

# Janice Winchester Nadeau, PhD, LP, LMFT, RN, FT

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## Professional Summary

Psychologist  
Marriage and Family Therapist  
Nurse Clinical Specialist  
National and international educator in psychotherapy and family therapy  
Fellow in Thanatology (Death, Dying, and Bereavement).

## Education

Ph.D. Family Social Science, U of MN  
M.S. Nursing, U of MN  
B.S. Nursing, Castleton State College, VT

## Skills

Preferred therapy models, methods, and techniques:

- Bio-psycho-social Health Maintenance
- Cognitive Behavioral Therapy
- Marriage and Family Therapy
- PTSD and Trauma Therapy (B. van der Kolk, C. Figley, S. Johnson)
- Family of Origin Therapy (M. Bowen)
- Emotionally Focused Therapy
- Internal Family Systems Therapy (R. Schwartz)
- Emotional Freedom Technique
- Family Sculpture Technique (V. Satir)
- Interviewing the Internalized Other Technique (R. Tomm)

## Experience

Psychologist, Marriage and Family Therapist,  
Dr. Janice Nadeau, P.A., Stillwater, MN

3/13/2020 – present

- Providing individual, couple, and family therapy for a wide range of mental health issues.
- Specializing in mental disorders, chronic and terminal illness, abuse, relationship issues, loss and grief, and dementia.

Psychologist, Marriage and Family Therapist,  
Compass Mental Health, PLLC, Stillwater, MN

6/11/2019 – present

- Providing virtual and in-person psychological services.
- Providing a consultation group for practitioners dealing with complex, multi-problem individuals and families.

## **Janice Winchester Nadeau, PhD, LP, LMFT, RN, FT**

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Founder of North Suburban Grief Coalitions,  
Growing Through Loss, Shoreview, MN  
9/15/1985 – present

- Established a community-based, free grief support program.
- Aided 12 communities around St. Paul and Minneapolis, MN, to copy and implement the program.
- Serving, in 2024, as founder, co-director, and consultant, to the St. Croix Valley Grief Coalition based in Stillwater, MN.

Psychologist, Family Therapist,  
Dr. Janice Nadeau, P.A., Minneapolis, MN  
11/14/2001 – 3/13/2020

- Conducted a women's incest and abuse group continuously for 21 years.
- Provided psychotherapy for a wide range of mental health diagnoses: mood disorders, addiction recovery, loss and grief, sexual identity, body dysmorphia, etc.
- Served adults ages 20 to 89.
- Counseled for couple and family discord.

Invited member of Scientific Advisory Panel,  
The Center for the Advancement of Health, Washington, D.C.  
5/15/2001 – 5/15/2003

- Assessed state of bereavement theory, research, and practice in the United States along with 30 other grief scholars on the panel.

Psychologist, Marriage and Family Therapist,  
MN Human Development Consultants, Minneapolis, MN  
1/4/1994 – 11/14/2001

- Participated in an all-PhD practice seeing 32 clients a week.
- Served a broad range of ages experiencing common mental health issues.
- Guided several individuals through gender transitions.
- Acted in co-therapist role for an incest and abuse group.

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Psychology and Marriage and Family Therapy Intern,  
Northwest Youth & Family Services, New Brighton, MN  
9/14/1989 – 12/15/1993

- Met the Rule 29 supervised hours requirements for licensure as a Ph.D. psychologist and marriage and family therapist.
- Completed dual supervised hours in psychology and marriage and family therapy.
- Started a women's group dealing with abuse, incest, and childhood trauma.
- Treated groups, individuals, couples, and families.

Grief Counselor as Nurse Clinical Specialist,  
Self-employed  
10/15/1983 – 9/15/1989

- Treated individuals, couples, and families experiencing loss and grief.

Psychology and Marriage and Family Intern,  
Judson Family Center, Minneapolis, MN  
9/10/1988 – 9/10/1989

- Met psychology and marriage and family licensure requirements through this official paid internship.
- Supervised by five Ph.D. psychologists.
- Developed skills related to MMPI and abuse treatment.

Grief Consultant,  
Delaware Medical Center  
9/20/1986 – 9/20/1988

- Presented several day-long workshops on care of patients and their families experiencing loss.
- Assigned as on call for problem calls.

