

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 Webcast Schedule

(Times listed in Eastern)

8:30 Program begins

12:00-1:00 Lunch Break

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. Develop meaning-making principles to assist clients coping with various types of loss.
2. Formulate 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



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!

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David Kessler

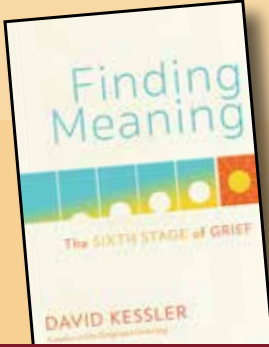
Finding Meaning:

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Featuring Renowned Grief Expert and Author David Kessler
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Based on his new book!



"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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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 suicide.

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 disclose.

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National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$59.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 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.

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THE SIXTH STAGE OF GRIEF

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QUESTIONS

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