

## 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

## 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

### 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 and Webcast Schedule (Times in Mountain)

**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.

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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!

**BOULDER, CO**

Friday, January 10, 2020

**LIVE WEBCAST**

Friday, January 10, 2020

**DENVER, CO**

Monday, January 13, 2020

**SEATTLE, WA**

Wednesday, January 15, 2020

**PORTLAND, OR**

Friday, January 17, 2020

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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 royalties. Mr. Kessler 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 self-study package on the subject (CE credits 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.

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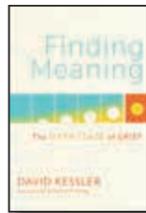
PEI is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

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 January 10, 2020, 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/75265](http://www.pesi.com/webcast/75265)

### 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 (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" 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 [cepesi@pesi.com](mailto:cepesi@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.

PEI, 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.

**CHAPLAINS/CLERGY:** This activity is designed to qualify for 6.0 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 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.

**WASHINGTON COUNSELORS:** 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.

**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.

**WASHINGTON 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.

**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.

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**CALIFORNIA PSYCHOLOGISTS:** PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. 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.

**COLORADO SOCIAL WORKERS:** PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 6.0 continuing education hours.

**WASHINGTON SOCIAL WORKERS:** 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.



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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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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.

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