

2018
2019

Educational Seminars for Bereavement Caregivers

WITH ALAN D. WOLFELT, PH.D., C.T.



COURSE OFFERINGS:

CORE COURSES!

Comprehensive Bereavement Skills Training	5
Counseling Skills Fundamentals	5
Exploring the Spiritual Dimensions of Death, Grief, and Mourning	6
The Depression of Grief	6
PTSD: Companionship for the Traumatized Griever	7
Exploring the Paradoxes of Mourning: Implications for Caregivers	7
Suicide Grief: Companionship for the Mourner	8
Helping Children and Adolescents Cope with Grief	8
Support Group Facilitator Training	9
Understanding and Responding to Complicated Mourning	9

A Note from Alan Wolfelt

Thank you for your interest in our educational seminars for bereavement caregivers. Supporting those who support the bereaved is my life's work and passion. I simply love to teach and am so gratified that thousands of caregivers have participated in my small group seminars over the past 30 years.



We are privileged to share the art of compassionate caregiving with people from across North America and the world. We will do our best to make this an experience you will remember and value for the rest of your life!

If you are thinking of attending a Center for Loss seminar, I invite you to consider the philosophy that informs

my work with bereaved people as well as my teaching. I believe in “companioning” the bereaved instead of “treating” them.

I have taken liberties with the noun “companion” and made it into the verb “companioning” because it so well captures the type of counseling relationship I support. Actually, the word companion, when broken down into its original Latin roots, means *com* for “with” and *pan* for “bread.” Someone you would share a meal with. A friend. An equal.

Please be aware that not everyone is comfortable in the culture of “companioning.” Please read through the information contained here very carefully. I urge you to use discernment in determining if the Center for Loss learning experiences are a good match for your fundamental learning style and philosophy of caring for your fellow human beings during times of loss and grief.

You will note that starting in 2019 we are converting to a summer institute (in Colorado) and mini winter institute (in Arizona) that will allow me to continue championing the importance of the “companioning” model of grief care.

Please call the Center with questions or to inquire about course availability. I look forward to meeting you and learning from each other.

Alan D. Wolfelt
 Alan D. Wolfelt, Ph.D., C.T.
 Director

DR. WOLFELT'S TENETS OF COMPANIONING THE BEREAVED

Companioning is about being present to another person's pain; it is not about taking away the pain.

Companioning is about going to the wilderness of the soul with another human being; it is not about thinking you are responsible for finding the way out.

Companioning is about honoring the spirit; it is not about focusing on the intellect.

Companioning is about listening with the heart; it is not about analyzing with the head.

Companioning is about bearing witness to the struggles of others; it is not about judging or directing these struggles.

Companioning is about walking alongside; it is not about leading.

Companioning is about discovering the gifts of sacred silence; it is not about filling up every moment with words.

Companioning is about being still; it is not about frantic movement forward.

Companioning is about respecting disorder and confusion; it is not about imposing order and logic.

Companioning is about learning from others; it is not about teaching them.

Companioning is about compassionate curiosity; it is not about expertise.

“I was truly touched by the strength of spirit of the participants...and the training content teaches the art of ‘walking with’ and ‘companioning’ those in grief. I’m already scheduled to return for more.”

— A hospice social worker

About Alan Wolfelt

Author, educator, and grief counselor Dr. Alan Wolfelt is known across North America for his inspirational teaching gifts. His compassionate messages about healing in grief—based on his own personal losses as well as his experience supporting children, teens, adults, and families over the last three decades—speak not only to the intellect but to the hearts of all who hear him. Perhaps best known for his model of “companioning” versus “treating” mourners, Dr. Wolfelt is committed to helping people mourn well so they can live well and love well.

Founder and Director of the Center for Loss and Life Transition, Dr. Wolfelt presents numerous educational workshops each year for hospices, hospitals, schools, universities, funeral homes, community groups, and a variety of other organizations. He also teaches the courses described in this catalog in beautiful Fort Collins, Colorado, and Scottsdale, Arizona.

Dr. Wolfelt is a popular media resource who regularly provides his expertise to many top-tier television shows, newspapers, magazines, and journals. Past recipient of the Association of Death Education and Counseling’s Death Educator Award, Dr. Wolfelt is also a faculty member of the University of Colorado Medical School’s Department of Family Medicine.

