### 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 stiama in grief

How to increase resilience and the possibility for posttraumatic 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

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

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

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

Normalize experiences around continued connections with loved ones who have died

### **Live Seminar Schedule**

**8:30** Program begins

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.

**8:00** Registration/Morning Coffee & Tea

**12:00-1:00** Lunch (on your own) **4:00** Program ends

# **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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# **David Kessler**

**Finding Meaning:** 

# The Sixth Stage of Grief



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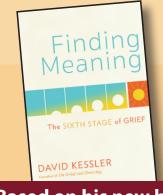
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Based on his new book!

**CARMEL, IN** 

Monday, February 3, 2020

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Friday, February 7, 2020

LIVONIA, MI Wednesday, February 5, 2020

"It is now, fortunately, my time to face death.

carries on my work, and his book will help."

—Elisabeth Kübler Ross, M.D.

David Kessler is my friend and student. He

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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, this seminar is designed to help professionals guide people through life's worst moments to find meaning after loss. All types of loss will be covered, including betrayal, loss of a parent or family member, and loss due to addiction, mental illness and

After attending this seminar, you will be able to enhance your work with those 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!

Don't miss this opportunity to learn from one of the world's leading grief experts - sign up today!

### 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. An accomplished speaker and author, David's forthcoming book, Finding Meaning: The Sixth Stage of Grief, will be released in November and has already been named one of the top 10 books for the fall by Publishers Weekly. His previous books have been praised by Saint (Mother) Teresa and Elisabeth Kübler Ross. David has written five bestselling books and the popular Healing Grief Card Deck: 55 Practices to Find Peace. His first book, The Needs of the Dying, is a #1 best-selling end-of-life book. He co-authored two bestsellers with the legendary Elisabeth Kübler-Ross: On Grief and Grieving and Life Lessons. He also co-authored You Can Heal Your Heart: Finding Peace After Breakup, Divorce or Death, with Louise Hay. David has worked with Elizabeth Taylor, Jamie Lee Curtis, and Carrie Fisher after their loved ones died, as well as late actors Anthony Perkins and Michael Landon at the end of their lives. He serves as a Specialist Reserve Officer with the Los Angeles Police Department and as a volunteer for the American Red Cross, responding to tragic events including aviation disasters and 9/11. In addition, he has met with parents of Sandy Hook Elementary and survivors of the Las Vegas shooting in 2017. He also serves on the board of the Farrah Fawcett Foundation, a non-profit organization that provides funding for cancer research. David's work has been discussed in the New York Times, Los Angeles Times, Business Week and Life Magazine, and has been featured on CNN, NBC, Fox, PBS, Dr. Oz and Entertainment Tonight. David earned a master's degree in healthcare bioethics from Loyola Marymount University after completing his undergraduate work at the University of Southern California. He is a member of the American College of Healthcare Executives and is a certified AMA/EPEC (Education for Physicians) trainer. David is the founder of Grief.com, an invaluable resource to those who are grieving that has had over 5 million visitors. When he's not speaking around the world, David calls Los Angeles home.

Despite having spent most of his life teaching physicians, nurses, counselors, police officers and first responders about the end of life, trauma and grief, nothing could prepare him for the sudden death of his 21 year-old son in 2016. David's work continues in honor of him.

#### 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



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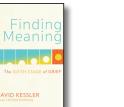
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David is honored to have received permission from The Elisabeth Kübler-Ross Family and The Elisabeth Kübler-Ross Foundation to add a sixth stage to her renowned 5 stages of grief.

"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



Must-Have Resources by David Kessler!

Available for purchase on-site at the event

**Finding Meaning** The Sixth Stage of Griet

By David Kessler



Healing Grief Card Deck: 55 Practices to Find Peace

By David Kessler



Psychotherapy Networke

participants.

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Pennsylvania Addiction Counselors: For the most up-to-date credit information, please go to: www. pesi.com/events/detail/75272, \*\*No PA ADD available for programs held outside of PA\*

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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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Pennsylvania Counselors: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at https://www.dos.pa.gov/Profes sionalLicensing/BoardsCommissions/. This Intermediate activity consists of 6.0 clock hours of continuing education instruction.

Marriage & Family Therapists: This activity consists of 360 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

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to offer continuing education for psychologists. PESI maintains responsibility for the program(s). This program qualifies for 6.0 continuing education hours.

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Pennsylvania Social Workers: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/. This Intermediate activity consists of 6.0 clock hours of continuing education instruction.

Other Professions: This activity qualifies for 360 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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