

# 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!"**

— Sara, Hospice SW

**"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

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.

**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](http://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

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Chaplains/Clergy • Other Mental Health Professionals • Nursing Home Administrators

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# TRANSFORMING GRIEF & LOSS

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

## BUFFALO, NY

Tuesday, June 25, 2019

## ROCHESTER, NY

Wednesday, June 26, 2019

## SYRACUSE, NY

Thursday, June 27, 2019



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# TRANSFORMING GRIEF & LOSS

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

- All clients experience loss – be prepared to handle this common clinical issue with a new perspective
- Effectively address all types of loss including death of a loved one, divorce/breakup, loss of a job or any other major life transition
- Empower your clients to move from grief to growth
- Gain confidence in your ability to support the grief process

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# Outline

## Understanding Loss

Different types of loss  
Loss in each stage of development  
Primary and secondary losses  
Getting to know your client's:  
Story of loss  
History of loss  
Assessment of loss  
Cultural values  
Support and strategies  
Limitations of the research and potential risks

## Deconstructing Grief

What is grief?  
Cultural considerations  
Types of grief: Anticipatory and Disenfranchised  
Dimensions of Grief: Physical, Emotional, Social, Spiritual  
Tasks vs stages of grief  
Special considerations for complicated grief and clinical depression

## From Grief to Growth: The Transformative Process

Overview of the 11 Principles of Transformation®  
1. Acceptance of loss  
2. Living with grief  
3. Deeper spirituality  
4. Emotional expression  
5. Sharing with others  
6. Self-care  
7. Rituals  
8. Living in the present  
9. Modifying thoughts  
10. Rebuilding  
11. Visualization of desired life

## Tools and Strategies for Facilitating Growth in Clients

Acceptance  
Teaching radical acceptance  
Reframing acceptance versus denial  
Telling the story of the loss  
Affirmations  
Meditation

Expressive Therapies  
Journaling  
Sand  
Music, films, pictures  
Breathwork  
Drawing, painting  
Spiritual Tools  
Power of forgiveness and love  
Incorporate gratitude  
Emotional Expression  
The Cave  
Empty chair  
Sharing versus dwelling  
Letter writing  
Rituals  
Mindfulness  
Cognitive Strategies  
Changing the inner conversation  
Shifting perspective  
Responding rather than reacting  
Future Planning  
Values assessment  
Guided imagery  
"As is" exercise

# Objectives

1. Explore different types of loss and utilize strategies to help clients identify patterns within their grieving process.
2. Incorporate the 11 Principles of Transformation® into your clinical practice to help clients reconcile grief and loss.
3. Differentiate between tasks and stages as they relate to the grieving process.
4. Integrate spiritual concepts such as acceptance, forgiveness and gratitude into your work with grieving clients to help facilitate healing and recovery.
5. Teach clients healing rituals including journaling, meditation and affirmations as strategies for coping with loss.
6. Utilize a strengths-based approach with clients to help reframe loss as an opportunity for growth and recovery.

# 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 and 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 Certificate 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*.

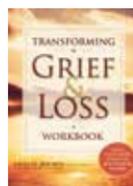
### Speaker Disclosure:

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

**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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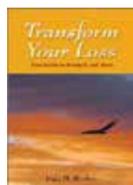


## Transforming Grief & Loss Workbook: Activities, Exercises & Skills to Coach Your Client

### Through Life Transitions

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

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

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 book 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.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

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*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 cepsi@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 profession's standards.*

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**NEW YORK COUNSELORS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

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**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. Full attendance is required; no partial credits will be offered for partial attendance.

**PSYCHOLOGISTS:** This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**NEW YORK PSYCHOLOGISTS:** This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

**SOCIAL WORKERS:** This program is approved by the National Association of Social Workers (Approval #886759332-9696) for 6.0 continuing education contact hours in Social Work.

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**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

TRANSFORMING GRIEF AND LOSS: STRATEGIES FOR YOUR CLIENTS TO HEAL THE PAST, CHANGE THE PRESENT AND TRANSFORM THE FUTURE

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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PLEASE RETURN ENTIRE REGISTRATION FORM

### ADA NEEDS

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

### WALK-INS

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

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

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

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