



Living Well with Ambiguity

Presented by: **Janet Yeats, MA, LMFT, Metro/Southeast Regional Behavioral Health Coordinator, MN Department of Health**

Presentation Abstract: Grief and loss are a daily fact of life, however, we often don't recognize our losses and, therefore, don't have the permission to grieve them. Ambiguous losses lack definition and clarity and can often be overlooked and misunderstood. This presentation will define ambiguous loss and discuss how it differs from and is interrelated to defined loss. We will also learn how ambiguous loss impacts individuals, families, and communities. Finally, this presentation will communicate ways in which we can grieve our losses in healthy and effective ways.

Speaker Bio: Janet Yeats, MA LMFT is the Metro/Southeast Regional Behavioral Health Coordinator at the MN Department of Health. She is a licensed marriage and family therapist from St. Paul, MN. Janet earned a master's degree in marriage and family therapy at Bethel University, and a second master's degree in family social science from the University of Minnesota. Janet is a trauma, grief and loss specialist, and provides consultation on PTSD, ambiguous loss, hoarding disorder, and self-care. She is a member of the MN Medical Reserve and has served as a disaster responder for over 15 years. Janet has published multiple peer-reviewed articles on grief, ambiguous loss, and hoarding disorder. She is available to

provide presentations and trainings and can be contacted at Janet.R.Yeats.Contractor@state.mn.us.