

Outline

The Sixth Stage of Grief: Finding Meaning

Why the stages were never meant to be linear
What is making meaning in grief?
Types of meaning making
How meaning can help remember the person who died with more love than pain
Why a sixth stage is the key to recovery from grief
Keys to finding acceptance and moving into the sixth stage

Witnessing vs “Fixing” Grief

Mirroring techniques
The cost of trying to “fix” those who are grieving
Go beyond active listening skills to connect
The consequence of trying to find meaning too early

Help Clients Change Their Thinking Around Loss

Strategies to address guilt, shame and stigma in grief
How to increase resilience after loss
Use positive psychology to increase the possibility of post traumatic growth
Understand the “meaning” we attach to the traumatic loss or death
How to decrease catastrophizing after loss
Learn ways to instill good memories instead of painful ones

Complicated Grief

Simplifying grief models and exploring new models, including resiliency and Option B
Meaning making as a new tool for dealing with murder, multiple losses, Alzheimer’s
Techniques for strength-based grief counseling
Post traumatic growth vs Post traumatic trauma
Techniques for releasing the obsessive replaying of the trauma/death

Help Bereaved parents

Understand the impact of child loss
Learn ways to be comfortable with treating this type of loss
Techniques for helping parents who are often grieving differently
Learn ways to help sustain the marriage through tremendous loss
Ways to help parents deal with the discomfort of living and loving again
Address intimacy issues that may come up in grief

Objectives

- 1. Implement meaning-making strategies to help clients cope with all types of loss.
- 2. Identify ways to use meaning to help clients remember with more love than pain.
- 3. Outline techniques for using meaning to help clients resolve the internal struggle of “why did this happen?” and “why did this happen to me?”
- 4. Recognize why children are often the forgotten grievers and how to help them through their grief.
- 5. Identify strategies that incorporate meaning mechanisms to help clients cope with complicated grieving.
- 6. Utilize strategies to help clients address guilt, shame and stigma associated with grief.

TARGET AUDIENCE

Counselors • Social Workers • Psychologists • Nurses • Case Managers • Marriage & Family Therapists
Chaplains/Clergy Hospitals • Palliative Care Services • Addiction Counselors • Other Mental Health Professionals

The Grief of Suicide

Tools for dealing with the “what if’s” and “if only’s”
Understand the true “why” of death by suicide
Ways to help others find peace again

Loss by Addiction

Meaning making for healing self-blame
How to help loved one’s sort through the shame and isolation
Understand the roles they did and didn’t play in an addiction death

Shootings and Other Disasters

Shootings/hurricanes/earthquakes and terrorist’s acts
Techniques for approaching horrific crime and/or disaster scenes
The impact of natural vs. manmade disasters

Healing Grief in Divorce

Use meaning to reframe divorce and heal shame
Heal after betrayal by understanding its meaning
Understand the true meaning of marriage after it ends
Interpret the meaning behind negative reoccurring patterns
Negative meanings we make after a relationship ends

Healing Complicated Relationships after Death

Learn techniques to heal a relationship after death
Understand patterns that can heal that relationship and help in all future relationships
Learn ways to help your client find peace in difficult relationships

Meaning and the Afterlife

Effective and ineffective models of continuing connections for living a full life
Use the model of continuing bonds and connections for healing
Learn ways to normalize client experiences around continued connections with loved ones that have died

Live Seminar Schedule

8:00 Registration/Morning Coffee & Tea
8:30 Program begins
12:00-1:00 Lunch (on your own)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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David Kessler

Finding Meaning:

The Sixth Stage
of Grief

Featuring Renowned Grief
Expert and Co- Author of
On Grief and Grieving, David Kessler

Featured on “Oprah & Friends”, Dr Oz, CNN, Fox,
NBC, MSNBC, PBS, People Magazine, “Entertain-
ment Tonight”, The Wall Street Journal, The New York
Times, Los Angeles Times

Brand New
Program
A Must See!

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Tuesday, November 13, 2018

COLUMBIA, MD
Wednesday, November 14, 2018

FAIRFAX, VA
Thursday, November 15, 2018

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The Wall Street Journal, The New York Times, Los Angeles Times

Based on his new book
Coming in 2019!

