

# TRANSFORMING GRIEF & LOSS

This powerful workshop offers techniques and tools you can use right away to help your clients live fulfilled lives after loss. Howard R. Winokuer, PhD, FT, will showcase Ligia Houben's 11 Principles of Transformation®, which is a unique system that will help your clients bounce back after a loss.

Join Howard for this transformational seminar, and he'll walk you through each principle with case studies and client success stories of moving past grief to living fulfilled lives again. Howard will demonstrate tools that can help your clients find meaning, achieve breakthroughs, and build the life they want on the other side of loss or transition. He 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
- 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!

The 11 Principles of Transformation™ system was developed by Ligia Houben, MA, FT, FAAGC, CPC, CHT

## 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.

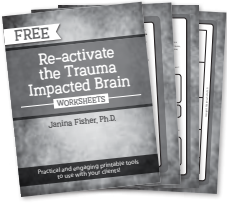
**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are 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

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](mailto:kfriske@pesi.com) or call (715) 855-6362.

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# TRANSFORMING GRIEF & LOSS

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

**CEDAR RAPIDS, IA**  
Wednesday  
January 15, 2020

**DES MOINES, IA**  
Thursday  
January 16, 2020

**OMAHA, NE**  
Friday  
January 17, 2020

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Wednesday  
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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

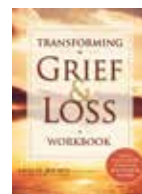
Overview of the 11 Principles of Transformation®  
1. Acceptance of loss  
2. Living with grief  
3. Deeper spirituality  
4. Emotional expression  
5. Sharing with others  
6. Self-care  
7. Rituals  
8. Living in the present  
9. Modifying thoughts  
10. Rebuilding  
11. Visualization of desired life

## 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

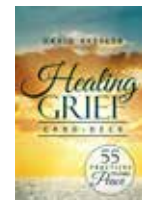
**\*SAVE by including these products with seminar registration!**



## 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.



## 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. **Limited seats available; 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](mailto: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. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**Chaplains/Clergy:** This activity is designed to qualify for 6.25 continuing education hours.

**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.

**Nebraska Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**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.

**Nurses, Nurse Practitioners, and 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.

**Iowa Nurses:** PESI, Inc. is an approved provider by the Iowa Board of Nursing. Provider #: 346. Full attendance at this activity qualifies for 6.3 contact hours. Full attendance in the activity is required; no partial contact hours will be issued for partial attendance. These contact hours are used for your license renewal. You will need to provide your license number to PESI. PESI must have this number on file in order for your hours to be valid.

**Nursing Home Administrators:** This program has been submitted (but not yet approved) for 6.25 continuing education clock hours and 6.25 participant hours from NAB/NCERS. For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/76412](http://www.pesi.com/events/detail/76412).

**Psychologists:** This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**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

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**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

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*See mail code box on address panel on reverse side*

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\*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

**2 Check location:** (make copy of locations)

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PLEASE RETURN ENTIRE REGISTRATION FORM

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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.

## 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. **Limited seats available; advance 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.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesi.com/students](http://www.pesi.com/students) or call 800-844-8260 for details. **Advance registration required.** Cannot be combined with other discounts.

**3 Check tuition:**

## Tuition with seminar manual

**\$219.99** – choose one of the options below:  
 per person for 2 or more preregistering together —OR—  
 single registration postmarked 3 weeks prior to seminar date  
 **\$249.99** standard

## Add-On Products

Distributed at seminar—FREE SHIPPING!

**\$29.99\* Transforming Grief & Loss Workbook**  
 **\$16.99\* Healing Grief Card Deck**

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

**4 Indicate method of payment:**

**ALL REGISTRATIONS MUST BE PREPAID.**  
**Purchase orders welcome (attach copy).**

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## CAN'T ATTEND THE SEMINAR?

See below for individual product orders

### Transforming Grief and Loss: Strategies for Your Clients to Heal the Past, Change the Present and Transform the Future

\_\_\_ Seminar on CD\* (audio) \$219.99 (RNA047585)  
\_\_\_ Seminar on DVD\* (video) \$219.99 (RNV047585)  
\_\_\_ **Transforming Grief & Loss Workbook\*** \$29.99 (PUB084395)  
\_\_\_ **Healing Grief Card Deck\*** \$16.99 (PUB084295)

CE hours and approvals on products may differ from live CE approvals.

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$ \_\_\_\_\_  
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# 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

**Howard R. Winokuer, PhD, FT,** is the founder of the Winokuer Center for Counseling and Healing, where he maintains a fulltime clinical practice. He completed his PhD in 1999 at Mississippi State University, where he developed the first graduate course in grief counseling skills. Winokuer has conducted workshops and seminars throughout the United States and in 12 foreign countries. Winokuer has been actively involved in the field of dying, death and bereavement since 1983 and was elected president of the Association for Death Education (ADEC) in 2009. He co-chaired the 2000 and 2003 ADEC Conferences and the 2011 International Conference on Grief and Bereavement. He is the co-author of *Grief and Bereavement in Contemporary Society: Bridging Research and Practice* and *Sibling Loss Across the Lifespan: Research, Practice and Personal Stories* (Routledge). He also co-authored both the first and second editions of *Principles and Practices of Grief Counseling* (Springer).

## Speaker Disclosure:

Financial: Howard Winokuer is the founder of Winokuer Center for Counseling and Healing. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Howard Winokuer 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.