A prolific author, Dr. Wolfelt has written over 75 helpful books and resources for bereavement caregivers and mourners. We invite you to visit www.centerforloss.com/bookstore to learn more.



The Center for Loss & Life Transition invites you to learn with Dr. Wolfelt and work toward

being honored with a Death & Grief Studies Certification! See details on page 11.

Contents

What are the Center for Loss Educational Seminars? 4

TRAINING COURSE DESCRIPTIONS AND DATES

CORE COURSES!

• Comprehensive Bereavement Skills Training	5
• Counseling Skills Fundamentals	5
• Exploring the Spiritual Dimensions of Death, Grief and Mourning	6
• The Depression of Grief	6
• PTSD: Companioning the Traumatized Griever	7
• Exploring the Paradoxes of Mourning: Implications for Caregivers	7
• Suicide Grief: Companioning the Mourner	8
• Helping Children and Adolescents Cope with Grief	8
• Support Group Facilitator Training	9
• Understanding and Responding to Complicated Mourning	9

CERTIFICATION AND CONTINUING EDUCATION

• Death & Grief Studies Certification	11
• Continuing Education Units	11
Basics and Questions	12
Seminar Registration Information	13
Registration Form	15
Locations and Dates	Back Cover

OUR EDUCATIONAL TRAININGS FOR 2017 ARE NOW FULL. THE 2017 SCHEDULE IS:

- **September 11-14, 2017:**
Comprehensive Bereavement Skills Training
- **October 2-5, 2017:**
Exploring the Shadow of the Ghosts of Grief
- **November 6-9, 2017:**
Suicide Grief: Companioning the Mourner
- **December 11-14, 2017:** Exploring the Spiritual Dimension of Death, Grief, and Mourning - Scottsdale, AZ

Please call (970) 226-6050 for details on our wait list and future training topics.

What are the Center for Loss Educational Seminars?

The Center for Loss and Life Transition has become known for providing quality bereavement care training for caregivers. Dr. Wolfelt's seminars have evolved out of a demand for concise yet comprehensive information in the growing area of death education and counseling. If you want to learn practical ways to "companion" people in grief from one of North America's most respected bereavement educators and clinicians, 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, school personnel, funeral directors, nurses and physicians, students and other interested professionals, as well as lay people.

Caregivers benefit in many ways from our seminars. We will help you

- become more familiar with the grief process.
- enhance your ability to relate effectively to the grieving person or family.
- develop new skills to cope with personal feelings related to death and grief.
- receive resource materials to facilitate continued learning.
- fine-tune skills in the helping relationship.
- expand your knowledge of current discipline developments.
- heighten your awareness of resources in the areas of death, dying, grief, and bereavement.

"My training experiences with Alan not only offer superb professional development, but also an opportunity for personal growth. I truly appreciate these opportunities—Thank you so much!"

— A grief companion

"To say this experience was profound is an understatement!"

— A bereaved mother & future grief companion

"As an experienced grief specialist, I wasn't sure I needed the Comprehensive Bereavement Skills seminar, but I learned so much! Alan's ability to understand and see clearly about companioning created the framework that enhanced the rest of the seminars I took for my Death & Grief Studies Certification. I highly recommend it to anyone working in the grief community."

— A bereavement specialist



Fort Collins, Colorado

OUR FOUNDATIONAL COURSES!

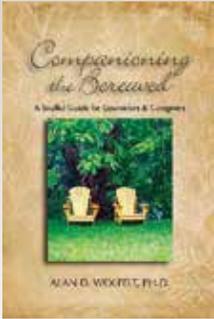
These two courses are our suggested foundational courses for all other Center for Loss trainings. However, we realize that for certain caregivers, taking just one or two of our specialty courses (such as Helping Children and Adolescents Cope with Grief) without first completing BST or CSK may make the most sense. Please call, write, or e-mail us if you would like to discuss your unique needs.

Comprehensive Bereavement Skills Training

2018	FORT COLLINS	• April 9-12 • September 10-13
2019	FORT COLLINS	• June 3-6
	SCOTTSDALE	• November 4-7

Whether you are new to the experience of caring for those in grief or are a veteran bereavement caregiver, we invite you to participate in this popular seminar. Comprehensive

Bereavement Skills Training explores a wide range of topics related to bereavement caregiving, including



Participants will receive a copy of *Companioning the Bereaved: A Soulful Guide for Caregivers*.

