

# **Bernadette Winters Bell, LMSW, PLLC**

**Podcaster • Thanatologist • Life, Loss and Grief Therapist**

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**SUMMARY:** Podcast host from August 2019 to present, with more than thirty podcasts broadcast and fifty thousand downloads and views to date. Licensed Social Worker and a member of NASW with more than thirty years of experience in the areas of life, loss and grief. Therapist and counselor in hospice, group, private practice and corporate settings. Extensive experience with bereavement and *Bridge to Bereavement*, groups, crisis situations, community presentations and educational venues.

## **EXPERIENCE**

### **Podcast Host / Executive Producer: From Heartache to Healing and Hope August 2019 to Present**

- Producer and host of two podcast seasons resulting in more than thirty episodes published across multiple platforms such as Spotify and Apple Music (2019 – March 2022) and fifty thousand views and downloads to date
- Podcasts draw on more than thirty years of life, loss and grief therapy and counseling experience, balancing life's tears and giggles with knowledge, support and courage.
- Season I: Same Storm, Different Boats
- Season II: Weathering the Storm, Cultivating Kindness
- Rated & trending internationally on multiple platforms

### **Webinar Designer / Presenter January 2021 - Present**

### **Life, Loss, Grief & Pre-Bereavement Therapist Feb. 2017 to Present**

- Private practice thanatologist
- Humanistic and state-of-the-art grief therapies developed and evolved into accessible and integrated modes of healing
- Life, loss, bridge to bereavement and grief therapy
- COVID 19 trauma responder (private practice, corporations, special groups)
- Innovative collaborations with holistic healers including sound healer, board certified hypnotist

### **Assistant Director of Bereavement Catskill Area Hospice and Palliative Care, Inc., Oneonta, NY September 2014 to February 2017**

- Directed teams of professionals in special projects and daily operations
- Mentored Interns from Binghamton University in bereavement work
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- Evaluated key business metrics and made recommendations for proactive adjustments to policies and procedures
- Developed, instituted and monitored protocols and procedures for a comprehensive Bereavement Program. This served family and friends of patients for up to 13 months after the death of each patient
- Developed and presented community presentations
- Established bereavement support in crisis situations: suicides; school violence
- Offered grief educational workshops to local, regional and national venues: Schools, Houses of Worship, Alzheimer's Association, Social Work Conferences
- Planned and implemented educational programs for bereaved children, teens and adults in groups and camps

## **Coordinator of Clinically Significant Social Work**

**Catskill Area Hospice & Palliative Care, Oneonta, NY**

**October 2012 to August 2014**

- Assessed, evaluated, developed and implemented plans of care for clinically significant situations i.e. suicidal ideations of hospice patients and families

## **Nursing Home Social Worker**

**Catskill Area Hospice and Palliative Care, Oneonta, NY**

**January 2009 to August 2012**

- Developed and presented educational programs for residents, staff and families
- Mentored and supported new employees on hospice practices and sensitivities
- Developed and presented educational programs for residents, staff and families
- Incorporated evidence-based care into practice environment to ensure high quality care for patients and their families
- Developed and implemented successful patient care plans
- Provided behavioral/emotional support and supervision for those with dementia and Alzheimer's

## **Energy Control Systems (ECS)**

**Long Island, NY**

**August 2000 to December 2008**

- President and Treasurer of Heating, Venting and Air Conditioning (HVAC) during sabbatical from social work and bereavement

## **Director of Children's' Bereavement Program**

**Schneider's Hospice of Long Island Jewish Hospital**

**July 1998 to July 2000**

- Developed, directed and provided children's bereavement program

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## **Home Social Worker**

**Hospice Care Network (Formerly Hospice of Long Island), Westbury, NY**

**August 1991 to June 1998**

- Provided hospice services at the first certified hospice in New York State, carrying a case load of fifty families at one time.
- Bereavement and pre-bereavement (one-on-one and groups)
- Developed one of the first children's grief camps

## **EDUCATION AND TRAINING**

MSW, Social Work Adelphi University, Garden City, NY Summa cum laude graduate

## **LICENSES AND CERTIFICATIONS**

- National Association Social Workers Member (NASW)
- Licensed Master Social Worker (LMSW)

## **SKILLS**

- Grief and Bereavement Counseling
- Life, Loss and Transition Counseling
- Family Therapy
- Skilled Couples Counselor
- Women's Issues
- Experienced Educator
- Excellent Interpersonal Skills
- Strong Communicator
- Community Outreach Expert
- Empathetic, Sensitive
- Natural Leader
- Program Consultant and Designer