

# The Sixth Stage of Grief

## Retreat

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 unique retreat 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 suicide.

A retreat with David Kessler is an experience like no other. Designed with the whole person in mind, this retreat offers a balance of rich, thought-provoking educational content with restorative down time for rest, rejuvenation, and relaxation. The Sedona Mago Retreat Center is nestled in the magnificent desert landscape with labyrinths, walking paths, a sparkling pool, beautiful night skies and sunny days that are sure to provide ample opportunity for rest and reflection while you soak in your new clinical knowledge.

Plan to return to your office with not only essential tools and strategies for working with any kind of loss but also a renewed sense of hope, inspiration and passion that will have you eager to use all that you've learned!

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

*"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

## Retreat Location



If you're looking for a place to unwind and re-connect with what's important, what better environment than one of the most beautiful deserts on the planet?

The Sedona Mago Retreat Center is located in Sedona, Arizona, an area long known for natural healing and spiritual awakening. Surrounded by red monoliths, Native American ruins and majestic mountains. Experience the beauty, feel the energy, and awaken your spirit.

### Retreat Highlights

- Secluded retreat, offering 173 acres
- Private or shared casitas with private bathrooms, supplied with towels and soap, shampoo & conditioner
- Nourishing three meals a day
- Glistening outdoor pool & jacuzzi
- Beautiful lake surrounded by trees, flowers, aromatic herbs, and many wild birds
- Covered patios, meditation areas & labyrinth
- Healing vortexes, experience healing and deep awakening
- Peaceful trails to enjoy nature
- Awe inspiring sunrises, sunset and stargazing
- Direct shuttles service available from Phoenix Sky Harbor (additional fees)



Sedona Mago Retreat Center  
3500 E. Bill Gray Rd • Sedona AZ, 86336  
sedonamagoretreat.org

\* Please note, mobility is needed from sleeping room, training room and dining hall.

September 24-27, 2020  
Sedona Mago Retreat Center, Sedona, Arizona

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A Division of PESI, Inc.

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# The Sixth Stage of Grief

## Retreat

Earn Up To  
**13.75 CE**  
HOURS



Reserve today! Limited availability [pesi.com/express/77333](https://pesi.com/express/77333)

# The Sixth Stage of Grief

## Retreat

September 24-27, 2020  
Sedona, Arizona



**David Kessler**  
World Renowned  
Grief Expert



Reserve today! Limited availability [pesi.com/express/77333](https://pesi.com/express/77333)

# Retreat 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 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 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 ifs" 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

*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.*

# Lead Instructor



**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 disclose.

# Yoga Teacher

**Paul Denniston, RYT 500**, is the developer of Grief Yoga, which uses grief as fuel for healing and combines many forms of yoga to help release sadness and anger and bring people to greater peace and happiness.

Paul dedicated himself to studying grief with some of the top leaders on loss, including David Kessler, William Worden, Elisabeth Kübler-Ross, and Peter Levine. He also worked and studied with yoga masters Gurmukh Kaur Khalsa and Seane Corn. Paul has taught the techniques and exercises of Grief Yoga to more than 4,000 therapists, counselors, and healthcare professionals to use with their patients in the United States, England, and Australia.

Paul has volunteered with one of the largest hospices in Los Angeles, offering Heart Touch massage to the dying. He also taught movement at the Stella Adler Academy in Hollywood and teaches at CorePower Yoga in Los Angeles.



# Retreat Schedule

## Thursday, September 24, 2020

4 pm Check-in  
4:30-5:30 pm Property Tour (optional 2 mile walk)  
5:30-7 pm Dinner  
7:15-8:15 pm Educational Program & Experiential Activity\*

## Friday-Saturday, September 25-26, 2020

6:15-7:15 am Yoga Experiential (optional)  
7-8:30 am Breakfast  
9-11:15 am Educational Program\*  
11:30 am-1 pm Lunch/Free Time  
1:30-3:30 pm Educational Program\*  
3:30-5:30 pm Break/Free Time  
5:30-7 pm Dinner  
7:15-8:15 pm Educational Program & Experiential Activity\*

## Sunday, September 27, 2020

6:15-7:15 am Yoga Experiential (optional)  
7-8:30 am Breakfast  
9-11:15 am Educational Program\*  
11:30-1 pm Lunch & Check-out

\*CE is awarded during these specified times

Yoga classes are optional to join. They will be led by the assistant instructor, Paul Denniston, RYT 500



## 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

# 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" 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 cepsesi@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 professions standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**ADDICTION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 13.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**CHAPLAINS/CLERGY:** This activity is designed to qualify for 13.75 continuing education hours.

**CERTIFICATION IN THANATOLOGY:** This educational offering is recognized by the Association for Death Education and Counseling to meet the thanatology-related educational contact hour requirements to be Certified in Thanatology: Death, Dying and Bereavement. This course will award 13.75 contact hours to participants.

**COUNSELORS:** This intermediate activity consists of 13.75 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.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 825 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 13.7 contact hours. Partial contact hours will be awarded for partial attendance.

**PSYCHOLOGISTS:** This live activity consists of 13.75 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.

**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 13.75 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 825 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 The Sixth Stage of Grief Retreat

## 1 Please complete entire form (to notify you of retreat changes); please print; staple duplicate forms.

Name \_\_\_\_\_  
Profession \_\_\_\_\_  
Address \_\_\_\_\_  
Dept/Floor/Suite \_\_\_\_\_  
City \_\_\_\_\_  
County \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Home/Cell Ph ( ) \_\_\_\_\_  
Dept. Ph ( ) \_\_\_\_\_  
E-mail address \_\_\_\_\_

\*Email required to receive certificate of completion and registration confirmation.

## 2 Tuition and 4-night stay (77333SED)

September 24-27, 2020  
Registration closes September 16, 2020

**Single Occupancy**  
 Early bird by 5/25/2020 \$1,699 per person  
 Standard \$1,899 per person

**\*\*Bring a colleague and SAVE \$200 each!**

**Double Occupancy**  
 Early bird by 5/25/2020 \$1,499 per person  
 Standard \$1,699 per person

To register for double occupancy, please submit both registration forms at the same time  
Roommate's name: \_\_\_\_\_

## 3 Please indicate method of payment.

**All registrations must be prepaid.**

Check enclosed payable to **PESI, Inc.**  
 Purchase order enclosed (Fed ID # 26-3896894)  
 MC  VISA  AE  Discover Novus  
16 digits 13-16 digits 15 digits 16 digits

Card # \_\_\_\_\_  
Card Exp. \_\_\_\_\_ CVV#\*: \_\_\_\_\_  
Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

## Choose the easiest registration method for you:

**ONLINE** pesi.com/express/77333  
**PHONE** 800-844-8260  
Please have credit card available  
**FAX** 800-554-9775  
**MAIL** PESI  
PO BOX 1000  
Eau Claire, WI  
54702-1000

## Tuition Includes:

- CE Certificate & Course manual
- Healthful pesco-vegetarian cuisine (3 meals daily)
- Healing Grief Card Deck
- Yoga mat for use during your stay

\_\_\_\_\_ Total

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our PESI privacy policy. Please visit pesi.com/privacy for more information.

For cancellation policy, FAQ and additional details go to:

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Go to [pesi.com/express/77333](http://pesi.com/express/77333) for key learning outcomes