credentials, including Certified EMDR Clinician and EMDRIA Consultant-in-Training, Certified Clinical Trauma Professional, Grief Recovery Specialist, Certified Grief Informed Professional, and Board Certified Telemental Health Provider.
- As a sought-after speaker, educator, and clinician, Carla is recognized for her compassionate, evidence-based practice and her unwavering commitment to guiding individuals and professionals through life's most arduous emotional experiences. She is the coauthor of *"Health-Medical Challenges and Grief: Group EMDR Therapy for Patients and Caregivers,"* which is featured in *EMDR Group Therapy: Emerging Principles and Protocols to Treat Trauma and Beyond* (Springer Publishing).

3

## GOALS & OBJECTIVES

- ❖ Identify four fundamental dimensions of education on death, dying, and bereavement.
- ❖ Understand six primary educational goals in this field.
- ❖ Explore insights from studying death to better understand life.

4



## DEFINITIONS

---

- **End-of-Life Doula** - Also known as death doula, death midwife, deathwalker, thanadoula, etc., A non-medical professional who provides emotional, spiritual, informational, and practical support to individuals and their families during the dying process.
- **Loss** - Real or perceived deprivation of someone or something meaningful. Includes both death-related and non-death related loss.
- **Grief** - Emotions produced by experience of loss.
- **Death** - The permanent cessation of all biological functions that sustain a living organism.
- **Dying** - The process of gradual or rapid decline of biological functions that leads to death. The transition from life to death can involve physical, emotional, psychological, and spiritual changes.
- **Bereavement** - Period of sorrow following the death of a significant other and is always associated with a death.
- **Mourning** - Social practices or outward expressions of grief that include both death-and-non-death related loss.

5



## WHY STUDY DEATH, DYING, AND BEREAVMENT?

---

6



7



8

"IT IS NOT DEATH THAT A MAN SHOULD  
FEAR, BUT HE SHOULD FEAR NEVER  
BEGINNING TO LIVE."  
— *MARCUS AURELIUS, MEDITATIONS*

9



10





11



12



13

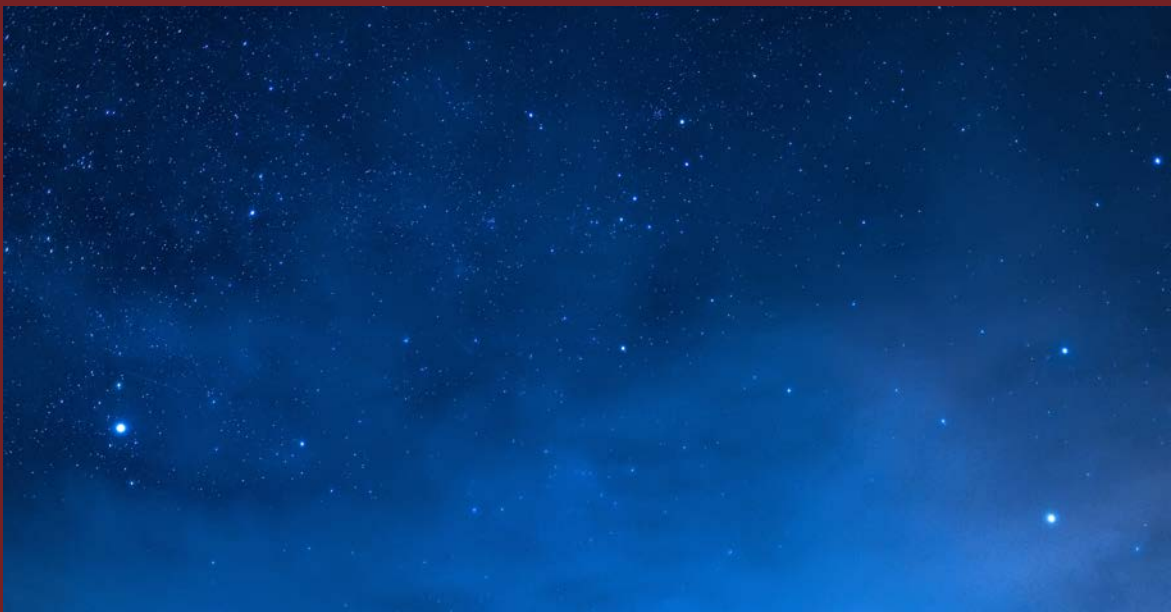


14

## INSIGHTS FROM STUDYING DEATH, DYING, AND BEREAVEMENT



15



16



## FOUR DIMENSIONS OF EDUCATION ABOUT DEATH, DYING, AND BEREAVEMENT

### Cognitive

- Knowledge and facts
- Legal, medical, and procedural aspects
- Definitions and criteria (e.g., brain death)

### Affective

- Emotional reactions to death and loss
- Coping mechanisms and emotional intelligence

### Behavioral

- Actions taken during end-of-life care
- Funeral planning, memorials, rituals
- Supporting the bereaved

### Valuational

- Personal and societal values related to life and death
- Ethical decisions (e.g., euthanasia, organ donation)
- Life review and meaning-making

17



## RAINBOW MOONSTONE

- The story of rainbow moonstone tumbled stones is a fusion of ancient lunar mysticism, natural mineral beauty, and modern spiritual practice.
- Known for having a calm, soothing energy.
- Can help you find balance and harmony.
- Frequently used to aid in developing and improving intuition.

18



19

## SIX GOALS OF DEATH EDUCATION

01

Inform and educate about death-related issues.

02

Help individuals cope with death, grief, and loss.

03

Promote healthy attitudes about death.

04

Support personal growth and maturity.

05

Foster communication and empathy.

06

Encourage meaningful, culturally aware rituals.

20



## CULTURAL PERSPECTIVES ON DEATH

---

- Varying beliefs and rituals across cultures.
- Respect for diverse mourning practices.
- Impact on individual grief experiences.

21



22

## ENRICHMENT



*"The really important thing is not  
to live, but to live well." -  
Socrates*



23



WHAT CAN WE LEARN  
ABOUT LIFE AND  
LIVING BY STUDYING  
DEATH, DYING, AND  
BEREAVMENT?



24





## IN CONCLUSION

---

Goodbyes are only for those who  
love with their eyes.

Because for those who  
love with heart and soul,  
there is no such thing as  
separation.

- Rumi

25



## THANK YOU!

## LET'S TALK ABOUT DEATH

-- TLPSCA SUMMIT 2025 --

---

*Carla Archuletta, LPC/MHSP-S, NCC*  
*Fellow in Thanatology: Death, Dying &*  
*Bereavement*

[CarlaArchuletta.com](http://CarlaArchuletta.com)

26



## REFERENCES

- Corr, C.A., Corr, D.M., & Doka, K.J. (2025). *Death & Dying, Life & Living* (9th Ed.). Cengage Learning.
- Kastenbaum, R., & Moreman, C. M. (2024). *Death, society, and human experience* (13th ed.). Routledge.
- Servaty-Seib, H.L. and Chapple, H.S., (Eds). (2021). *Handbook of Thanatology: The essential body of knowledge for the study of death, dying, and bereavement* (3 rd ed.). Association for Death Education and Counseling®; The Thanatology Association®.
- Association for Death Education and Counseling. *Association for Death Education and Counseling*. <https://www.adec.org/>