TRANSFORMING GRIEF& LOSS

This powerful workshop offers techniques and tools you can use right away to help your clients live a fulfilled life after loss. Despite being a heavy subject, Ligia Houben, grief and loss expert, presents it in a light manner.

Ligia has put her life work into developing the 11 Principles of Transformation®, which is a unique system that will help your clients bounce back after a loss. She will walk you through each principle with case studies and client success stories of moving past grief to living a fulfilled life again.

Ligia Houben, grief expert, will demonstrate tools that can help your clients find meaning, achieve breakthroughs, and to build the life they want on the other side of loss or transition. She will show you a roadmap that can help your clients find peace, healing and recovery.

This seminar is a must attend, if you work with clients who experience any of the following:

- Loss of a loved one
- A divorce or romantic breakup
- Loss of a job
- Going through a major life transition such as kids leaving the home, retirement, etc

This workshop will teach you how to help clients overcome their fears, live life with more meaning and purpose and transform from loss to living!

"Ligia Houben has deep knowledge of the human soul, and she uses it to help others heal and transform. Knowing Ligia will definitely enrich your life and enhance its meaning!"

- Myriam Gerstein, L.C.S.W., C.A.P.

"This was wonderful! I feel transformed, energized and grateful!"

"Ligia was an incredible presenter, so real, compassionate and genuine! Fantastic!" - Amy, LPC

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (on your own)

4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

TARGET AUDIENCE

Counselors • Social Workers • Psychologists • Case Managers • Marriage & Family Therapists • Nurses Chaplains/Clergy • Other Mental Health Professionals • Nursing Home Administrators

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Anna Rustick at arustick@pesi.com or call 715-855-8195.





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TRANSFORMING

Strategies for Your Clients to Heal the Past, Change the Present and Transform the Future

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Much more than a seminar ...a life experience!

TRANSFORMING

Strategies for Your Clients to Heal the Past, Change the

Present and Transform the Future

- Implement the 11 Principles of Transformation® to move your clients from stuck to thriving
- Heal after a loss such as a death of a loved one, a divorce or breakup, loss of a job or getting through other major life transitions

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Outline

Understand Grief and Loss

Different types of losses and how to cope Assessment and evaluation of loss Grief: Types, dimensions and manifestations

The Transformative Process

Overview of 11 Principles of Transformation® How to live with the loss Acceptance vs denial as a clinical tool Let go of denial and reframing acceptance

Hold a Space to Grieve

Tasks vs stages of grief Tools to move past the past Differentiate type of grief to effectively treat

Spiritual Healing Techniques

Power of forgiveness Appreciation as a tool to heal Love as a spiritual tool Incorporate gratitude

Expressing without Dwelling

Emotional intelligence when expressing feelings Share with others vs complain about a loss

Healthy ways to express anger or fear Recognize and validate guilt, shame and fear

Wellness as a Mind-Body Approach

Body, mind, spirit Pay attention to needs

Empower your clients to make choices after a loss Take care of ourselves holistically

Techniques to Help Clients Grow after Loss

11 Principles of Transformation® Recognize personal resources

Strength

Hope

Faith

Compassion

Self-confidence

Empathy

Rituals and mindfulness Journaling and scrapbooking

Reframe a loss under a new light Utilize the power of our mind Transforming Loss into personal and

spiritual growth

Obiectives

- 1 Explore different types of losses and help clients discover their patterns in the grieving process.
- 2 Incorporate the 11 Principles of Transformation® to heal grief & loss into your practice.
- 3 Develop spiritual tools that can help clients move from grief to joy.
- 4 Determine empowering ways to help the griever embrace life after a loss.
- 5 Evaluate the value of rituals such as journaling, meditation and affirmations.
- 6 Model ways for you to become a transformative agent in the lives of your clients, as you help them find meaning in life again.

