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# FRANCESCA LYNN ARNOLDY

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## EDUCATION

Bachelor of Science with honors in Human Development and Family Studies,  
University of Vermont, Burlington, Vermont

## CURRENT & RECENT WORK

COMMUNITY DEATH DOULA, PUBLISHED AUTHOR, EDUCATOR, 2018-PRESENT

- Provider of direct support to doula clients
- Author of books and articles focused on end-of-life care and grief
- Presenter, speaker, and respected thought leader in the deathcare field
- Developer and facilitator of virtual and in-person educational programming on death literacy, doula approaches to care, advance care planning, and grief support

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

StoryListening Grief Project (2020-2024):

- Research investigator
- Developed the Standard Operating Procedures (SOP) Manual
- Hired, trained, and supervised StoryListening Doulas
- Acted as a StoryListening Doula interventionist
- Co-authored published study papers

StoryListening Project: Loneliness, Social Isolation, and Connection (2024-Present):

- Research investigator
- Train and support research interventionists
- Develop onboarding and project site manuals

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

- Developed and ran globally renowned online educational programs
- Provided ongoing monitoring, evaluation and quality improvement of curriculum
- Collaborated with faculty, instructors, community organizations, and businesses
- Hired, trained, supported, and supervised course facilitators
- Assisted with networking and program promotion, including with social media, events, webinars, and interviews

## SELECT INTERVIEWS, APPOINTMENTS, AND EVENTS

- Select Interviews and Features: Al Jazeera English, The New York Times, Elisabeth Kübler Ross Foundation, Today.com, Newsweek, Fast Magazine, AARP, The Verge, The National, Public Radio, Seven Days Vermont, EOL University
- Special Teaching Appointment: Guest Professor, “Developing Death Literacy,” Middlebury College, Vermont, Winter Term, 2026

- 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 Gerontology Symposium, Osher Lifelong Learning, 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

## PUBLICATIONS

- *Kindred Grief Care* (Contemplative Doula, 2026)  
A community grief care guidebook preparing neighbors, colleagues, and loved ones to support the bereaved through loss with skillful sensitivity.
- *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.
- Op-Ed: Shape-Shifting as an End-of-Life Doula During COVID, MedPage Today, 2021
- *Map of Memory Lane* (Contemplative Doula, 2021)  
An engaging picture book that gently invites young readers to explore the inevitability of loss while celebrating cherished connections and memories.
- Feature Article: End-of-Life Doula Movement, Today's Geriatric Medicine, 2019
- *Cultivating the Doula Heart* (Contemplative Doula, 2018)  
A concise guidebook illuminating core doula approaches and providing readers with a deeper understanding of emotional support techniques.

## 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." *Journal of Palliative Medicine*. Aug 2023.
- 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." *Journal of Palliative Medicine*. Sept 2022.
- 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*. Nov 2021.