Nursing Faculty,  
College of St. Catherine, St. Paul, MN  
9/1/1981 – 6/30/1984

- Taught nursing courses pertaining to loss and grief issues of patients and their families.
- Taught nursing courses as Clinical Instructor at United Hospital step-down units.

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Co-Investigator,

St. John's Hospital Bereavement Study, St. Paul, MN

9/1/1981 – 12/15/1984

- Conducted a research study with an N of 68 entitled *The Role of Social Support in Conjugal Bereavement*.
- Presented results of study in 68 day-long workshops for medical and mental health professionals.

Research Assistant,

U of MN School of Nursing, Minneapolis, MN

10/10/1979 – 12/15/1980

- Conducted a concept validity study on challenge versus threat response in recovering hospital patients.
- Supervised by Dr. Ellen Egan.
- Wrote Masters' plan B paper on the study results.

Medical Surgical Nurse, Intensive Care Nurse and Nurse Educator,

Rutland Hospital, Rutland, VT

6/1/1974 – 6/1/1979

- Received 200 hours of specialized training in intensive care.
- Developed a VHS educational program for floor nurses.

Clinical Nursing Instructor,

Castleton State College, Castleton, VT

9/20/1977 – 5/20/1979

- Supervised nursing students in intensive care at Rutland Hospital, Rutland, VT.

### Publications

Breen, L. J., Szylit, R., Gilbert, K. R., Macpherson, C., Murphy, I., Nadeau, J. W., & Wiegand, D. L. (2018). Invitation to grief in the family context. *Death Studies*, 43(3), 173-182.

Nadeau, J. W. (2008). Meaning-making in families: Assessment and clinical implications. In Margaret Stroebe, Robert Hansson, Henk Schut and Wolfgang Stroebe (Eds.), *Handbook of Bereavement Research, and Practice*. American Psychological Association.

- Nadeau, J. W. (2002). Counseling later-life families. In Kenneth J. Doka (Ed.), *Living with Grief: Loss in Later Life*. Hospice Foundation of America.
- Nadeau, J. W. (2002). Review of *Grief Counseling and Grief Therapy*, 3<sup>rd</sup> ed by J. William Worden in *Mortality*.
- Nadeau, J. W. (2001). Meaning-making in family bereavement: A family systems approach. In Margaret Stroebe, Wolfgang Stroebe, Robert Hansson and Henk Schut (Eds.), *New Handbook of Bereavement: Consequences, Coping and Care*. American Psychological Association.
- Nadeau, J. W. (2001) Family construction of meaning. In Robert Neimeyer (Ed.), *Meaning Reconstruction and the Experience of Loss*. American Psychological Association.
- Nadeau, J. W. (1998). *Families Making Sense of Death*. Thousand Oaks, CA: Sage Publications.
- Nadeau, J. W. (1994). *Meaning-making in family bereavement*. (Doctoral dissertation, University of Minnesota).
- Nadeau, J. W. and Medema, K. (1994). Why do I feel like this? Audio Cassette Series on Midlife. St. Paul, MN: Color Song™.
- Nadeau, J. W. and Medema, K. (1993). Where do I go from here? Audio Cassette Series on Grief and Loss. St. Paul, MN: Color Song™.
- Nadeau, J. W. (1983/1984). Review of *Bitter, Bitter Tears* by Paul C. Rosenblatt. *Journal of The Minnesota Academy of Science*, 49(3).
- Nadeau, J. W. (1984). Loss, grief, and termination. In V. Gordon, *Women's Workbook*, 129-144. Department of Nursing, University of MN.