- Exploring North America's modern understanding of grief and loss
- Introduction to the tenets of "companioning" versus "treating"
- Understanding attachment and love influences on grief
- Misconceptions about grief
- Unique influences on grief: the whys of the journey

- Exploring the six central needs of mourning and the companioning helping role
- Encouraging self-compassion in mourners
- Application of content to support groups
- Exploring reconciliation versus resolution
- Acknowledging the transformative nature of grief

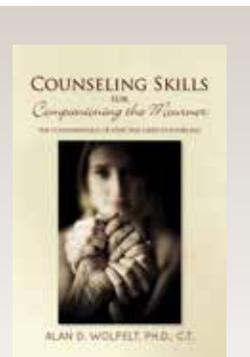
Dr. Wolfelt's bereavement caregiving philosophy is based on what he has termed "companioning" (see page 2). All of the practical topics covered in this course will be viewed through the companioning lens, and the companioning tenets will be introduced and explored.

Graduates of this comprehensive seminar will return home with a multitude of newly refined skills and abilities. This is a very popular seminar, so early application is a must!

Counseling Skills Fundamentals

2018	SCOTTSDALE	• January 22-25
	FORT COLLINS	• June 4-7
2019	FORT COLLINS	• June 17-20

This core seminar evolved out of a need expressed by people working with the bereaved. Many



Participants will receive a copy of *Counseling Skills for Companioning the Mourner: The Fundamentals of Effective Grief Counseling*.

have never had the opportunity to participate in a comprehensive yet practical counseling skills training program. We think this kind of training is a must for those working to "companion" people in their unique life and death journeys. The content of this seminar is appropriate both for novices and for

experienced practitioners looking to update their counseling skills.

Topics we will concentrate on include

- Development of the counseling relationship
- Characteristics distinguishing effective from ineffective counselors
- Counseling techniques and practice
- Understanding the counseling process
- Creating a personal theory of counseling
- Issues and trends in counseling the bereaved

Graduates of this seminar will be able to integrate theory, research, and practice in meaningful ways. You'll return home with many newly learned and practiced counseling skills.

Exploring Spiritual Dimensions of Death, Grief and Mourning

2019 FORT COLLINS • July 22-25

Bereavement naturally results in the “dark night of the soul,” writes Dr. Wolfelt. A central need of those in grief is to rejuvenate the spirit, to discover



Participants will receive a copy of Dr. Wolfelt’s book *Healing Your Grieving Soul*.

a reason to get one’s feet out of bed in the morning. Dr. Wolfelt will explore

- The importance of “companioning” vs. “treating” the bereaved
- Definitions of spirituality and faith
- Themes of spiritual importance to the bereaved
- Helping the bereaved reconstruct meaning and purpose in life

- A spiritual assessment tool
- Pain and suffering in the context of loss and grief
- Grief as a transformative experience

Plan to join us as we explore the very heart -- spirituality -- of death, grief, and mourning.

“Alan’s sense of humor was appreciated along with his undying compassion for helping others. My only regret was that the time went by way too fast.”

— A bereavement coordinator

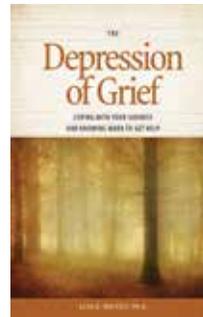
The Depression of Grief

2018 FORT COLLINS • October 8-11

This seminar will explore a variety of important topics related to the depression of grief. Dr. Wolfelt will explore how it is often normal and necessary to experience reactive depression after a significant loss, especially the death of someone loved. However, depression can sometimes be totally disabling and evolve into a clinical depression, resulting in a blocked path to healing. Come join us for a much-needed comprehensive examination of this topic.

An outline of the course includes

- Introduction: the importance of the topic
- Brief review of “normal” symptoms of grief
- Exploring the sadness of grief
- Defining clinical depression and its sub-types
- Understanding the differential diagnosis of clinical depression and normal depressive grief
- Introduction to “complicated” mourning
- Understanding authentic mourning as “treatment”: the six needs of mourning
- Introduction to the concept of “carried grief”
- Overview of biomedical treatments and psychotherapy “treatments”
- Companioning the depressed mourner in five areas (physical, cognitive, emotional, social, spiritual)
- Reconciliation and the transformative nature of grief



Participants will receive a copy of *The Depression of Grief: Coping with Your Sadness and Knowing When to Get Help*.

