

## Seminars

2011

Helping Children and Adolescents  
Cope with Grief

Nov. 29 - Dec. 1, 2011

2012

Exploring the Special Needs of Suicide Survivors:  
A "Companioning" Philosophy of Caregiving

Nov. 27 – 29, 2012

### Helping Children and Adolescents Cope with Grief

This seminar takes a comprehensive look at a variety of sub-topics related to child and adolescent mourning. Come join us and learn from one of North America's leading grief educators about:

- the major factors influencing the child's response to loss
- dimensions of childhood grief and helping roles
- six central reconciliation needs of childhood mourning
- tools & techniques used in counseling bereaved children
- potential inhibitors of the child's capacity to mourn
- guidelines for facilitating bereaved child and adolescent support groups
- special considerations for the adolescent mourner
- identifying the "detached child"
- referral criteria and recommended reading lists

Come learn how to help children and adolescents reconcile their grief.



#### About the instructor

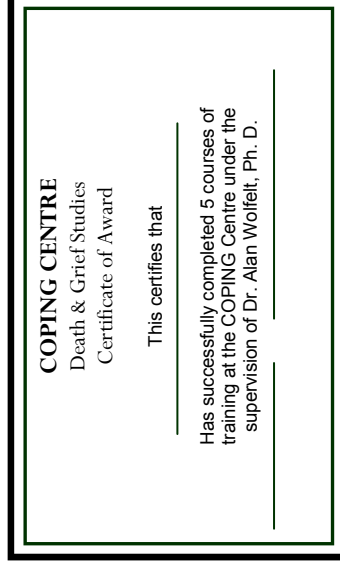
Dr. Alan Wolfelt is a noted author, educator and grief counselor. Recipient of the Association for Death Education and Counseling's Death Educator Award, he serves as Director of the Center for Loss and Life Transition in Fort Collins, Colorado and is on the faculty at the University of Colorado Medical School in the Department of Family Medicine. Among his books are *Healing Your Grieving Heart: 100 Practical Ideas, The Journey Through Grief: Reflections on Healing, Healing the Bereaved Child, Creating Meaningful Funeral Ceremonies and Understanding Grief: Helping Yourself Heal*. Alan is also a contributing editor to *Bereaved* magazine and writes for numerous journals.

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

## Exploring the Special Needs of Suicide Survivors: A "Companioning" Philosophy of Caregiving

This seminar will compassionately invite participants to learn more about the topic of suicide grief. The term "survivor" as used in this seminar refers to a person who experiences a death of a family member or friend to suicide. Dr. Wolfelt's model of "companioning" the survivor will be integrated into this stimulating learning experience. Topics covered will include:

- Dispel Misconceptions About Suicide Grief
- Explore the Unique Influences on Suicide Grief
- Dimensions of Suicide Grief and the Caregiver Helping Role
- Application of the Six Needs of Mourning to Suicide Grief
- Practical Forms of Support to Assist Survivors
- Fundamental Helping Roles for Caregivers
- Understanding "Reconciliation" versus "Resolution"
- The Suicide Survivor's Bill of Right
- Contacts to Create Support Groups



*We are pleased to announce that bereavement caregivers who complete five of Dr. Wolfelt's courses at the COPING CENTRE are now eligible for a Death & Grief certificate of award in Death & Grief Studies. What an affirming way to be recognized for ongoing commitment to compassionate bereavement care!*

## Registration Form

or register online at [www.copingcentre.com/wolfelt](http://www.copingcentre.com/wolfelt). To secure your online registration a cheque or money order for the deposit of \$250 needs to be received at the Coping Centre or you can pay by Visa, MC or Amex.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Postal Code: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

I would like to apply for the following seminars:

2011

- Helping Children and Adolescents  
Cope with Grief

Nov. 29 - Dec. 1, 2011

2012

- Exploring the Special Needs of  
Suicide Survivors: A "Companioning"  
Philosophy of Caregiving  
Nov. 27 – 29, 2012

Accommodations Required?  Yes  No

If you require assistance with lodging, we will send you a list of available accommodations close to the Coping Centre.

Please be sure to include your background statement with your registration. Upon receipt of your registration, background statement and deposit, Dr. Wolfelt will review your application and a letter of confirmation will be sent to you. We look forward to seeing you!

## Purpose

If you want to learn practical ways to “companion” people in grief from one of North America’s leading death educators, these learning opportunities are for you. These seminars are designed to meet the needs of people from a variety of backgrounds, including hospice staff and volunteers, mental health care providers, social workers, clergy, nurses and physicians, students and other interested caregivers and lay people. Come learn from a leader who has years of experience in walking with and learning from bereaved people.

## Where are the seminars held?



The COPING Centre is located in Cambridge, Ontario. This tranquil retreat atmosphere has been described as a “nurturing environment.” Come learn and be pampered at the same time.

*Should you wish to attend, we will require a written statement of your background and interest in bereavement care. While there is no specific educational degree requirement, each applicant is required to demonstrate a commitment to the compassionate care of the bereaved. Please include the following information in your background statement: name, age, occupation, brief work history, losses in your own life, interest in the particular seminar(s) you have selected and anything else you think we should know. In addition to being a screening tool, this statement helps us get to know you before you arrive!*

## Trainings Include:

Training materials and note-taking outline, breakfast and lunch each day, snacks, and a certificate upon completion.

## Tuition

Tuition for each of these intensive seminars is \$750.00 (Canadian). Because space is limited, a non-refundable \$250.00 (Canadian) deposit is required. The tuition balance is due six weeks before the seminar. Register early, space is limited! Make cheques payable to ‘COPING Centre’.



## The COPING Centre

COPING Bereavement Support Groups of Ontario Inc. was founded in 1990 by Glenn and Roslyn Crichton. After the loss of their daughter, Rachele, in 1982 they began to realize that grieving people needed safe places to mourn. A passion grew in their hearts for grieving people and a vision began to evolve of how they could reach out with compassion to those who have lost a loved one. The COPING Centre was established in 1995 and is dedicated to providing that safe place and creating a place for educational opportunities for those working with the bereaved.

A note from Ros, Executive Director, COPING Centre: In 1991 in Toronto I first heard Alan Wolfelt speak about grief. His words resonated in my soul and for the first time, in my own personal experience of grief, I felt I had found someone who was speaking truth about my experience of loss. My husband, Glenn, and I made the decision to travel to Colorado to the Centre for Loss to begin to take the courses offered there. The course exceeded our expectations and we began to dream that one day we would be able to bring Alan to Canada to offer these seminars.

That dream became a reality in 1996 when Alan came to the COPING Centre for his first 3-day seminar. As seminar participants began to share comments like “This seminar has been an amazing experience in learning and personal development” and “What I have learned has been way beyond anything I expected” we knew we needed to commit to continue to offer these seminars. We at COPING are so pleased to be able to provide two 3-day seminars each year.

I want to encourage you to come and experience a time of nurturing and learning at the COPING Centre. I am sure you will find as I have, that it will be an anchoring experience that will raise the level of compassionate care that you will be giving to the bereaved. We’re looking forward to seeing you!

Ros Crichton  
Executive Director

COPING Bereavement Support Groups of Ontario INC.



**401 W** Exit #275 - Homer Watson/Fountain St., turn left, proceed to Blair Rd., turn right  
**401 E** Exit #275 - Homer Watson/Fountain St., turn right, proceed to Blair Rd., turn right

# Educational Seminars

For Bereavement Workers

# 2011 - 2012 Seminars



With

**Alan D. Wolfelt, Ph. D.**  
**Author - Educator**  
**- Grief Counselor**

Sponsored by  
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