

Outline

Understanding Loss

Grief vs. Mourning
Depression and Bereavement: A Distinction
Secondary Losses after Death
The Problem with “Getting Over It”
Inhibitors of Healing after Loss

Love, Attachment, and Loss

Maintaining Proximity after Separation
Assessment and Expression of Continuing Bonds
Adaptive vs. Maladaptive Continuing Bonds

Assessment of Grief and Loss

Qualities of Effective Grief Counselors
Honoring the Sacred Space of the Heart
Physical, Emotional, and Spiritual Reactions to Loss
Factors Influencing the Mourning Process (i.e., Age, Culture, Gender, Spirituality)

Anticipatory Grief Counseling

Normalizing the Dying Process and Grief Experience
Anticipatory Grief Intervention Techniques
Strategies for Funeral Ritual Preparation

Differences Between Adult and Youth Responses to Loss

Common Misconceptions about Grief and Mourning
The Paradox of Pain
Central Components/Tasks of Mourning
Importance of Client Self-Care
Grief Symptomatology with Case Examples from Infancy-Adulthood
“Things We Want Adults to Know About Our Grief”
Signs of Concern/Red Flags

25+ Interventions and Strategies to Promote Healing among All Ages

Bibliotherapy
Journaling, Scrapbooking, Poetry, and Letter Writing
Therapeutic Art and Photography
Interactive Family Activities
Remembrance Music
Therapeutic Games
Memorialization Rituals
Grief Retreats and Camps
...and more!

Grief and Loss Support Groups for Children, Adolescents, and Adults

Family Involvement
6-8 Week Curriculum/Session Topic Outline
Creative Facilitator Activities and Techniques

Healing and Reconciliation

Journey through Grief
Hope as a Therapeutic Tool
Light Amidst the Darkness

Target Audience:

Social Workers • Counselors • Psychologists
Chaplains/Clergy • Marriage & Family Therapists
Nurses • Thanatologists • Case Managers
Other Mental Health Professionals
Child Life Specialists

Objectives

1. Design individualized therapeutic interventions for bereaved children, adolescents, adults, and families using various modalities.
2. Integrate a support group for bereaved children, adolescents, and/or adults with corresponding therapeutic activities.
3. Create memorialization activities that encourage healthy mourning among clients of all ages experiencing loss.
4. Explore continuing bonds after death and their relevance to clinical practice with bereaved clients.
5. Evaluate developmentally appropriate grief reactions and interventions throughout the lifespan.
6. Incorporate several techniques for clients grieving a death and could also be applied to other types of loss including divorce, chronic illness, military deployment, termination of parental rights, and more.

Live Seminar & Webcast Schedule (Times listed in Eastern)

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.

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.

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Embracing Life After Loss

Therapeutic Tools that Promote Healing and Hope
Among Children, Adolescents and Adults



Fairfax, VA
Monday, October 2, 2017

Live Video Webcast
Monday, October 2 2017

Bowie, MD
Tuesday, October 3, 2017

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Wednesday, October 4, 2017

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Embracing Life After Loss

Therapeutic Tools that Promote Healing and Hope
Among Children, Adolescents and Adults

- Tools for clients experiencing a variety of losses including chronic illness, death, divorce, military deployment and more
- Over 25 therapeutic interventions to help clients mourn and heal following a life transition or loss
- Techniques for facilitating a bereavement support group



Fairfax, VA
Monday, October 2, 2017

Bowie, MD
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Embracing Life After Loss

“How do I move on after this?”, “Sometimes, I wish it was me who died.”, “I feel like it is all my fault.”, “I’m not sure I will ever find happiness again.”, “My friends keep telling me to keep busy.”, “I’m hurting and no one understands.”

The voices of these and other clients will come to life in this unforgettable workshop about grief and loss. Drawing on her expertise as a bereavement counselor and educator, Dr. Smith blends remarkable case stories with creative intervention strategies for an engaging and unforgettable workshop. You will gain the skills necessary to become an effective grief counselor while learning to help clients of all ages authentically mourn and reconcile their losses.

Through interactive demonstrations, you will leave this workshop with over 25 techniques that could forever change your clinical practice. Dr. Smith brings a “tool-kit” of her favorite therapeutic strategies, so you can easily develop your own following the training. The intervention techniques presented are easy to use and promote client engagement in the mourning process, ultimately leading to healing and reconciliation following a loss. Dr. Smith’s presentation style is uplifting and emphasizes the importance of promoting client hope following loss.

