



# Litsa Williams, LCSW-C

---

## EDUCATION

### **MSW, LCSW-C**

University of Maryland  
School of Social Work  
Baltimore, MD  
2009

### **MA Philosophy**

University of Warwick  
England  
2004

### **BA Philosophy**

**BA Religious Studies**  
St. Mary's College of MD  
St. Mary's City, MD  
2002

---

## PROFESSIONAL AFFILIATIONS

- LCSW-C License - Maryland 2016-present
- LGSW License- Maryland 2009-2016
- Association for Death Education and Counseling Member
- National Association of Social Workers Member
- National Alliance for Children's Grief Member
- Fusion Partnerships Executive Board Member

## EXPERIENCE

Program Director; Co-founder// 2013 - PRESENT

What's Your Grief, Baltimore, MD

- Co-Founder and co-author of grief website What's Your Grief and photography and grief website, Photogrief.
- Expert on topics of psychology, grief, loss, bereavement, photography, and organ donation and transplantation. .
- Responsible for What's Your Grief community programming, local and national education, growth of readership and social medial engagement via Facebook, Twitter, Pinterest, Instagram and Google+.

Director of Family Services & Outreach // 2013-2016

Manager of Family Services // 2011-2013

Family Service Coordinator //2009-2011

The Living Legacy Foundation, Baltimore, MD

Oversite of 26 staff in two departments at a large Baltimore non-profit.

- Program planning and development, including management of \$4 million annual budget and program expansion planning.
- Development of grief and community education programming, including workshops, community art initiatives, health fairs, and classes.
- Oversite of website, social media, blog, newsletter, and print marketing material.
- Training of new staff, staff supervision, and ongoing staff competency.

Substance Abuse Counselor // 2011 - PRESENT

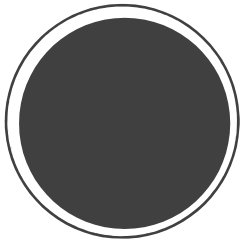
Columbia Addictions Center

- Responsible for psychoeducational drug and alcohol groups..
- Per diem coverage of weekly substance abuse groups including men's groups, women's groups and wellness-focused substance abuse groups.
- Development of educational materials, therapeutic activities and maintenance of appropriate records and documentation.

Homeless Services Case Manager // 2005 - 2009

Prologue Homeless Outreach

- Intensive case management of homeless clients, providing support including connection to employment, housing, mental health treatment, substance abuse treatment and domestic violence support.
- Provided education to shelter and transitional staff on supporting those with addictions and mental illness in securing appropriate housing in the community
- Responsible for intake assessments, housing counseling, workshops and group support.
- Provided education to shelter staff and transitional housing staff on supporting those with mental illness, addiction in securing appropriate treatment, healthcare and housing.



# Litsa Williams, LCSW-C

## CONTACT



410-591-2747



whatsyourgrief@gmail.com



www.whatsyourgrief.com  
www.photogrief.com

## ONLINE REACH

Annual Website Data:

- 5,100,00 site visitors
- 8,200,000 pageviews
- 48,111 blog subscribers
- 

## Social Media Reach

80,000 facebook followers

8,240 twitter followers

11,000 pinterest followers

57,000 instagram followers

## Annual CEs Facilitated

Grief 101: A Foundation

Grief Therapy Techniques

Ambiguous Grief & Nondeath loss

Grief of Addiction and Overdose

Countertransference & Self-Disclosure in Grief Support

Understanding Grief in Children

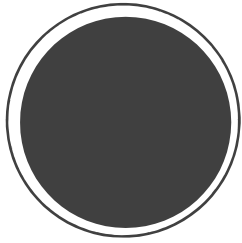
The Grief of Traumatic Loss

## What's Your Grief

What's Your Grief is a collaborative project founded by Eleanor Haley and Litsa Williams with a goal of expanding the dialogue around loss using art, photography, writing, psychology and education. Using interactive in-person and online mediums, WYG strives to push beyond traditional methods for conceptualizing loss and to give people creative tools with which to explore and express their emotions and experiences.

