



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 *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 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.

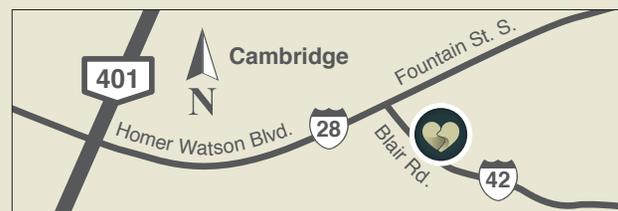
The Coping Centre is a beautiful, century old estate nestled in 6 acres of beautiful gardens and mature trees, overlooking the Grand River. Coping was founded in 1990 by Glenn and Roslyn Crichton after the loss of their 5 year old daughter to Leukemia. As a result of their own grief journey the Crichton's 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



2017 and 2018 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

Paradoxes of Mourning

Wednesday May 17, 2017 8:30am-4pm

Purpose:

In this informative workshop, Dr. Alan Wolfelt will explore three forgotten truths surrounding grief and loss. You will learn how old-fashioned sometimes trumps newfangled. You will learn how those who walked before us have much to teach us about the mysteries of life and death. You will learn about the wisdom anchored in the three paradoxical truths of morning.

TRUTH ONE:

You must say hello before you can say goodbye.

TRUTH TWO:

You must make friends with the darkness before you can enter the light.

TRUTH THREE:

You must go backward before you can go forward.

Who Should Attend:

This compassionate workshop will help anyone who wants to learn more about how to support those who have experienced loss. Nurses, psychologists, counselors, social workers, chaplains, and other interested health care professionals helping individuals cope with traumatic grief are invited 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 workshop, the participant will be able to:

- Define the concept of paradox in relationship to grief and mourning
- Explain the three forgotten truths
- Describe a number of influences on the paradoxes
- Understand the concept of the "Slow Grief Movement"

Agenda:

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

- Introduction: Defining the Three Truths
- Understanding the Distinction Between Knowledge and Wisdom
- Exploring a Trend: The Confusion of Efficiency vs. Effectiveness
- Description of the Multiple Influences on the Paradoxes
- Explanation of Truth One and Implications for the Caregiver
- Explanation of Truth Two and Implications for the Caregiver
- Explanation of Truth Three and Implications for the Caregiver
- A Final Word: An Invitation to Join the "Slow Grief Movement"

Reframing PTSD as Traumatic Grief: A Workshop for Caregivers and Professionals

Wednesday May 16, 2018 8:30am-4pm

Purpose:

This informative seminar will help members of the caregiving community explore PTSD not as a "disorder" but instead as a normal and necessary response to abnormal events. Dr. Alan Wolfelt will explore his belief that the term "traumatic grief" captures better than the term "PTSD" the totality of people's experiences following traumatic loss.

While grieverers suffer from the acute fear-based symptoms that are the hallmarks of post-traumatic stress (such as extreme anxiety and flashbacks), many benefit from concurrent medical therapies (which will be reviewed in this seminar.) Dr. Wolfelt's more holistic care model emphasizes ongoing, mourner-led talk therapy as well as peer support and complementary therapies. What traumatized grieverers need most is compassionate companionship as they do the essential work of "catchup" mourning.

Come join us and learn about a movement to reframe PTSD as a normal response to abnormal circumstances and help deliver the compassionate understanding that many millions of traumatized grieverers the world over so desperately need.

Who Should Attend:

Caregivers and professionals working with PTSD.

Objectives:

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

- Discuss the Rationale for De-pathologizing PTSD
- Identify the "Care-Eliciting" Symptoms of PTSD
- Explain the Reframing of PTSD as Traumatic Grief
- Review Medical Model Treatment Modalities
- Outline the Concept of "Companionship" as a Form of Grief Care.
- Explore Implications for Future Direction in PTSD Research and Practice Agenda

Agenda:

Among the content areas explored in this seminar are:

- Grief is Not an Illness But a Response to Injury
- Traumatic Loss and Grief: What is PTSD?
- The Fear Factor of PTSD
- Medical Model Therapies as Treatment
- Mourning as "Treatment"
- When Traumatic Grief Goes Unmourned: Symptoms of Carried Grief
- Catch-Up Mourning for Traumatic Grief
- Where Do We Go From Here?

Registration form:

Name: _____

Address: _____

Postal Code: _____

Phone: _____

Email: _____

I would like to apply for the following seminars:

Wednesday May 17, 2017 Cost: \$250.00 CA
2017 Paradoxes of Mourning

Wednesday May 16, 2018 Cost: \$250.00 CA
2018 Reframing PTSD as Traumatic Grief:
A Workshop for Caregivers and Professionals

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.

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:

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Cambridge, On N3H 4R8

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Fax: 1.866.756.7547
coping@copingcentre.com

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