



## The Grieving Brain: How We Learn from Love and Loss Mary-Frances O'Connor, Ph.D.

Associate Professor of Clinical Psychology and Psychiatry and director of the Grief, Loss and Social Stress (GLASS) Lab, University of Arizona.

## M. Katherine Shear, MD

Marion E. Kenworthy Professor of Psychiatry and founding director of the Center for Prolonged Grief, Columbia University School of Social Work.

**Thursday, February 3, 2022, 7:00 PM Central**

**[www.bit.ly/MFOFANWebinar](http://www.bit.ly/MFOFANWebinar)**

**PLUS: After-Hours Event!**

Purchase a copy of *The Grieving Brain* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Prof. O'Connor and Dr. Shear. Details on the webinar registration page.

Presented by **Family Action Network (FAN)**, in partnership with

**Bennett Day School, Catherine Cook School, Christ Church Winnetka, Compass Health Center, Evanston Scholars, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Fusion Academy, Glencoe D35, Haven Youth and Family Services, Kenilworth D38, Lake Bluff D65, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Latin School of Chicago, Loyola Academy, Mindful Psychology Associates, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Pope John XXIII School, Regina Dominican High School, Roycemore School, School of Education and Social Policy at Northwestern University, Science & Arts Academy, Stevenson High School D125, The Alliance for Early Childhood, The Family Institute at Northwestern University, Winnetka D36, Woodlands Academy, and Youth & Opportunity United (Y.O.U.).**

This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+. [familyactionnetwork.net](http://familyactionnetwork.net)

### Sponsors

Martin & Mary L. Boyer  
Foundation



Nevila & Jordan  
Lowe



### Partners

Butler Family  
Foundation

Nancy & Nick  
Glampietro

The Graboys Family



Alison & Andrew  
McNally

Modestus Bauer  
Foundation



Kendra Nichols Wallace

### Supporters

The Anderson Family  
Joanne & Jeff Burgess  
Connections for the Homeless  
Fusion Academy  
Stephanie & Roger Hochschild  
Maureen & Collin Kebo

Kim Keywell  
Lori & Ross Laser  
Mammel Foundation  
The McCall Family  
Mindful Psychology Associates  
New Trier Parents' Association  
Northwestern University/SESP

Cari & Michael Sacks  
Julene & John Stellato  
The Alliance for Early Childhood  
University of Chicago Laboratory  
Schools Parents' Association  
Youth & Opportunity United (Y.O.U.)

### Community Allies

Christ Church Winnetka  
Evanston Scholars  
Family Service Center  
Family Service of Glencoe  
Foundation 65  
Haven Youth and Family Services

Lake Michigan Association  
of Independent Schools (LMAIS)  
Northwestern University  
Lonnie Stonitsch & Eric Dynowski  
Wintrust Financial  
Young, Black & Lit

### In-Kind

Acclaim Media  
Deft  
Kirkland & Ellis  
The Book Stall at Chestnut Court



**FOR IMMEDIATE RELEASE: MARY-FRANCES O'CONNOR, Ph.D.**

**CONTACT:** Lonnie Stonitsch, Executive Director of FAN, [lonnie@familyactionnetwork.net](mailto:lonnie@familyactionnetwork.net)

**Thursday, February 3, 2022, 7:00-8:00 PM, The Grieving Brain: How We Learn from Love and Loss, a FAN webinar featuring Mary-Frances O'Connor, Ph.D., in conversation with M. Katherine Shear, MD.**

**BONUS AFTER-HOURS EVENT:** Attendees who purchase a copy of *The Grieving Brain* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Prof. O'Connor and Dr. Shear that will start immediately after the webinar. Details on the webinar registration page.

**REGISTER:** [www.bit.ly/MFOFANWebinar](http://www.bit.ly/MFOFANWebinar).

Loss of a loved one is something everyone experiences, and for as long as humans have existed, we have struggled when a loved one dies. Poets and playwrights have written about the dark cloak of grief, the deep yearning, and devastating heartache of loss. But until now, we have had little scientific perspective on this universal experience. In *The Grieving Brain: The Surprising Science of How We Learn from Love and Loss*, **Mary-Frances O'Connor, Ph.D.** shares groundbreaking discoveries about what happens in our brain when we grieve, providing a new paradigm for understanding love, loss, and learning. Prof. O'Connor is a renowned grief expert, neuroscientist, and psychologist who has devoted decades to researching the effects of grief on the brain. She is Associate Professor of Psychology and Psychiatry at the University of Arizona, where she directs the **Grief, Loss and Social Stress (GLASS) Lab**, which investigates the effects of grief on the brain and the body.

In *The Grieving Brain*, Prof. O'Connor reveals a fascinating new window into one of the hallmark experiences of being human. She makes cutting-edge neuroscience accessible and guides us through how we encode love and grief. With love, our neurons help us form attachments to others; but, with loss, our brain must come to terms with where our loved ones went, and how to imagine a future that encompasses their absence. Significantly, Prof. O'Connor debunks Elisabeth Kubler-Ross, MD's enduring idea of the "five stages of grief" and sets a new paradigm for understanding grief on a neurological level.

Prof. O'Connor will be in conversation with **M. Katherine Shear, MD, Marion E. Kenworthy Professor of Psychiatry**, and the founding director of the **Center for Prolonged Grief** at Columbia University School of Social Work. Dr. Shear is a clinical researcher who first worked in anxiety and depression. For the past 25 years she has focused on understanding and treating people who experience persistent intense grief which is now an official diagnosis called Prolonged Grief Disorder in the DSM-5.

This event suitable for youth 12+. It will be recorded and available on our website and YouTube channel.

*Sponsored by Family Action Network (FAN), in partnership with Bennett Day School, Catherine Cook School, Christ Church Winnetka, Compass Health Center, Evanston Scholars, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Fusion Academy, Glencoe D35, Haven Youth and Family Services, Kenilworth D38, Lake Bluff D65, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Latin School of Chicago, Loyola Academy, Mindful Psychology Associates, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Pope John XXIII School, Regina Dominican High School, Roycemore School, School of Education and Social Policy at Northwestern University, Science & Arts Academy, Stevenson High School D125, The Alliance for Early Childhood, The Family Institute at Northwestern University, Winnetka D36, Woodlands Academy, and Youth & Opportunity United (Y.O.U.).*