

## Outline

### Interventions that can Shape Grief

#### Anticipatory Grief

Treatment strategies

Tools for normalizing anticipatory grief for the client

#### Children in Grief

Tools for preparing for the loss

Intervention for coping enhancement for funerals

The forgotten grievers

Learn the truth about children going to funerals and open caskets

#### Complicated Grief

Simplifying the model

Murder, multiple losses,

sudden death, suicide,

Alzheimer's

#### Explanations of Types of Grief

Delayed

Disenfranchised

Ambiguous

Inconclusive

Complicated

Average response

Resilience

#### Forgiveness

Learn alternatives to forgiveness

Understand when it works and why it doesn't

Learn techniques your client can use to actually find forgiveness

#### The Grief of Suicide

Understand how grief of suicide is different

Learn techniques for releasing feelings of responsibility

Tools for healing grief after a suicide

#### The Body and Grief

Help understand how we hold grief in our body

Learn techniques your client can use to get in touch with residual grief in the body

Understand the ways the body remembers

#### Trauma

How we often re-traumatize ourselves in grief

Learn the difference between releasing grief and replaying traumatic events

How vicarious trauma can affect the clinician

### Positive Psychology and Grief

Learn how positive psychology can be used in healing grief

Understand why clients may treat themselves harshly in grief

Learn new ways to decrease suffering after a loss

#### Pet Loss

Learn why pet loss is just as significant as other losses

Understand why clients may not reveal loss of a pet

Learn new ways to help with feelings of exaggerated responsibility

#### Self-care for Clinician Working with Loss

Learn how to take care of ourselves when being surrounded by loss

Understand why we sometimes over identify with clients

Understand if it's helpful to self-disclose about the clinician's losses

#### Successfully Supporting Friends and Family Members in Grief

Learn what to say and what not to say

Understand proven strategies that will help clients heal themselves while not getting lost in others' grief

Tools for normalizing anticipatory grief for the client

#### Tools for the Clinician to Help Clients Cope with

Bullying

Anniversaries

Holidays – the seen and unseen

Birthdays

#### Disasters and How We Cope

Shootings/hurricanes/earthquakes and terrorist acts

Techniques for approaching horrific crime and/or disaster scenes

The impact of natural vs. manmade disasters

#### Live Seminar Schedule

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

**8:30** 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.

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**David Kessler**

# On Grief & Grieving

Renowned grief and healing expert, author  
Featured on "Oprah & Friends", CNN, NBC, MSNBC, PBS,  
People Magazine, "Entertainment Tonight",  
"Anderson Cooper 360", "Dr Oz", "The Talk",  
The Boston Globe, Los Angeles Times

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**Eugene, OR**  
Wednesday, September 19, 2018




**Portland, OR**  
Thursday, September 20, 2018

**Vancouver, WA**  
Friday, September 21, 2018

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The Boston Globe, Los Angeles Times



**Elisabeth Kübler-Ross**

**Mother Teresa**

- Tools and tips that can help your clients process grief in a healthy way
- Explore how grief is also a window into all old wounds – and how you should respond
- Become confident in your work around grief and grieving – learning from an international expert in the field

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## IF EVER THERE WAS A CAREER-CHANGING, LIFE-CHANGING SEMINAR IT'S A DAY WITH DAVID KESSLER

Grief and grieving. It's traumatic. It's awkward. It's painful.

How often do you walk into the session or the client's room knowing that your education did not prepare you for this? How often do you miss having the right words, phrases and the right actions to console?

As professionals we are expected to have the right words at hand, the right actions to recommend, and the right response. Most of us fail **shamefully due to a lack of grief emphasis in our training. Every client we will see will experience loss in their life.**

Join **David Kessler**, international grief expert, author and practitioner and transform your practice, your life, and learn the art of caring for the grieving. You will then know the right words and actions to truly be of help to the dying and grieving.

David's personal experience of witnessing a mass shooting as a child and its aftermath helped him begin his journey as a grief healer. Through his work with **Elisabeth Kübler-Ross** and **Mother Teresa**, he has helped thousands of people face life and death with peace, dignity and courage. From working with Elizabeth Taylor, Michael Landon, and Anthony Perkins to seeing up-close the devastation and heroic response of so many at 9/11, Ground Zero, and Sandy Hook Elementary School tragedies, David lives the work he teaches.

Don't let more time go by feeling unprepared to help your clients process their trauma, their grief and heal. Sign up today for this life-altering day.

## 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 five bestselling books. His first book, *The Needs of the Dying*, a #1 best-selling hospice book, received praise by Mother Teresa. He co-authored two bestsellers with the legendary Elisabeth Kübler-Ross: *On Grief and Grieving* and *Life Lessons*. His latest 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 "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 hospitalia 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.

## Objectives

1. Explore the dynamics of different types of grief and the healing processes associated with each.
2. Specify age appropriate grieving milestones that occur across the lifespan.
3. Articulate the somatic response to grief and identify how to manage residual grief in the body.
4. Consider why children are often the "forgotten grievers" and identify strategies for helping this population.
5. Analyze the efficacy of positive psychology interventions in treating grief.
6. Ascertain the relationship between traumatic events and grief as it relates to the healing process.

**TARGET AUDIENCE:** Counselors • Social Workers • Psychologists • Nurses • Case Managers

Marriage & Family Therapists • Chaplains/Clergy Hospitals • Palliative Care Services • Other Mental Health Professionals

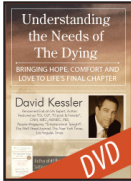
**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



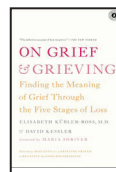
## Must-Have Resources by the Presenter!



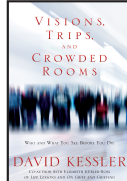
**You Can Heal Your Heart**  
By Louise Hay & David Kessler



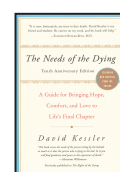
**Understanding the Needs of the Dying: Bringing Hope, Comfort and Love to Life's Final Chapter**  
By David Kessler



**On Grief and Grieving**  
By Elisabeth Kübler Ross and David Kessler



**Visions, Trips, and Crowded Rooms: Who and What You See Before You Die**  
By David Kessler



**The Needs of the Dying**  
By David Kessler



**Healing Grief Card Deck: 55 Practices to Find Peace**  
By David Kessler



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. **Advance registration by phone required.**

## Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), 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 [cepsi@pesi.com](mailto:cepsi@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.*

**CASE MANAGERS:** This course has been awarded 6.0 clock hours by the Commission for Case Manager Certification. Full attendance is required.

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**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 6.0 contact hours to participants.

**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.

**OREGON COUNSELORS:** This intermediate activity consists of 6.0 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 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 to determine specific filing requirements.

**NURSES/NURSE PRACTITIONER/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 6.0 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

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**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.0 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**WASHINGTON SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS:** This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

**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.

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

## How to Register: DAVID KESSLER ON GRIEF & GRIEVING

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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

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**• \$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.

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- \$15.99\*** *Visions, Trips, and Crowded Rooms* book
- \$16.99\*** *Healing Grief Card Deck*

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