## INTERVIEWS AND MEDIA

|   |                         |
|---|-------------------------|
| The Press Enterprise  | December & January 2016 |
| <i>San Bernardino Shooting: Heartbroken Families Yearn for Normalcy</i> |                         |
| <i>San Bernardino Shooting: Overwhelming Help, Love Amidst Tragedy</i>  |                         |
| Huffington Post   | December 2015           |
| <i>How the Grieving are Turning to New Traditions for the Holidays</i>  |                         |
| The Joy Sutton Show   | May 2015                |
| <i>Understanding Grief and Supporting Grievors</i>                      |                         |
| The Baltimore Sun   | December 2014           |
| <i>Holidays can bring extra grief for some</i>                          |                         |
| WBAL Morning News   | December 2014           |
| <i>Coping with Grief at the Holidays</i>                                |                         |
| WBFF Fox 45 "Morning News"  | October 2014            |
| <i>Coping with Grief</i>  |                         |
| All Parenting   | September 2014          |
| <i>Should I Bring My Children to a Funeral</i>                          |                         |
| Tears and Tequila   | July 2014               |
| <i>A Conversation with What's Your Grief Founders</i>                   |                         |
| WYPR's "Maryland Morning"   | April 2014              |
| <i>How Blogging Helps to Continue Bonds</i>                             |                         |
| U.S. News & World Report Health   | August 2013             |
| <i>7 Ways to Help a Loved One Grieve</i>                                |                         |



# Litsa Williams, LCSW-C

## PUBLICATIONS

What's Your Grief: Lists to Help You Through Any Loss – *Quirk Publishing*

Parenting While Grieving

Surviving the Grief of a Traumatic Loss

Anticipatory Grief: A Guide to Coping with Impending Loss

Surviving the Grief of an Overdose Death

A Practical Guide for Coping with the Holidays

Navigating Grief

Coping with Grief

Supporting a Grieving Teen

Supporting a Grieving Child

## ONLINE PUBLICATIONS

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

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

## NATIONAL PRESENTATIONS

|   |                |
|---|----------------|
| PESI Grief Summit   | April 2022     |
| Countertransference and Self-Disclosure in Grief Work                       |                |
| National Alliance for Grieving Children Symposium                           | June 2018      |
| <i>Closing Keynote</i>  |                |
| Grief in the 21 <sup>st</sup> Century Conference                            | September 2016 |
| <i>Exploring the Internet Grief Continuum</i>                               |                |
| Association for Death Education & Counseling Conference                     | April 2016     |
| <i>Exploring the Internet Grief Continuum</i>                               |                |
| RVA Grief Summit  | February 2016  |
| <i>Ritual and Continuing Bonds in Grief</i>                                 |                |
| National Bereavement Camp Conference  | November 2015  |
| <i>Photography for Coping and Community</i>                                 |                |
| National Alliance for Grieving Children Symposium                           | June 2015      |
| <i>Growing Your Reach Online</i>  | April          |
| Mt. Sinai Hospital Social Work Grand Rounds                                 | April 2015     |
| <i>Advancing Social Work Practice at End of Life</i>                        |                |
| CDT Donate Life Symposium   | April 2015     |
| <i>Reframing End of Life Care in the Hospital Setting</i>                   |                |
| Association for Death Education & Counseling Conference                     | February 2015  |
| <i>Grief Below the Poverty Line</i>   |                |
| RVA Grief Summit  | December 2014  |
| <i>Substance Use as Negative Grief Coping</i>                               |                |
| Greater New York Hospital Assn Palliative Care Roundtable                   | October 2014   |
| <i>The Role of Palliative Care in Organ Donation</i>                        |                |
| Compassionate Friends Annual Conference                                     |                |
| <i>Grief and Photography</i>  |                |
| Exploring Ethical and Spiritual Aspects of African Americans at End of Life | August 2014    |
| <i>Advance Directives, Living Wills, and the MOLST</i>                      |                |
| AOPO 2014 Annual Conference   | June 2014      |
| <i>The Role of Technology in Supporting Families at End of Life</i>         |                |
| NATCO Family Services 2-day Symposium                                       | November 2013  |
| <i>Providing Quality End of Life Care in the ICU</i>                        |                |
| AOPO 2013 Annual Conference   | June 2013      |
| <i>The Language of Generosity</i>   |                |
| <i>Seeking Funding for Family Services and Grief Support</i>                |                |