



Dr. Alan Wolfelt



Glenn and Roslyn Crichton



About the Instructor, Dr. Alan Wolfelt

Dr. Alan Wolfelt is a noted author, educator and grief counselor. Recipient of the Association for Death Education and Counselling 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 A Child's View of Grief, Finding the Words: How to Talk with Children and Teens about Death, Sarah's Journey, Healing Your Grieving Heart: 100 Practical Ideas, The Journey Through Grief: Reflections on Healing, Healing the Bereaved Child, Understanding Grief: Helping Yourself Heal and Creating Meaningful Funeral Ceremonies. Alan is a contributor to several bereavement journals.

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

Where are the seminars held?
The Coping Centre provides a tranquil retreat atmosphere; A "nurturing environment" creating a unique experience of inspiration and learning.

If you wish to attend, we require a written statement of your background including name, age, occupation, personal losses, etc. and your interest in bereavement care. While there is no specific educational degree requirements, each applicant is required to demonstrate a commitment to compassionate care of the bereaved.

Trainings include:

All materials, morning snack, lunch and a certificate upon completion.

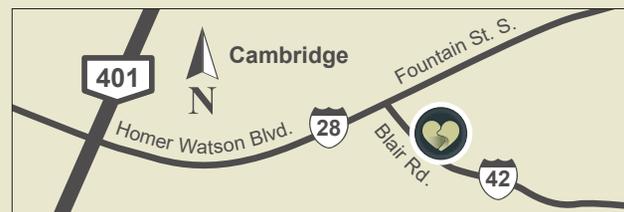
The Coping Centre is a beautiful, century old estate nestled in 6 acres of beautiful gardens and mature trees, over-looking the Grand River. Coping was founded in 1990 by Glenn and Roslyn Crichton after the loss of their 5 year old daughter to Leukemia. As a result of their own grief journey the Crichton's quickly realized that a support centre was needed, a place to step aside from everyday living in a world that often does not understand grief.

Ros and Glenn first heard Dr. Wolfelt speak in Toronto in 1991. His words resonated in their souls and for the first time in their grief journey they had found someone who was speaking the truth about the experience of loss. Glenn and Ros then traveled to Colorado to the Center for Loss to take part in the courses Dr. Wolfelt offered there. Their expectations were exceeded and there grew the dream to bring Dr. Wolfelt and his seminars to Canada.

In 1996 this dream became a reality, Alan came to the Coping Centre and offered his first seminar. Glenn and Ros knew then that they needed to continue to be able to provide these educational seminars.

401 West: Exit #275 Homer Watson/Fountain Street turn left, proceed to Blair Road, turn right

401 East: Exit #275 Homer Watson/Fountain Street turn right, proceed to Blair Road, turn right



2019 and 2020
Educational Seminars for Bereavement Workers
with Alan D. Wolfelt, Ph.D.
Author, Educator and Grief Counselor

Sponsored by



THE COPING CENTRE

CARING FOR OTHER PEOPLE IN GRIEF

Helping Children and Teens Cope With Grief A Companionship Philosophy of Caregiving

Wednesday May 22, 2019 9:00 am - 3:30 pm

Purpose:

This inspiring workshop will enhance participants' understanding of the adult helping role with children and teens in grief. A variety of important sub-topics will explore how to artfully "companion" children and teens impacted by death loss. A main theme will be that if children don't have safe places and people with whom to mourn authentically, they are "at risk" for living in the "shadow of the ghosts" of grief.

Who Should Attend:

This workshop will be helpful to anyone who wants to learn more about "companionship" children in grief. It will be particularly helpful to school personnel, counselors, social workers, clergy, chaplains, child life specialists, teachers, nurses, parents and lay caregivers. If you know someone who would find this helpful, invite them to join us. We look forward to having you with us.

Objectives:

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

- Describe a broader framework for loss and grief.
- Define the concept of the "shadow of the ghosts" of grief.
- Dispel misconceptions surrounding child/teen grief
- Describe six reconciliation needs of child/teen mourning.
- Discuss a transformative understanding of child/teen grief.

Agenda:

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

- Introduction: any child old enough to love is old enough to mourn.
- Broader Framework for Loss: self, security, meaning.
- Understanding the potential "ghosts" of child/teen grief.
- Foundations of Caregiving: dispelling misconceptions.
- Factors influencing child/teen grief.
- How children mourn differently than adults.
- Potential inhibitions of child/teen mourning.
- Dimensions of response: "companionship helping orientations.
- Six reconciliation needs of child/teen mourning.
- The special complications of teen grief.
- Self-inventory of caregiver qualities.
- Understanding red flag behaviours: when to refer.
- Reconciliation vs resolution; defining our helping goals.

When Grief is "Complicated": A Model to Understand, Identify and Companion Grievers

Wednesday May 20, 2020 8:30am-4pm

Purpose:

This advanced level workshop will help members of the caregiving community explore the critically important topic of "complicated" grief. Dr. Alan Wolfelt will present his model for understanding, identifying and companionship grievers lost in the wilderness of grief.

After a significant loss, grief is normal and necessary. But sometimes a mourner's grief becomes naturally heightened, stuck or made more complex by especially difficult circumstances surrounding the death or complications surrounding the nature of the relationship.

The workshop content will include exploring the origins of complicated grief, risk factors, common symptoms, sub-categories of complicated grief (unembarked, impasse, off-trail, and encamped), and provide specific guidance on caring for complicated grievers. Come join us and learn about this important body of knowledge from one of North America's leading clinical thanatologists.

Who Should Attend:

This informative workshop will help anyone who wants to learn more about complicated grief. Counselors, psychologists, social workers, hospice personnel, chaplains, nurses, and other interested caregivers who desire to help people with complicated grief are encouraged to attend. Regardless of your specific job title or life role, you can and will benefit from this learning experience.

Objectives:

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

- Discuss the modern history of complicated grief
- Identify complicated grief influences and risk factors.
- Describe symptoms and sub-categories of complicated grief.
- Explain the use of a companionship model for complicated grief.
- Facilitate the griever's work on six needs of mourning.

Agenda:

Among the content areas explored in this seminar are:

- Introduction: the wilderness of complicated grief.
- Understanding the origins of complicated grief.
- Complicated grief influences and risk factors.
- Identifying complicated grief: symptoms and sub-categories.
- Companionship principles for complicated grief.
- Facilitating active engagement with six needs of mourning.

Registration form:

Name: _____

Address: _____

Postal Code: _____

Phone: _____

Email: _____

I would like to apply for the following seminars:

Wednesday May 22, 2019 Cost: \$250.00 CA
2019 Helping Children and Teens Cope With Grief

Wednesday May 20, 2020 Cost: \$250.00 CA
2020 When grief is "Complicated":
A Model to Understand, Identify, and Companion Grievers

Payment

To secure your registration, a non-refundable deposit of \$100.00 CA is required. The balance of the payment will be due 6 weeks prior to the seminar.

TOTAL \$ _____

CHEQUE VISA MC AMEX

No. _____

Exp. date _____ CVV Code _____

Name on Card _____

Register early as space is limited.

Mail in cheque or money order or call the Coping Centre with your credit card information. Mastercard, Visa and Amex are all accepted. Cheques should be made out to the Coping Centre.

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.

The Coping Centre:

1740 Blair Road
Cambridge, On N3H 4R8

519.650.0852 or 877.554.4498
Fax: 1.866.756.7547
coping@copingcentre.com



copingcentre.com

A Certificate of Completion will be issued to each participant upon completing each seminar