In 2019 and beyond, the material in this course will be more briefly covered in our Understanding and Responding to Complicated Mourning seminar.

PTSD: Companioning the Traumatized Griever

2018 FORT COLLINS • August 6-9

2019 FORT COLLINS • August 26-29

As our cultural and medical awareness of post-traumatic stress have grown, we as a society and as caregivers have begun to realize the sheer

magnitude of the issue.

It's now thought that about eight percent of us are experiencing the condition called PTSD at any given time.

In this training, Dr. Wolfelt will explore PTSD not as a “disorder” but instead as a component of normal, though complicated, grief. He will explain his belief that the term “traumatic grief” captures better the

totality of people's experience following traumatic loss. The symptoms of grief, normal or traumatic, are care-eliciting symptoms—not signs of illness but rather symptoms of an injury that needs careful and compassionate tending. What's more, the missing piece in the puzzle that is traumatic grief is mourning, or the expression of grief.

Topics we will cover include:

- Traumatic versus normal grief symptoms
- Traumatic grief as a form of complicated grief
- Medical model therapies as treatment
- Mourning as “treatment”
- Catch-up mourning for traumatic grief



Participants will receive a copy of *Reframing PTSD as Traumatic Grief: How Caregivers Can Companion Traumatized Grievors Through Catch-Up Mourning*.

Exploring the Paradoxes of Mourning: Implications for Caregivers

2018 FORT COLLINS • July 23-26

Today, our mourning-avoidant culture clings to a number of damaging misconceptions about grief, but those who walked before us have much to teach us about the mysteries of life and death. Dr. Wolfelt has looked to the past to identify three forgotten truths about grief and

mourning that, once revealed and practiced, help people move toward healing:

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.

In this exciting new seminar, Dr. Wolfelt will lead caregivers

through an exploration of the three truths—their historical roots as well as the ways in which they have been abandoned and even vilified by contemporary Western culture. Participants will be provided with tips and tools for recognizing paradox symptoms in their companioning work and guiding grievors toward a transformed—and transformative—understanding of grief and mourning.



Participants will receive a copy of *The Paradoxes of Mourning: Healing Your Grief with Three Forgotten Truths*.

“After reading the book, The Paradoxes of Mourning, and finding it so insightful, I signed up for this training. Between the book and the in-depth training I’m reminded each day of the importance of hello before goodbye, dark before light, and backward before forward. The illustrations and group discussions were invaluable. If you decide to attend this training, I assure you it will be of help to you both personally and in your role as a caregiver.”

.....

— Death and Grief Studies Graduate

Suicide Grief: Companioning the Mourner

2018 SCOTTSDALE • November 5-8

This training will enhance your ability to “companion” people impacted by the death of



Participants will receive a copy of *Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*.

someone to suicide. Suicide is death by just another name, yet it has many special features that demand our knowledge and skills as compassionate caregivers.

Suicide spans the width and breadth of our population, crossing cultures and touches lives from young and old. As one

observer noted, “There are volumes written on the subject of suicide, but none are more comprehensive and healing as the messages of Dr. Wolfelt.” Contact us now to reserve your space in this critically important learning experience.

Topics include:

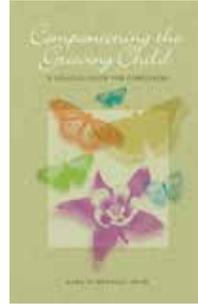
- The language of suicide
- Misconceptions
- Special features of suicide grief
- Dimensions of grief response and the caregiver helping role
- Application of Dr. Wolfelt’s six needs of mourning
- Exploration of the transformative nature of suicide grief

Helping Children and Adolescents Cope with Grief

2018 FORT COLLINS • July 9-12

2019 FORT COLLINS • July 8-11

Dr. Wolfelt has always written that children and teens are our finest teachers about grief and mourning. Sadly,



Participants will receive a copy of *Companioning the Grieving Child*.

in contemporary culture they are at risk for being “forgotten mourners.” Join us for this inspiring training and learn how children and teens teach us more through their behaviors than through their words.

