Our 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 (www. centerforloss.com), in Fort Collins, Colorado. He is also a faculty member of the University of Colorado Medical School's Department of Family Medicine.

In addition to presenting dozens of keynotes and workshops across North America each year, Dr. Wolfelt facilitates 4-day training seminars for bereavement caregivers in Fort Collins.

He is the author of more than fifty bestselling books on grief and loss, including *Companioning the Bereaved: A Soulful Guide for Caregivers*; and *The Depression of Grief*;.

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1075 E. Victory Drive
Lindenhurst, IL 60046

Phone: 847-356-4523
Fax: 847-356-4699
E-mail: darmenta@franciscancommunii

You are cordially invited to join us for an evening and morning session with

Dr. Alan Wolfelt

From the Colorado Center for Loss and Life Transitions.

Tuesday, October 11 from 6:00pm—9:00pm

Exploring the Need to Grieve and Mourn: Helping Yourself, Your Family, and Your Friends

&

Wednesday, October 12 from 9:00am—12:00pm.

The Art of "Companioning" the Mourner: Exploring Principles and Practices of Compassionate Caregiving

FRANCISCAN COMMUNITIES

Session 1: Exploring the need

Purpose: This practical, heart-based program will assist you as you mourn the death of someone in your life and how to be of support to family members and friends with Dr. Wolfelt.

Who Should Attend

This compassionate program will be helpful to anyone who is experiencing grief in their lives. If you know anyone who may benefit from this opportunity to embrace hope and healing, please let them know about this program. We look forward to having you with us.

Agenda

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

- Understanding the Concepts of "Special Needs" and "Convalescence"
- Exploring the Need to Authentically Mourn
- Recognizing the Uniqueness of Your Personal Greif
- Identify Six Needs of Mourning
- Principles for Supporting Family and Friends in Grief
- Re-Awakening Your "Divine Spark"

Session 2 The Art of Companioning

Purpose : This informative workshop will help participants enhance their knowledge and skills related to supporting people experiencing grief and loss. Dr. Wolfelt will explore a "companioning" model of bereavement care that recognizes grief as a normal and necessary process of the heart and soul.

Who Should Attend

This workshop will be helpful to anyone who wants to learn more about essential caregiving or grieving persons. All are welcome but it will particularly benefit social workers, clergy, chaplains, nurses, and lay ministers. **3 CEUs are available for social workers, nursing professionals and nursing administrators. For this session. Please request this information in advance.**

Agenda

- Introduction: Special Needs of the Mourner in Five Domains
- Exploring a Broader Framework for Loss
- Introduction to "Companioning" Versus "Treating" the **Mourner**
- Inappropriate Assumptions Surrounding Grief and Loss
- Essential Ingredients of the Caregiver (Qualities and Skills)
- Foundations of "Seeking to Understand" the Mourner (Influences, Dimensions, Six Needs)
- Summary of Caregiver Helping Roles: Support Versus Therapy
- Four Subcategories of "Complicated" Mourning
- The Transformative Nature of Authentic Mourning
- Warning, Challenge, Reminder, Hope

Exploring the Need to Grieve and Mourn: Helping Yourself, Your Family, and Your Friends: Tuesday, **October 11, 2016, 6:00pm—9:00pm**

&

The Art of "Companioning" the Mourner: Exploring Principles and Practices of Compassionate Caregiving: **Wednesday October 12, 2016,9:00am-12:00pm**

Name_____

Job Title/Agency _____

Address _____

City/State/Zip _____

Day Phone _____

Email _____

Please indicate which workshops you are attending. (you are welcome to attend one or both.)

Evening workshop: _____ Day workshop_____

Registration is requested by

Friday , October 7, 2016.

Seating is limited, so early registration is strongly recommended.

Refreshments and hand out materials will be provided.

To register by phone, or for further information, please contact Debbie Armenta at (847)356-4523 or darmenta@franciscancommunities.com

Return completed form to:

Village at Victory Lakes , 1075 E. Victory Drive Lindenhurst, IL 60048

These workshops will be held in the Great Room on the lower level of the 1075 building. There is ample parking on the property and event signs will direct you to this event.