Photo by Ken Ross

“It is now, fortunately, my time to face death.
David Kessler is my friend and student. He
carries on my work, and his book will help.”
—Elisabeth Kübler Ross, M.D

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Finding Meaning

The Sixth Stage of Grief

Even as a grief expert, David was unprepared for the sudden death of his son, who died at age 21. People asked him, “What’s it like for the grief expert to lose his son?” He would answer, “The grief expert did not lose his son, the father did.” Everything he knew about grief turned out to be true. David had to go through the five stages of grief but found himself wanting more from the experience – he wanted to find meaning in his life after such a terrible loss. He learned that broken heart syndrome is real and he realized he would either die of it or live with it, and that healing occurs not when grief gets smaller, but when life gets bigger. This led to the discovery of the 6th stage of grief – finding meaning.

Based on David Kessler’s new book, Finding Meaning: The Sixth Stage of Grief (to be published in 2019), this seminar is designed to help clinicians and other professionals guide clients through life’s worst moments to find meaning after loss. All types of loss will be covered, including divorce, betrayal, loss of a parent or family member, and loss due to addiction, mental illness and suicide.

After attending this seminar, you will be able to enhance your work as a clinician with clients who have dealt with any kind of loss. It will fill you with new insight, tools, strategies, and inspiring information, leaving you looking forward to the next day... so you can immediately begin to use all you have learned!

- Learn healthy and supportive ways to heal all kinds of grief
- Address “stuck” thinking that complicates grief and increases suffering
- Help loved ones find meaning to live with loss after death instead of “getting over” the loss


“People always want to know if there is life after death for their loved ones. I believe there is, but more importantly, there is life after death for the living. I want to help them find meaning that honors their loved ones. Sometimes when we are at our worst, we can find our best.” –David Kessler

Speaker


David Kessler is one of the world’s foremost experts on healing and loss. His experience with thousands of people on the edge of life and death has taught him the secrets to living a happy and fulfilled life. He is the author of five bestselling books. His first book, *The Needs of the Dying*, a #1 best-selling hospice book, received praise by Mother Teresa. He co-authored two bestsellers with the legendary Elisabeth Kübler-Ross: *On Grief and Grieving* and *Life Lessons*. His latest book is *You Can Heal Your Heart: Finding Peace After Breakup, Divorce or Death* with Louise Hay. He worked with Elisabeth Taylor, Jamie Lee Curtis, and Marianne Williamson when their loved ones faced life-challenging illnesses. He also worked with late actors Anthony Perkins and Michael Landon. David’s work has been discussed in the *Los Angeles Times*, *Business Week* and *Life Magazine*, and has been featured on “CNN-Cross Fire”, NBC, Fox, PBS, “Dr. Oz” and “Entertainment Tonight”. David is a contributing writer on Oprah.com, Dr. Oz’s Sharecare.com, *Anderson Cooper 360* and *The Huffington Post*.

David has a master’s degree in Health Care Bioethics from Loyola Marymount University, he did his undergraduate work at University of Southern California and is a member of the American College of Health Care Executives. He is a certified AMA / EPEC (Education for Physicians) trainer. He is the founding chairperson for the Hospital Association of Southern California Palliative Care Committee and spent the last decade as a C-suite executive in a 650 bed – three hospital system in Los Angeles County.

Speaker Disclosures:
Financial: David Kessler is president of David Kessler, Inc. He is an author for Simon & Schuster – New York and receives royalties. Mr. Kessler receives a speaking honorarium from PESI, Inc.
Non-financial: David Kessler has no relevant non-financial relationship to disclose.



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Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

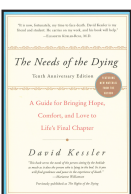
Must-Have Resources by the Presenter!



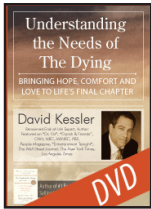
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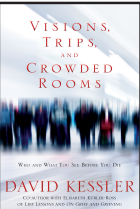
On Grief and Grieving
By Elisabeth Kübler Ross and David Kessler



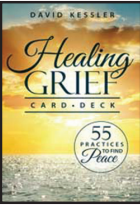
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Understanding the Needs of the Dying
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Visions, Trips, and Crowded Rooms:
Who and What You See Before You Die
By David Kessler



Healing Grief Card Deck:
55 Practices to Find Peace
By David Kessler

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 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.

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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 6.0 contact hours to participants.

COUNSELORS: This intermediate activity consists of 6.0 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.

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FLORIDA BOARD OF PSYCHOLOGY: PESI, Inc., is an approved provider with the Florida Board of Psychology. Provider Number BAP #77. This course qualifies for 6.3 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

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How to Register Find Meaning: The Sixth Stage of Grief

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