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# FRANCESCA LYNN ARNOLDY

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## EDUCATION

Bachelor of Science, Human Development and Family Studies,  
University of Vermont, Burlington, VT, 2003

## WORK EXPERIENCE

AUTHOR, COMMUNITY DOULA, DEATH & GRIEF LITERACY ADVOCATE, 2018-  
PRESENT

- Author books and articles focused on mortality and bereavement
- Present and speak as a leading subject matter expert in the field
- Develop and facilitate workshops about doula approaches to care, advance care planning, and grief support
- Provide direct support to clients as a community doula

RESEARCHER, VERMONT CONVERSATION LAB, UNIVERSITY OF VERMONT,  
BURLINGTON, VT, 2020-PRESENT

*StoryListening Studies:*

- Work in collaboration with local head of palliative care (study PI) and research team to run IRB-approved interventions
- Develop the Standard Operating Procedures (SOP) Manuals
- Hire, train, and supervise teams of *StoryListening* Doulas
- Act as a *StoryListening* Doula Interventionist within research sessions

PROGRAM DEVELOPER, END-OF-LIFE DOULA PROFESSIONAL CERTIFICATES,  
UNIVERSITY OF VERMONT, 2016-2022

- Developed and instructed highly successful online training offerings
- Provided ongoing monitoring, evaluation and quality improvement of curriculum
- Collaborated with faculty, instructors, community organizations, and businesses
- Trained, supported, and supervised doula facilitators
- Assisted with program promotion, including social media posts and interactions, events, webinars, interviews, etc.

BIRTH SUPPORT AND EDUCATION, NORTHERN, VT, 2009- 2020

- Provided direct support to clients as a birth and postpartum doula
- Developed curriculum and taught birth and sibling preparation classes
- Co-founded the Vermont Doula Access Coalition to inspire policy change that would expand doula care across the state
- Created the need-based Handle With Love VT Scholarship Fund to ensure more pregnant people had access to birth support

## PUBLICATIONS

*Cultivating the Doula Heart: Essentials of Compassionate Care* (2018)

A concise guidebook that illuminates core doula approaches, providing readers with a deeper understanding of emotional support techniques.

Feature Article: End-of-Life Doula Movement, Today's Geriatric Medicine, Vol. 12 No. 1 P. 12, 2019

*Map of Memory Lane* (2021)

An endearing picture book that gently invites young readers to explore the inevitability of loss while celebrating cherished connections and memories.

Op-Ed: Shape-Shifting as an End-of-Life Doula During COVID, MedPage Today

*The Death Doula's Guide to Living Fully and Dying Prepared* (2023)

An interactive workbook, published by New Harbinger, that encourages readers to reflect back, turn inward, and plan ahead.

## RESEARCH ARTICLES

- Reblin M, Wong A, Arnoldy F, Pratt S, Dewoolkar A, Gramling R, Rizzo DM. "The StoryListening Project: Feasibility and Acceptability of a Remotely Delivered Intervention to Alleviate Grief during the COVID-19 Pandemic." J Palliat Med. 2022 Sep 2. doi: 10.1089/jpm.2022.0261. Epub ahead of print. PMID: 36067079.
- Gramling R, Javed A, Durieux BN, Clarfeld LA, Matt JE, Rizzo DM, Wong A, Braddish T, Gramling CJ, Wills J, Arnoldy F, Straton J, Cheney N, Eppstein MJ, Gramling D. "Conversational stories & self organizing maps: Innovations for the scalable study of uncertainty in healthcare communication." Patient Educ Couns. 2021 Nov;104(11):2616-2621. doi: 10.1016/j.pec.2021.07.043. Epub 2021 Jul 29. PMID: 34353689.

## PROFESSIONAL PRESENTATIONS AND INTERVIEWS

- Interviews/Features: EOL University, Death by Design, When You Die Project, Al Jazeera English, Elisabeth Kübler Ross Foundation, Vermont Public Radio
- Featured in: The New York Times, Today.com, Newsweek, Fast Magazine, AARP, The Verge, The National, Seven Days Vermont
- Presenter for: Art of Dying Thanatology Program, Before I Die AZ, City of Hope End of Life Symposium, Fundación Elisabeth Kübler-Ross México Centro, National End-of-Life Doula Alliance, MA Association for Mental Health, Lifespan Doulas, International Doula Life Movement, Vermont Death and Dying Symposium, VT Center on Aging Gerontology Symposium, Osher Lifelong Learning, Hospice Trainings, VT Association of Area Agencies on Aging, Access Community Classes, Village Deathcare Citizen Course, University of Rochester Conference, VT Pediatric Palliative Care Provider Wellness Day