You will learn how the philosophy of “companioning” grieving children and teens is more art than science. Come learn how to create a sacred space that encourages children to teach you as they “dose”

themselves on the central needs of mourning. Even if you don’t work directly with this population, this learning experience will enhance your capacity to support families experiencing grief.

Topics include:

- 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

Support Group Facilitator Training

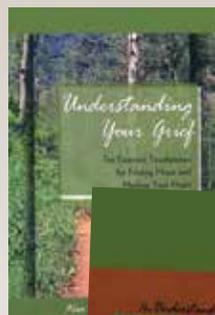
2018 FORT COLLINS • August 20-23

2019 FORT COLLINS • August 5-8

Enthusiasm for bereavement support group counseling has burgeoned in recent years. And, while training opportunities that advance our understanding of the bereavement process have become more available recently, less work has been done on the support group models of care. This seminar helps fill this gap.

Topics covered will include

- Support group leadership skills
- Barriers to effectiveness in support group counseling
- Detailed guidelines for operational practices (such as size of group, length, and frequency of sessions)
- Development of ground rules
- Distinguishing open-ended from closed-ended groups
- Elements of pre-screening group members
- Intervening with disruptive group members
- Publicizing your group



Participants will receive a copy of *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*, *The Understanding Your Grief Journal*, and *The Understanding Your Grief Support Group Guide*.

“Dr. Wolfelt’s genuine and skillful teaching and sharing from the heart are so valuable—He touched us all!”

— A bereavement caregiver

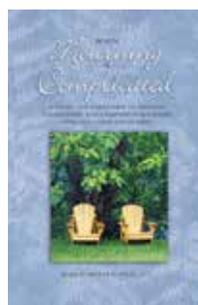
Understanding and Responding to Complicated Mourning

2018 FORT COLLINS • May 7-10

SCOTTSDALE • December 3-6

2019 SCOTTSDALE • December 9-12

Complicated mourning is normal grief that has become stuck or made more complex by various circumstances, including traumatic or marginalized loss, personality or mental-health issues, grief overload, and other factors.



Participants will receive a copy of *When Mourning is Complicated: A Model for Caregivers to Identify, Understand, and Companion Mourners Through Complicated Grief*

Dr. Wolfelt will teach you his model for identifying, understanding, and companioning mourners through their challenging grief journeys. This is an essential training for those wanting to learn specific ways to identify and assist people with the natural complications of grief and mourning. While there is a tendency for some to want to “treat” complicated grief, Dr. Wolfelt will advocate for the compassionate use of a companioning approach to caregiving that has been

effectively used at his Center for Loss for many years. If this appeals to you, please make plans now to come join us.

Together we’ll explore important topics such as:

- The importance of the semantics of “complicated” mourning
- Sudden, violent death
- The natural complications of suicide grief
- Multiple loss and bereavement overload
- Unmourned—or carried—grief
- Depression in grief—What’s normal? What’s clinical depression?
- Assessment model for complicated mourning
- Family systems issues
- The distinction between counseling and therapy
- Growth-oriented companioning strategies

Those who would like to are encouraged to bring a case presentation to assist seminar participants in the learning process.

A SPECIAL OPPORTUNITY

FOR FUNERAL DIRECTORS

WHY We Need Funerals Training

For more information on our unique Funeral Director training, 'WHY We Need Funerals', please call or e-mail the office, or visit www.centerforloss.com/why-seminar

"I returned from Dr. Wolfelt's 'WHY We Need Funerals' training with a renewed fire in my belly for the most important role we provide in our care of the families we serve—the role of educator. This training perfectly framed the purpose of our work, teaching us the skills we need to better guide our families as they mourn the loss of their loved ones. I highly recommend it to every funeral professional within your organization."

— A funeral director



Scottsdale, Arizona

You Can Bring Dr. Wolfelt's Inspiring Workshops to Your Community!

Did you know your organization can bring Dr. Wolfelt to your community? As one



sponsor noted, "We have received so many accolades for having Dr. Wolfelt come to our community. One participant even said that it was the best workshop she had

ever attended in her entire life."

Typical presentation formats include all-day workshops, evening presentations, and keynote addresses. We're happy to work with you to create the presentation that best meets your needs.

