

Amie Lands

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707.486.7664

Education

BA., Psychology, Sonoma State University, 2004

Publications

Lands, Amie. Tending to Your Heart After the Loss of Your Baby. Thirty-Three Press 2020.

Lands, Amie. Tending to Your Heart After the Loss of a Loved One. Thirty-Three Press 2020.

Lands, Amie. Tending to Your Holiday Heart: learning to breathe through the loss of a loved one. Thirty-Three Press 2020.

Lands, Amie. Perfectly Imperfect Family. Thirty-Three Press 2019.

Lands, Amie. Our Only Time: Stories of Pregnancy/Infant Loss with Strategies for Health Professionals. Kat Biggie Press 2017.

Lands, Amie. Navigating the Unknown: An Immediate Guide When Experiencing the Loss of Your Baby. Kat Biggie Press 2017.

Joseph, Jo-Anne and Amie Lands. "You Are With Us." Footprints on the Heart: A Collection of Poetry Inspired by Love and Loss. Jo-Anne Joseph. 2018. 27-28.

Long, Emily R. and Amie Lands. "Dear Mama." From Mother to Mother: On the Loss of a Child. Firefly Grace Publishing. 2017. 25-28.

Lands, Amie. "Stuck In Grief", Still Standing Magazine, July 2019

Lands, Amie. "What Do I Do With Breastmilk When I Don't Have My Baby To Feed?", Still Standing Magazine, January 2019

Lands, Amie. "Creating New Holiday Traditions", Still Standing Magazine, December 2018

Lands, Amie. "Tending to Your Thanksgiving Heart", Still Standing Magazine, November 2018

Lands, Amie. "Balancing Work, Grief, and Self Care", Still Standing Magazine, October 2018

Lands, Amie. "We Couldn't Live There Anymore", Still Standing Magazine, September 2018

Lands, Amie. "When Grief Is Overwhelming, I am Cheering for You", Still Standing Magazine, August 2018

Lands, Amie. "Managing Fear and Anxiety After Loss", Still Standing Magazine, July 2018

Lands, Amie. "Becoming Me", Holl & Lane Magazine, Transformation Issue, July 2018

Lands, Amie. "The Gift of Connection", Still Standing Magazine, May 2018

Lands, Amie. “Nurturing Your Relationship Through Broken Hearts”, Still Standing Magazine, February 2018

Lands, Amie. “7 Ways to Support a Grieving Friend”, Still Standing Magazine, January 2018

Lands, Amie. “Incompatible with Life: 5 Things I Learned in Infant Hospice”, Give InKind, 2016

Lands, Amie. “Infant Death, Living, Loving, and Grieving for a Lifetime”, Give InKind, 2016

Service

- Founder, The Ruthie Lou Foundation, Spring 2014-Present
- Member, Maternal Child Patient Advisory Council, Kaiser Permanente Santa Rosa, 2016-2018
- Member, Patient Family Centered Care Advisory Council, Kaiser Permanente Santa Rosa, 2014-2016

Guest Speaker/Lectures

- Keynote Speaker, Sonoma County Professional Women’s Group, Online, 2020
- Presenter, West Coast Pediatric Palliative Care Summit, Oakland, CA., 2019
- Educator, Chaplaincy Infant Loss Training, Roseville, CA., 2019
- Keynote Speaker, Lamaze Convention, San Antonio, TX., 2018
- Educator, Sutter Roseville Bereavement Training, Roseville, CA., 2018
- Educator, Parent2Be Summit, Online, 2017
- Guest Speaker, Maternal Child Perinatal Bereavement Training, Santa Rosa, CA., 2016
- Keynote Speaker, Children’s Health Guild, Berkeley, CA., 2016
- Parent Panel, Kaiser Parent Advisory, Berkeley, CA., 2015
- Keynote Speaker, Kaiser OBGYN Department, Santa Rosa, CA., 2014
- Keynote Speaker, George Mark Children’s House Gala, Berkeley, CA., 2013

Professional Development/Training/Certificates

- “Certified Grief Recovery Specialist”, Grief Recovery Institute, Spring 2015.
(Completion Certificate Earned)

Awards/Commendations

- Amazon Bestseller, Perfectly Imperfect Family, 2019
- Butterfly Awards Nominee, International Author/Blogger, 2019