Whether your client is experiencing feelings of premature grief due to the anticipated death of a loved one, pain and loss following a divorce, or feelings of disbelief and shock following a traumatic death, this workshop will prepare you to skillfully intervene. While tailored toward clients experiencing a death, you will find much of the information applicable to other types of loss including divorce, chronic illness, military deployment, termination of parental rights, and more.

Speaker

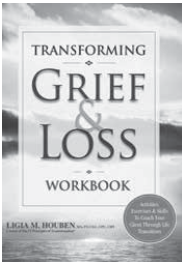
HAROLD IVAN SMITH, MA, ED.S., FT, DMIN, is a national speaker, noted author, experienced counselor and grief educator. He has presented bereavement workshop across the country, training more than 20,000 professionals and lay caregivers during a thirty-year career. Seminar and conference attendees rave about interactions with Harold Ivan, and his insightful gifts of helping, healing and facilitating grief. Smith is recognized as a Fellow in Thanatology by the Association for Death Education and Counseling. He is a member of the teaching faculty at Saint Luke’s Hospital in Kansas City and had lead storytelling groups for grievers for 18 years. He serves on the board of the Grief Support Network in Kansas City. He serves as a staff celebrant for Speaks Suburban Memorial Chapel in Independence, Mo. A prolific writer, he has authored dozens of books and resources, including best seller, *A Decembered Grief: Living with Loss When Others are Celebrating*. Also among his titles are *Griefkeeping: Learning How Long Grief Lasts*; *ABCs of Healthy Bereavement*; *Grievors Ask, When You Don’t Know What to Say*; *When Your Friend Dies*; *Finding Your Way to Say Goodbye: Comfort for the Dying and Those Who Care for Them*; and *Grieving the Death of a Father*. His newest book is *Using Biographical and Historical Grief Narratives With the Bereaving* (Routledge). He is also an authority of the griefs of American Presidents and First Ladies

LIVE WEBCAST DETAILS

Join us on October 2, 2017, for this live, interactive webcast! Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Only \$19.99 per CE Certificate for each additional participant.

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.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



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.



Healing Grief Card Deck: 55 Practices to Find Peace

By David Kessler

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.

Seminar on DVD or CD Package: If you cannot attend this seminar, you can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and post-test/evaluation. Colleagues can also 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.

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Live Seminar & Webcast 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 continuing 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.com 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 professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

CHAPLAINS/CLERGY: This activity is designed to qualify for 6.25 continuing education hours.

CERTIFICATION IN THANATOLOGY: This educational offering is recognized by the Association for Death Education and Counseling to meet the thanatology-related educational contact hour requirements to be Certified in Thanatology: Death, Dying and Bereavement. This course will award 6.25 contact hours to participants.

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 filing requirements.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The District of Columbia Municipal Regulations for Professional Counseling recognizes courses and providers that are approved by the American Psychological Association. 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.

MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the 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.

VIRGINIA COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Virginia Board of Counseling recognizes courses and providers that are approved by the American Psychological Association 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 board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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.

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.

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 requirements.

How to Register

EMBRACING LIFE AFTER LOSS: THERAPEUTIC TOOLS THAT PROMOTE HEALING AND HOPE AMONG CHILDREN, ADOLESCENTS AND ADULTS

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

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2 Check location: (make copy of locations)

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■ **LIVE VIDEO WEBCAST**
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■ **BOWIE, MD**
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■ **ROCKVILLE, MD**
October 4, 2017
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ADA needs:

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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.

Groups of 5 or more: Call 800-844-8260 for discounts.

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3 Check tuition:

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\$199.99 – choose one of the options below:

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☐ **\$219.99** standard

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

☐ **\$29.99*** *Transforming Grief & Loss Workbook*

☐ **\$16.99*** *Healing Grief card deck*

**Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR*

WEBCAST with downloadable seminar manual

☐ **\$179.99** registration (+ tax in MN, PA and WI)

4 Indicate method of payment:

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See below for individual product orders

Embracing Life After Loss: Therapeutic Tools that Promote Healing and Hope Among Children, Adolescents and Adults

___ Seminar on DVD* (video) \$199.99 (RNV049530)

___ Seminar on CD* (audio) \$169.99 (RNA049530)

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