

# Curriculum Vita

**Sibyl F. Lundy, MA, CBF, CT**

23641 7<sup>th</sup> Ave S, #10  
Des Moines, WA 98198

## Education

### Institution

### Degree, date awarded

<b>Marylhurst University</b>	<b>2001 to 2004</b> Master's Degree in the <i>Applied Theology</i> program (MAAT), a course of study for interfaith spiritual caregivers in corporations, hospitals, parishes and other institutions.
<b>ADEC (Association of Death Education and Counseling)</b>	<b>11/03</b> Certification in Thanatology (CT), the study of death, dying and bereavement.
<b>CISF (International Critical Stress Foundation)</b>	<b>1998</b> Certification as basic CISD (Critical Incident Stress Debriefing) facilitator and facilitator for workplace crisis
<b>Antioch University</b>	<b>1996 to 1999</b> Completion of a B.A. in the Psychology of Work/Life Integration. Minor in French Language and Culture.
<b>Swedish Medical Center</b>	<b>9/96 to 3/97</b> <i>Clinical Pastoral Education (CPE), 3 units</i> Clinical training as spiritual support caregiver in a hospital setting. Two units including clinical visits, peer group work on family of origin and grief issues, and communication skills. Current Lay Chaplain standing with the <b>Association of Professional Chaplains (APC)</b>

## Positions Held

### Position

### Institution, dates and experience

*Associate Minister*

**Interfaith Community Church, Ballard, Washington**

August 2008 to present

- Present Sunday services oriented towards the understanding of Buddhism and interfaith understanding as requested.
- Act as mental health consultant to the ministerial staff.
- Work with the Convocation of the Divine Feminine group to present quarterly teachings on the feminine aspects of God and sponsor visiting lectures on feminine spirituality.
- June 2003 to December 2004, co-instructor for a Zen Buddhist Meditation class, covering posture, Buddhist theory and theology, including sitting and walking meditation sessions.

*Bereavement Counselor*

**Franciscan Hospice, Federal Way, Washington**

October 2005 to June 2008

- Facilitated a weekly drop-in bereavement group and closed Journey of Grief group for families of patients and community members processing personal loss due to death of a loved one

*Adjunct Faculty  
Member*

**Marylhurst University, Portland, Oregon**

Fall 2005 to present

- Present online class, *THT303E, Buddhism* to undergraduate students in Marylhurst's Religious Studies program.
- Include both academic and experiential elements to help Christian-based students understand the basics of Buddhist practice and philosophy.

*Bereavement  
Counselor and  
Interfaith Chaplain*

**Stevens Hospital, Edmonds**

1998 to 2004

- Facilitated a weekly drop-in bereavement group and closed Journey of Grief group for families of patients and community members processing personal loss due to death of a loved one.
- Assisted at luncheons, presentations and other activities sponsored by the hospital bereavement program.
- Worked as on-call chaplain, offering interfaith spiritual care to patients and staff in all areas of the hospital.

*Bereavement  
Counselor*

**WholeLife Counseling, Seattle**

June 1999 to present

- Offer ongoing workshop series entitled "Working Through Loss" to help layoff survivors at The Boeing Company process and resolve loss of co-workers and work space.
- Present workshops to help managers recognize and support employees in managing change, both personal and professional.
- One-on-one counseling with clients experiencing life transition and bereavement situations.

*CPE Student  
Caregiver*

**Swedish Hospital Clinical Pastoral Education (CPE), Seattle**

1996 to 1997

Clinical training as spiritual support caregiver in a hospital setting. Two units including:

- clinical visits
- peer group work on family of origin and grief issues
- communication skills
- other responsibilities included presentation of homilies, chapel services and assisting seasonal events sponsored by Swedish Medical Center.

*Hospice Volunteer*

**Swedish Hospital Home Health and Hospice, Seattle**

1991 to 1995

Home visits to hospice patients and their families to support them in telling their stories, coping with the coming loss, addressing spiritual issues, and other end of life issues.

**Certifications**

**Date**

November 2003

**Certifying Body**

Certification by the **Association of Death Education and Counseling** (ADEC) as a Certified Thanatologist (CT).

April 1998

Certification by the **American Academy of Bereavement** as a Certified Bereavement Facilitator (CBF)

Lundy, SF: CV

August 1998	Certification by the <b>International Critical Stress Foundation</b> (ICSF) as a Critical Incident Stress Debriefing (CISD) facilitator
December 1997	Endorsement by the <b>Association of Professional Chaplains</b> (APC) as a lay spiritual care giver

## Publications

### Publication

*Inside BSS News*  
(Boeing Publication for Business Solutions Services group)

### Article and date

Lundy, Sibyl (July, 2003). *Coping With Long-term Stress*. The physical and mental effects of long-term stress. How brain chemicals affect us. Resources and ideas for coping.

Lundy, Sibyl (December, 2001). *Take Care During the Holidays*. The warning signs of holiday depression, and what to do about them.

Lundy, Sibyl (October, 2001). *Coping With Stress*. The causes of stress in corporate life, tips for processing feelings, and ways to feel in control of life again.

Lundy, Sibyl (September, 2001). *Grief is a Normal Reaction*. The effect of the September 11 terrorist attacks on aerospace workers. Symptoms of emotional shock and strategies for regaining normal function.

*Voice of Choices*

Lundy, Sibyl. (2003, May). *Adventures in East/West Contemplative Methods*. A brief survey of meditation techniques in both western and eastern faith traditions.

*Source Point: A Journal of Interfaith Dialog*

Lundy, Sibyl. (2003, December). *Good News: The Goddess is Alive and Living*. A survey of Marian apparition sites and sightings around the world, and the healing, love, and faith engendered by this phenomenon. Online journal at [www.sourcepoint.org/sourcepoint6.pdf](http://www.sourcepoint.org/sourcepoint6.pdf).

## Professional Societies

### Organization

### Position and dates

Member since 2001	<b>Association of Death Education and Counseling</b> (ADEC)
Member since 1998	<b>American Academy of Bereavement</b>
Member since 1998	<b>International Critical Stress Foundation</b> (ICSF)
Member since 1996	<b>Association of Professional Chaplains</b> (APC), endorsement as a lay spiritual care giver
Member since 2002	<b>Spiritual Directors International</b>

## Interfaith Activities

Organization	Activity and date
Interfaith Community Church	Board member and co-operation circle member, 2000 to present. Associate minister, August 2009. Convening member of the Convocation of the Divine Feminine, October 2005 to present. Buddhist Delegate to Council, 1996 to 2002
Interfaith Council of Washington	Vice President, 1997 to 1999 President, 1999 to 2001
Interfaith Community Church, New Year's Eve Walk and Interfaith Peace Vigil	Member of Planning Committee, 2000 to present
Swedish Hospital, Spiritual Care Day	Member of Planning Committee, 1999 to 2002
Northwest Dharma Association	Newsletter (What's Happening Section) editor, 1996 to 2000. Association member, 1995 to present