**Speaking  
Engagements**

- "Metaphors as Meaning-Making in Grief Therapy," Association for Death Education & Counseling, 2009
- "Working with Grieving Families from a Systemic Perspective," Alberta Funeral Service Association, 2006
- "Family Grief Therapy: Complications and Resilience," Regina Palliative Care Conference, 2006
- "Grief as a Family Affair: Understanding and Helping Bereaved Families," Association for Loss and Grief Education and Support, 2006

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- "Meaning-Making in Bereaved Families and Advanced Grief Therapy, Scott and White Hospital, 2006
- "Family Grief Therapy: Complications and Resilience," National Center for Death Education, 2006
- "Good Death and Complicated Mourning," International Association of Thanatology and Suicidology, 2005
- "Family Meaning-Making in Bereavement: Process and Complications," Death Education Symposium, 2005
- "Workshops on Family Grief," Australian Center for Grief Education, 2005
- "Advanced Grief Counseling and Grief Therapy" Association for Death Education & Counseling, 2005
- "Practical Magic: Family Grief Rituals," Association for Death Education & Counseling, 2005
- "Family Grief," Oncology Institute, 2004
- "Families Making Sense of Loss," Death, Grief and Bereavement Conference, 2004
- "Families Making Sense of Loss," Association for Death Education and Counseling, 2003
- "A New Look at Grief," Continuing Education Nursing, 2002
- "Families Making Sense of Loss," Minnesota Sudden Infant Death Center, 2002
- "Anticipatory Mourning," New Orleans, LA, 2002
- "Family Dimensions of Violent or Sudden Death," New Orleans, LA, 2002
- "Families Making Sense of Death," King's College, Ontario, Canada, 2001
- W.A. Edwards Memorial Lecture Series on Family Grief, Saskatoon, Saskatchewan, Canada, 1999
- "How Families Make Sense of Loss: From the Personal to the Professional," Association for Death Education and Counseling, 1999
- "Family Therapy Techniques for Working with Grieving Families from a Meaning-Making Perspective," Association for Death Education and Counseling, 1998
- "Family Grief: How Families Make Sense of Grief," University of Sydney, 1998

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"Meaning-Making in Family Bereavement: Delphi, Greece, 1997

Research: "Meaning Reconstruction in the Experience of Bereavement" Association for Death Education and Counseling, 1994

Research: "Meaning-Making in Family Bereavement" Association for Death Education and Counseling, 1993

"Widowhood, Menopause, and Grief," National Widowed Person's Association, 1990

"Give Sorrow Words..." Workshop on Grief and Loss, 1986

Research Presentation: "Social Support as a Health Determinant in Conjugal Bereavement," National Hospice Symposium, 1983

### **Grants**

Society for the Psychological Study of Social Issues, 1992

National Association of Funeral Service and Funeral Directors Service Association of Chicago, 1992

National Institute of Health, Four-year Training Grant: "The Impact of Loss on Families," 1987-1991

Special Dissertation Grant U of MN Grad School, 1991

Mary Ellen McFarland Assistantship, U of MN, 1990

Nursing Traineeship, U of M, 1980

### **Awards/Honors**

Outstanding Professional Service Award, Center for Grief Education, 2023

Distinguished Service to Families Award, Minnesota Association for Marriage and Family Therapy, 2000

Ad hoc reviewer, Death Studies Journal, 1998 – present

Invited member in The International Work Group for Death, Dying and Bereavement, 1996

Sage Book Award, Sage Publishing and the National Council on Family Relations, 1995

Phi Upsilon Omicron Scholarship, 1988

Bush Leadership Fellowship Bush Foundation 3M, 1984

St. Paul YWCA Leadership Award, 1983

Distinguished Alumna Award, Castleton State College, VT, 1982

Pi Lambda Theta National Honor Society for Educators, 1981

Sigma Theta Tau National Honor Society for Nurses, 1979

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### **Professional Affiliations**

American Legion Auxiliary Graduate School Scholarship, 1979

VT Outstanding Young Woman of the Year, 1976

Editorial Board Illness, Crisis & Loss, 1999 to present

International Work Group on Death, Dying, and Bereavement,  
1996 to present.

Clinical Member, American Association of Marriage and Family  
Therapy, 1993 – 2002

Association for Death Education and Counseling, 1991 to present

National Council on Family Relations, 1985 – 2005

MN Association for Marriage and Family Therapy, 1985 to present

MN Coalition for Death Education and Support, 1979 to present

MN Nurses' Association, 1979-1990

MN Council on Family Relations, Board of Directors, 1984-1987

MN Hospice Organization, Board of Directors, 1983-1985

American Nurses' Association, 1974-1985