



Dr. Alan Wolfelt



Glenn and Roslyn Crichton



About the Instructor, Dr. Alan Wolfelt

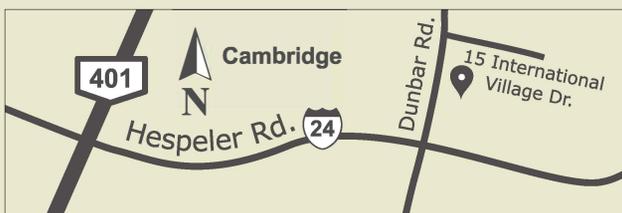
Dr. Alan Wolfelt is a noted author, educator and grief counselor. Recipient of the Association for Death Education and Counselling Death Educator Award, he serves as Director of the Center for Loss and Life Transition in Fort Collins, Colorado and is on the faculty at the University of Colorado Medical 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?
Please Note, this year seminars will be held at The Armenian Club in Cambridge Ontario.

401 West: Exit Hwy 24 left onto Hespeler Rd, proceed to Dunbar Rd, turn left, then right onto International Village Dr.

401 East: Exit Hwy 24 right onto Hespeler Rd, proceed to Dunbar Rd, turn left, then right onto International Village Dr.



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

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.

2022

Educational Seminar for Bereavement Workers

with Alan D. Wolfelt, Ph.D.
Author, Educator and Grief Counselor

The Armenian Club, Cambridge
15 International Village Dr.

Sponsored by



THE COPING CENTRE

CARING FOR OTHER
PEOPLE IN GRIEF

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

Wednesday May 18, 2022 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 companioning 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 companioning 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.
- Companioning principles for complicated grief.
- Facilitating active engagement with six needs of mourning.

Companioning Bereaved Parents: Principles and Practices

Wednesday May 19, 2021 8:30 am - 4:00 pm

Purpose:

This workshop will enhance your capacity to artfully "companion" bereaved parents. When a child dies, it's as if a deep hole implodes inside the parent. It's as if the hole penetrates them and leaves them gasping for air. As Nicolas Wolterstoff wrote so honestly in *Lament for a Son*, "It's hard to keep one's footing." This workshop will help you provide some "footing" to grieving parents.

Topics will include:

- Understanding attachment influences on the parent-child bond
- Unique influences on parental grief: the whys of the journey
- The special features of miscarriage, stillbirth, infant death, and teen death
- The special features of the death of an adult child
- Application of the tenets of "companioning" as you support bereaved parents
- How to apply Dr. Wolfelt's six central needs of mourning in the helping process
- Guidelines for facilitating support groups for bereaved parents
- Understanding and respecting the transformative nature of parental grief

Please note that our venue will be following provincial mandates for Covid-19 protocols which, as of this time includes the following requirements:

All participants must wear a mask when not seated or eating.

Registration form:

Name: _____

Address: _____

Postal Code: _____

Phone: _____

Email: _____

I would like to apply for the following seminars:

Wednesday May 18, 2022 Cost: \$250.00 CA
2022 When grief is "Complicated":
A Model to Understand, Identify, and Companion Grievers

Thursday May 19, 2020 Cost: \$250.00 CA
2022 Companioning Bereaved Parents: Principles and Practices

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