Speaker



Ligia M. Houben, MA, FT, FAAGC, CPC, CHT, is the founder of My Meaningful Life, LLC and executive director of The Center for Transforming Lives in Miami, Fl where she consults with individuals and families; offers coaching/support groups and workshops. Ligia is a whole-hearted speaker in the field of grief & loss and life transitions. She has reached many people with her messages about transformation, meaning, and personal growth. She is a Fellow in Thanatology: Death, Dying, and Bereavement and a Fellow of the American Academy of Grief Counseling. She holds a BA in Psychology and Religious Studies from the University of Miami, MA in Religious Studies and a Graduate Certificates in Multidisciplinary Gerontology from Florida

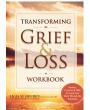
International University and in Loss and Healing from St. Thomas University.

Her work has been centered in the area of grief and loss, expanding into meaning and growth. Ligia has a passion for life and believes all of us are able to fulfill our purpose if we can only change our attitude and beliefs.

Ligia has conducted workshops and seminars in English and Spanish, in the United States and Latin America. She has appeared on numerous radio and television programs, including CNN Español, NPR, NBC, and Univisión, A pioneer in working with Hispanics and grief, she authored the book Counseling Hispanics through Loss, Grief, and Bereavement: A Guide to Mental Health Professionals, which has been widely embraced as a helping manual in clinical settings, hospitals, and individuals. This book includes her system of transformation. The 11 Principles of Transformation™ which was introduced in her self-help book Transform Your Loss: Your Guide to Strength and Hope.

Financial: Ligia Houben is the Founder and Director of The Center for Transforming Lives. She receives a speaking honorarium from PESI, Inc. Nonfinancial: Ligia Houben has no relevant nonfinancial relationship to disclose

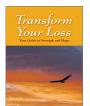
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Transforming Grief & Loss Workbook: Activities, Exercises & Skills to Coach Your Client Through Life Transitions

By Ligia M. Houben, MA, FT, CGC, CPC, CHT, Your Presenter

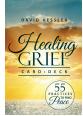
Despite any loss your client may be experiencing, you can coach them to happiness again with this new workbook from Ligia M Houben. This interactive book guides the client through The 11 Principles of Transformation, derived from CBT, positive psychology, spirituality, mindfulness and meditation. By focusing on new beginnings, experiential exercises and meaningful activities, your client will be able to start the transformative journey to wellness and wellbeing.



Transform Your Loss: Your Guide to Strength and Hope

By Ligia M. Houben, MA, FT, FAAGC, CPC, CHT, Your Presenter

In just moments you could be acquiring a book that may change your life completely. We all go through losses... and we can transform them. In this book you will find the inspiration to use those resources we all have inside of us... This books contains the eleven principles of transformation, which is a system that can help you transform your loss and change your life. It also has 60 stories of different losses, including the author's story, with a purpose of bringing you a message of possibility... a message of hope.



Healing Grief Card Deck: 55 Practices to Find Peace

David Kessler, one of the world's foremost experts on grief and grieving, has created powerful coping strategies to heal and rebuild after loss. This easy-to-use card deck has 55 practices that focus on Your Response to Loss, Understanding Grief, and Healing - all remembering that grief is evidence of your love.

Questions? Call customer service at 800-844-8260

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuin education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.co. or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession

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COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific

MINNESOTA COUNSELORS: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the

WISCONSIN COUNSELORS: This intermediate activity is approved for 6.25 clock nours of continuing education instruction. The State of Wisconsin Department of Regulation and Licensing recognizes courses and providers that are approved by the American Psychological Association, ASWB or NAADAC, A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state hoard regulations. You should save this course outline the certificate of completion you receive from the activity and contact your state board or organization to

MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists, Credit is

WISCONSIN MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI. Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation

Nurses in full attendance will earn 6.3 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

NURSING HOME ADMINISTRATORS: This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 6.25 clock hours and 6.25 participant hours.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program, PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

MINNESOTA SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work, Provider #: CEP-140. This course has been approved for 6.0 continuing education hours.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion. and contact your own board or organization for specific require

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Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:

\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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