
FRANCESCA LYNN ARNOLDY

EDUCATION

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

WORK EXPERIENCE

AUTHOR, DOULA, EDUCATOR, SPEAKER, 2018-PRESENT

- Author of books and articles published on mortality and bereavement
- Presenter, speaker, and leading subject matter expert in the deathcare field
- Developer and facilitator of workshops and training programs on doula approaches to care, advance care planning, and grief support
- Provider of direct support to clients as a community doula

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

StoryListening Study 2020-2023:

- Worked in collaboration with local head of palliative care (study PI) and research team to run an IRB-approved grief intervention
- Developed the Standard Operating Procedures (SOP) Manual
- Hired, trained, and supervised team of *StoryListening* Doulas
- Acted as a *StoryListening* Doula Interventionist within research sessions
- Published study papers

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 Vermont
- 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, 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, 2021
- *The Death Doula's Guide to Living Fully and Dying Prepared* (New Harbinger, 2023)
An interactive workbook that encourages readers to reflect back, turn inward, and plan ahead.

RESEARCH ARTICLES

- Gramling R, Bennett E, Curtis K, Richards W, Rizzo DM, Arnoldy F, Hegg L, Porter J, Honstein H, Pratt S, Tarbi E, Reblin M, Thambi P, Agrawal M. Developing a Direct Observation Measure of Therapeutic Connection in Psilocybin-Assisted Therapy: A Feasibility Study. *J Palliat Med.* 2023 Aug 17.
- Arnoldy F, Garrido M, Wong A, Pratt S, Braddish T, Brown G, Reblin M, Rizzo DM, Gramling R. "Protocol for a Scalable StoryListening Intervention for Grief-Related Loneliness During COVID-19." *Palliative Medicine Reports.* Aug 2023.
- 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.
- 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.

PROFESSIONAL PRESENTATIONS AND INTERVIEWS

- Select Interviews/Features: EOL University, Al Jazeera English, Elisabeth Kübler Ross Foundation, The New York Times, Today.com, Newsweek, Fast Magazine, AARP, The Verge, The National, Public Radio, Seven Days Vermont
- Presenter: The Omega Institute, The Art of Dying Institute's 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, End-of-Life Doula Association of Canada, Conscious Dying Institute, Vermont Death and Dying Symposium, VT Center on Aging Gerontology Symposium, Osher Lifelong Learning, Hospice Volunteer Trainings, VT Association of Area Agencies on Aging, Access Community Classes, Village Deathcare Citizen Course, University of Rochester Conference, VT Pediatric Palliative Care, UVM Larner College of Medicine, Springfield Area Parent Child Center, Libraries