

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 Seminar & Webcast Schedule (Times listed in Central)

8:00 Registration/Morning Coffee & Tea
8:30 Program begins
12:00-1:00 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.

Objectives

1. Implement meaning-making principles to help cope with all types of loss.
2. Identify 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. Recognize why children are often the forgotten grievers and how to help them through their grief.
5. Identify 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**



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 "Entertainment Tonight", The Wall Street Journal,
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Finding Meaning:

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 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



Photo by Ken Ross

"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.

Based on his new book!

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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 a speaking honorarium from PESI, Inc.

Non-financial: David Kessler 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.

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 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.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Kate Sample at ksample@pesi.com or call 715-855-5260.



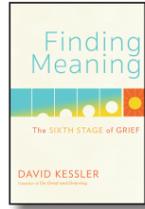
PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

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.

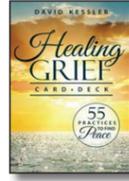
"People always want to know if there is life after death for their loved ones. I believe there is, but more importantly, there is life after death for the living. I want to help them find meaning that honors their loved ones. Sometimes when we are at our worst, we can find our best."
-David Kessler

Must-Have Resources by David Kessler!

Available for purchase on-site at the event



Finding Meaning
The Sixth Stage of Grief
By David Kessler



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

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on December 4, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$59.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/75259

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 (arrives late or leaves early, or 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 ce@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.

Addiction Counselors: 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.

Illinois Addition Counselors: This course has been approved by the IADADPCA for 6.0 CEUs. Program number: 14846. Category: Counselor II, Preventionist II, CARS II, CODP I or II, PCGC II, CCIP II, CRSS I or II, CVSS II, ATE, CPIS I or II, MAATP II, CFPF II, NCSRS II.

Ohio Chemical Dependency Professionals: This course has been submitted to the Ohio Chemical Dependency Professionals Board for review. Please contact PESI, Inc. for the most current information.

Chaplains/Clergy: This activity is designed to qualify for 6.0 continuing education hours.

Illinois Funeral Directors: PESI, Inc. is an approved sponsor. This course qualifies for 6.0 contact 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 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.

Illinois 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.

Indiana 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.

Minnesota Counselors: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

Ohio Counselors: PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCS071001. Full attendance at this course meets the qualifications for 6.0 clock hours of continuing education credit.

Wisconsin 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.

Illinois Marriage & Family Therapists: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

Kentucky Marriage & Family Therapists: This course has been approved by the Kentucky Board of Licensure of Marriage & Family Therapists on 08/07/2019 for 7.0 hours of continuing education.

Minnesota Marriage & Family Therapists: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

Ohio Marriage & Family Therapists: PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCS071001. Full attendance at this course meets the qualifications for 6.0 clock hours of continuing education credit.

Wisconsin Marriage & Family Therapists: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

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 6.0 contact hours. Partial contact hours will be awarded for partial attendance.



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. Full attendance is required; no partial credits will be offered for partial attendance.

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.

Illinois Psychologists: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 6.0 contact hours.

Indiana Psychologists: PESI, Inc. is an approved provider with the Indiana Board of Psychology. Certificate #: 98000998A - Category I. PESI maintains full responsibility for this program and its contents. Full attendance at this course qualifies for 6.0 contact hours.

Kentucky Psychologists: PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content. This activity will qualify for 6.0 contact hours.

Minnesota Psychologists: This activity has been approved by the Minnesota Board of Psychology for 6.0 continuing education hours.

Ohio Psychologists: PESI, Inc. is approved by the Ohio Psychological Association, Provider #263896894, to sponsor continuing education for psychologists. PESI, Inc. maintains responsibility for this program and its content. PESI is offering this activity for 6.0 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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 6.0 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.



Illinois Social Workers: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact hours.

Minnesota Social Workers: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 6.0 continuing education hours.

Montana Social Workers: The Montana Board of Behavioral Health no longer pre-approves any courses or sponsors. Each licensee is responsible for taking courses which contribute to their competence and directly relate to their scope of practice as defined in board statute (MAR 24-219-32). Licensees must keep CE documentation for three years in case of an audit. This intermediate level activity consists of 6.25 clock hours of instruction.

Ohio Social Workers: PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCS071001. Full attendance at this course meets the qualifications for 6.0 clock hours of continuing education credit.

Ohio Social Workers, Counselors, and Marriage & Family Therapists: PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCS071001. Full attendance at this course meets the qualifications for 6.0 clock hours of continuing education credit.

Ohio Therapists Only: To be reported to CE Broker, while completing the online post-test/evaluation, please answer YES to the question: "Are you an Ohio Counselor, Social Worker or MFT?" and include your complete license number when you are prompted (i.e. C.123234.P6543.1159, etc.). After completing and passing the online post-test/evaluation, your information will automatically be sent to ce@pesi.com to be reported. If you forget to answer yes, please send an email to ce@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number. Please allow 3-4 weeks for processing.

Other Professionals: 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.

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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 for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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