



Linita Eapen Mathew, Ed.D., is a school guidance counsellor and post-secondary graduate instructor at the University of Calgary and Athabasca University. She earned her Doctor of Education from the University of Calgary, writing a dissertation that explored the effect of storytelling on bereavement to support bereaved students in schools. She received the Canadian Association of Teacher Education thesis and dissertation award for her work's contribution to teacher education. She has published peer-reviewed books, book chapters, and academic articles on death and grief education. She is also symposium editor for the British Journal of Guidance and Counselling and an editorial board member for the Journal of Loss and Trauma.

Her first book, [*Life: To Be Given Back Again to Whence It Came: A Pilgrimage Through Prolonged Grief, Confronting Grief Illiteracy and Healing Loss Using the Art of Storytelling*](#) (2022), is an in-depth examination of grief that explores how expressive storytelling can support bereaved students in schools. It is the recipient of the 2024 Outstanding Book Award from the International Association of Autoethnography and Narrative Inquiry.

Her second book, [*The Revelations of Eapen*](#), is a moving grief memoir that narrates the events that occurred before, during, and after her father died through 41 intimate stories. Suffering from severe, prolonged grief, she was able to heal her deep grief through expressive storytelling.

Her third book, *Narrating Your Grief: An Expressive Storytelling Workbook*, guides adults through the expressive storytelling method to support them through bereavement. It is expected to be released in the spring of 2027.

Mentored by esteemed grief researcher Dr. Robert Neimeyer, Linita completed her certification in Grief Therapy as Meaning Reconstruction and Grief Therapy for Traumatic Loss (Suicide Bereavement). Using her skills for service, she has created and led numerous Grief and Writing Through Grief Workshops for educators and professional practitioners in bereavement support centers across North America. She is also the sole proprietor of the [*Eapen Mathew Grief Centre*](#), where she offers individual coaching as a grief specialist and Reiki master, using her expertise in grief, expressive storytelling, and spirituality to support holistic healing.