

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 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 us first. If you are interested in becoming a speaker, or have a new topic idea, please contact Kay Friske at kfriske@pesi.com or call (715) 855-6362.

FREE

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TRANSFORMING GRIEF & LOSS

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

COLUMBUS, OH
Wednesday, June 5, 2019

DAYTON, OH
Thursday, June 6, 2019

CINCINNATI, OH
Friday, June 7, 2019

COLUMBUS, OH
Wednesday, June 5, 2019

DAYTON, OH
Thursday, June 6, 2019

CINCINNATI, OH
Friday, June 7, 2019

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

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

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

Limitations of the Research and Potential Risks

- Disparity in results across studies for grief related to trauma
- Special considerations for complicated grief and clinical depression

Objectives

- Explore different types of loss and utilize strategies to help clients identify patterns within their grieving process.
- Incorporate the 11 Principles of Transformation® into your clinical practice to help clients reconcile grief and loss.
- Differentiate between tasks and stages as they relate to the grieving process.
- Integrate spiritual concepts such as acceptance, forgiveness and gratitude into your work with grieving clients to help facilitate healing and recovery.
- Teach clients healing rituals including journaling, meditation and affirmations as strategies for coping with loss.
- 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; 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*.

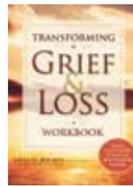
Speaker Disclosure:

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.



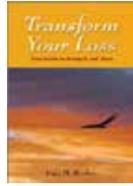
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Transforming Grief & Loss Workbook: Activities, Exercises & Skills to Coach Your Client Through Life Transitions

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

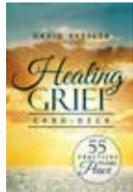
Despite any loss your client may be experiencing, you can coach them to happiness again with this new workbook from Ligia M Houben. This interactive book guides the client through The 11 Principles of Transformation, derived from CBT, positive psychology, spirituality, mindfulness and meditation. By 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 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.



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.



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. **Advance online registration required.**

Questions? Call customer service at 800-844-8260

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure 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 profession's standards.

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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 filing requirements.

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KENTUCKY COUNSELORS: Please contact PESI, Inc. at 800-844-8260 or info@pesi.com for information about continuing education credits for counselors.

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KENTUCKY MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Kentucky Board of Licensure of Marriage & Family Therapists for review.

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

KENTUCKY PSYCHOLOGISTS: PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content. This activity will qualify for 6.25 contact hours.

OHIO PSYCHOLOGISTS: PESI, Inc. is approved by the Ohio Psychological Association, Provider #263896894, to sponsor continuing education for psychologists. PESI, Inc. 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: This program is approved by the National Association of Social Workers (Approval #886759332-9696) for 6.25 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.

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

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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

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.

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• **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. **Advance online registration required.**

• **\$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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