

About the Author

A PUBLISHED author, grief and loss counselor, and life transition coach, **Vicki Panagotacos, PhD, FT**, has lived in California since 1965 when she scraped together enough money for the train trip from the cold grey winters and humid summers of rural north-west Ohio. Her expectation that she would teach art, mother a large brood, and be the president of the PTA ended up to be far from reality.

Propelled by the unresolved grief in her own family, Vicki closed her award-winning design practice and returned to graduate school for a Masters in Transpersonal Psychology and a Doctorate in Thanatology. Her professional focus is on helping individuals maintain stability after the death of a loved one, and then partnering with them as they reclaim a vital lifestyle after the loss.

A veteran city girl, Vicki recently moved from the metropolitan San Francisco Bay Area to a rural area on the Monterey Peninsula. She maintains a private practice in Los Gatos, California, and continues her commitment to teaching and hospice work.

Ms. Panagotacos holds various professional certifications and is an ADEC Fellow. In addition to authoring *Gaining Traction: Starting Over after the Death of Your Life Partner*, Vicki writes for her blog, *TalkingGrief.com* and is the author of the chapter entitled “Defining and Envisioning Self in Techniques of Grief Therapy” in *Creative Practices for Counseling the Bereaved* (edited by Robert Niemeyer, 2012, Routledge), and the book *Effect of Multigenerational Family and Social Systems on Meaning-Making* (2010, Verlag).