

The Art of "Companioning" the Mourner

A Workshop for Caregivers

With Alan D. Wolfelt, Ph.D.

Author — Educator — Grief Counselor

Tuesday, May 6, 2008

9:00 am - 3:30 pm

8:30 am Registration • 9:00 am Program

Noon Lunch • 1:00 pm Program • 3:30 pm Adjourn

Located at

Par-A-Dice Hotel

7 Blackjack Boulevard, East Peoria, IL

Purpose

This inspiring workshop will help members of the caregiving community who want to further develop their knowledge and skills surrounding the art of "companioning" people during times of grief and loss. Dr. Alan Wolfelt will explore a model of bereavement care that recognizes grief as a normal and necessary process that is fundamentally a journey of the heart and soul. Come join us and learn more about being totally present to the mourner, even being a temporary guardian of her soul.

Objectives

Upon completion of this workshop the participant will be able to:

1. Define a broader framework for loss/grief
2. Define the concept of "Responsible Rebel"
3. Explain foundational concepts from a "companioning" philosophy of caregiving
4. Define sub-categories of "complicated" mourning and "carried grief"
5. Outline core principles related to self-care for the caregiver

Who Should Attend

This program is designed for Physicians, Nurses, Social Workers, Counselors, Educators, Psychologists, Hospice Personnel, Clergy, Chaplains, Lay Ministers and others caring for bereaved people. We look forward to having you join us for this inspiring workshop.

Agenda

Among the content areas to be explored and discussed in this program are the following:

1. Introduction: Acknowledging the special needs of the mourner
2. Exploring a Broader Framework for Loss/Grief
3. Defining the Concept of "Responsible Rebel"
4. Inappropriate Assumptions Surrounding the Modern Understanding of Grief and Loss
5. Foundations of "Companioning" Your Fellow Human Beings
6. Exploring the Required Wisdom Teachings About Grief and Mourning
7. Introduction to "Complicated" Mourning and the Epidemic of "Carried Grief"
8. Discussion of the Importance of Self-Care for you as a Caregiver
9. Warning, Challenge, Reminder, Hope

Continuing Education Units

Bradley University Continuing Education is approved to provide for this program, .5 CEUs or 5 CPEs and CPDUs for the National Board for Certified Counselors (NBCC) as well as the following professions in the State of Illinois: Clinical Professional Counselors, Marriage and Family Therapists, Nursing Home Administrators, Physical Therapists and Physical Therapist Assistants, Professional Counselors, Social Workers, and Teachers.

Register Five Ways

Registration fee \$60, \$50 early bird fee by April 25, 2008. **Registration is limited to 150. Register early to guarantee a seat.**

Online: www.bradley.edu/continue

Phone: 309-677-2820 **Fax:** 309-677-3321

Mail: Bradley University Continuing Education

1501 W. Bradley Ave. Peoria, IL 61625

Visit our office at the southwest corner of University and Main in Peoria.

For more information, please contact Debbie Devine at Bradley University, 309-677-2820 or devine@bradley.edu

Deadline to register May 2, 2008

The Art of "Companioning" the Mourner With Alan D. Wolfelt, Ph.D.

Last Name _____

First Name _____

Nametag Preference _____

Job Title _____

Business _____

The following address is my ___business___home.

Address _____

City _____ State _____

Zip _____

Phone _____

Fax _____

Email _____

_____ I prefer a vegetarian meal.

_____ \$60 workshop fee, includes all materials and lunch

_____ \$50 Early Bird workshop fee, postmarked by

April 25, includes all materials and lunch

Payment Options

_____ Check (payable to Bradley University)

_____ Visa _____ MasterCard _____ Discover

Credit Card Number _____

Exp. Date _____

Signature _____

Please provide credit card information if registering online, by phone, or fax. You will receive a registration confirmation with information about the program, including directions.

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About the Presenter

Dr. Alan D. Wolfelt is a noted author, educator, and grief counselor. Recipient of the Association for Death Education and Counseling's Death

Educator Award, he serves as the Director of the Center for Loss and Life Transition in Fort Collins, Colorado.

A frequent guest of the media, Dr. Wolfelt has appeared on the Oprah Winfrey Show, the Larry King Show, the NBC Today Show, and Nick News.

He is the author of over twenty books on grief and loss. Among his titles are *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*, *Healing Your Grieving Heart: 100 Practical Ideas*, *The Journey Through Grief*, *Healing the Bereaved Child*, and *Creating Meaningful Ceremonies*.

Alan and his wife Sue, a family physician, are parents to three children: Megan, Christopher, and Jaimie. They live in the foothills of the beautiful Rocky Mountains next door to the Center.

CONTINUING EDUCATION
BRADLEY
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HENDERSON FUNERAL HOME

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