

Outline

The Sixth Stage of Grief: Finding Meaning

Why the stages were never meant to be linear
What is meaning making 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

Non-directive ways to address guilt, shame and stigma in grief
How to increase resilience and the possibility for post-traumatic growth after loss
Understand the "meaning" we attach to the traumatic loss or death
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
Post-traumatic growth vs. post-traumatic trauma
Help release obsessive replaying of the trauma/death

Help Bereaved Parents

Understanding the impact of child loss
Learn ways to be comfortable working with this type of loss
Supporting parents who are often grieving differently
Help parents sustain the marriage through tremendous loss
Navigating the discomfort of living and loving again
Address intimacy issues that may come up in grief

The Grief of Suicide

Overcoming 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 ones sort through the shame and isolation
Understanding the role they did and didn't play in an addiction death

Shootings and Other Disasters

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

Healing Complicated Relationships after Death

Understand patterns that can heal that relationship and help in all future relationships
Learn ways to help find peace in difficult relationships

Death and Dying

How hospice and palliative care professionals can facilitate meaning making
Understand how the death shapes the grief
Re-interpret the meaning behind false end-of-life beliefs
Why meaning can be the key to a "good" death

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
Normalize experiences around continued connections with loved ones who 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.

Objectives

- 1. Apply meaning-making principles to help cope with all types of loss.
- 2. Determine ways to use meaning to help remember loved ones with more love than pain.
- 3. Use concepts of meaning making to resolve the internal struggle of "why did this happen?" and "why did this happen to me?"
- 4. Determine why children are often the forgotten grievers and how to help them through their grief.
- 5. Analyze ways to incorporate meaning to help cope with complicated grief.
- 6. Utilize non-directive ways to address guilt, shame and stigma associated with grief.

TARGET AUDIENCE

Counselors • Social Workers • Psychologists • Marriage & Family Therapists • Nurses • Case Managers
Addiction Counselors • Thanatologists • Chaplains/Clergy Hospitals • Palliative Care Professionals
Hospice Professionals • Funeral Directors • Other Mental Health and Bereavement Professionals

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with David Kessler!



TUESDAY
February 11, 2020

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David Kessler

Finding Meaning:

The Sixth Stage
of Grief



Featuring Renowned
Grief Expert and Author David Kessler

Featured on "Oprah & Friends", Dr. Oz, CNN, Fox,
NBC, MSNBC, PBS, People Magazine,
"Entertainment Tonight", The Wall Street Journal,
The New York Times, Los Angeles Times

New
Program
A Must See!

CARMEL, IN
Monday, February 3, 2020

PITTSBURGH, PA
Friday, February 7, 2020

LIVONIA, MI
Wednesday, February 5, 2020

LIVE VIDEO WEBCAST
Tuesday, February 11, 2020

David Kessler

Finding Meaning:

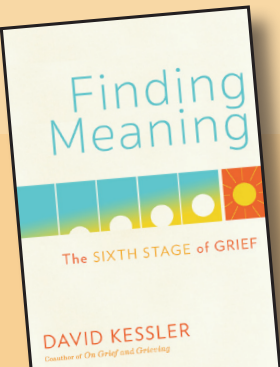
The Sixth Stage
of Grief

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Featured on "Oprah & Friends", Dr. Oz, CNN, Fox, NBC,
MSNBC, PBS, People Magazine, "Entertainment Tonight",
The Wall Street Journal, The New York Times, Los Angeles Times



Based on his new book!



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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