

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 Central)

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 clients remember with more love than pain.
3. Evaluate techniques for using meaning to help clients 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. Develop strategies that incorporate meaning mechanisms to help clients cope with complicated grieving.
6. Utilize strategies to help clients 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

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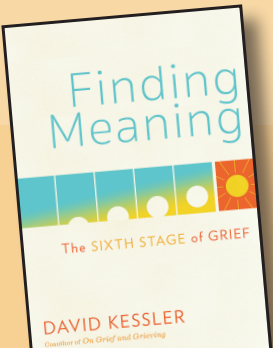
The Sixth Stage of Grief

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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!



"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.

He is the author of six bestselling books. His new book is *Finding Meaning: The Sixth Stage of Grief*. His first book, *The Needs of the Dying*, a #1 best-selling hospice book, received praise by (Saint) Mother Teresa. He co-authored two bestsellers with the legendary Elisabeth Kübler-Ross *On Grief and Grieving* and *Life Lessons*. His most newly released book is *You Can Heal Your Heart: Finding Peace After Breakup, Divorce or Death* with Louise Hay. He worked with Elizabeth Taylor, Jamie Lee Curtis, and Marianne Williamson when their loved ones faced life-challenging illnesses. He also worked with late actors Anthony Perkins and Michael Landon. David’s work has been discussed in the *Los Angeles Times*, *Business Week* and *Life Magazine*, and has been featured on “Brené Brown, CNN-Cross Fire”, NBC, Fox, PBS, “Dr. Oz” and “Entertainment Tonight”. David is a contributing writer on Oprah.com, Dr. Oz’s Sharecare.com, “Anderson Cooper 360” and “The Huffington Post”.

David has a master’s degree in Health Care Bioethics from Loyola Marymount University, he did his undergraduate work at University of Southern California and is a member of the American College of Health Care Executives. He is a certified AMA/EPEC (Education for Physicians) trainer. He also is the founding chairperson for the Hospital Association of Southern California Palliative Care Committee and spent the last decade as a C-suite executive in a 650 bed – three hospital system in Los Angeles County.

#### 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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**Marriage and Family Therapists** - AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NM, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

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