Please call us at (970) 226-6050 to receive a potential sponsor packet. Once we have confirmed dates that will work well for you, we will send you a checklist and timetable that will ensure preparations for your workshop will proceed smoothly. Should you have any questions, please call.

We look forward to working with you to bring excellent continuing grief education to your area!

"I was truly touched by the strength of spirit of the participants...and the training content teaches the art of 'walking with' and 'companioning' those in grief. I'm already scheduled to return for more."

— A hospice social worker

Death & Grief Studies Certification

Bereavement caregivers who complete five Center for Loss courses (150 hours) are awarded the “Death & Grief Studies Certification.”



What an affirming way to be recognized for your ongoing commitment to bereavement care!

While you are welcome to take seminars in any sequence, we have found that Comprehensive Bereavement Skills Training is an excellent way to get started. Also, it is the required core course for our certification.

HOW LONG DO I HAVE TO COMPLETE MY DEATH & GRIEF STUDIES CERTIFICATION?

This certification is awarded to you after the completion of five courses (150 hours) from the Center. We understand this can be a large financial as well as time commitment. Therefore, we place no time limit on the completion of this certification. In fact, it is recommended that you take some time between each course to absorb the information and incorporate it into your work.

While some students choose to complete the certification in a year, there are others who take five or more years. What is most important is that you work toward this at your pace and select courses that are applicable to your needs.

“I have completed my certification at the Center and encourage other caregivers to do the same. A fantastic experience.”

— A counselor

CONTINUING EDUCATION UNITS

The Center for Loss provides participants with a Certification of completion at the end of each class. This is sufficient for the continuing education requirements of many professional associations.

Many participants wish to receive official CEUs (Continuing Education Units). As you may know, CEUs are designed to measure participation in learning experiences other than academic courses. As such, these units do not satisfy any requirements toward a degree, but they do provide a permanent record for professional training and enrichment activities.

Colorado State University’s Division of Outreach, located here in Fort Collins, administers and grants CEUs for each of our courses. One CEU represents 10 hours of instruction; our 4-day seminars are worth 3 CEUs each. The fee for 3 CEUs is \$50 and payable by check, Visa, or MasterCard to Colorado State University during the week of your course.

Our training course contact hours are also pre-approved to qualify toward the hours needed to apply to take the Certification in Thanatology exam through the Association for Death Education and Counseling.

“I’m glad I took the Comprehensive Bereavement Skills class first! It helped me to understand the depth and intensity of companionship. For me, Comprehensive Bereavement Skills Training was like the foundation of a house—everything built on top of it.”

— A hospice social worker

Basics and Questions

WHEN ARE THE SEMINARS AND WHAT IS THE DAILY SCHEDULE?

Please see page 15 for a list of courses we will be offering in 2018-2019.

Our training seminars are each three-and-a-half days long. You will meet other participants in the designated conference room at the hotel, where training begins each day at 8:00 am. Breakfast will be served from 7:00 to 8:00 am, and lunch will be from noon to 1:00 pm.

On Monday through Wednesday class will end by 4:00 pm. On Thursday the course graduation will wrap up at 12:00 pm. Many people leave for the airport at that time; therefore, lunch is not provided on Thursday. **Participants who are not present at the completion of the course will not receive their course Certification.**

As such, we suggest a return flight out of Denver International Airport or Phoenix Sky Harbor Airport no earlier than 4:00 pm.



WHAT IS DR. WOLFELT'S TEACHING STYLE?

You'll find Dr. Wolfelt's emphasis on interactive learning to be relaxed and informal. When information is presented in a more traditional lecture format, you'll be invited to ask questions

and help direct the conversation. Our limited class size allows us this interactive and highly successful approach.

WHERE ARE THE SEMINARS HELD?

Our 2018 Fort Collins, Colorado, courses are held at the Marriott Hotel Conference Center. Conveniently, this is the lovely facility where we also have a block of rooms at a discounted rate!

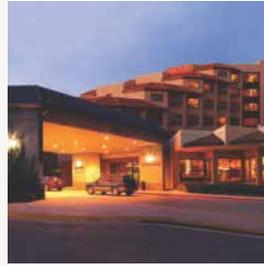
In 2019, we will be transitioning to the Hilton Fort Collins for our brand new summer institute! Please review the next section for more details.

Our Arizona course offerings are held at the Scottsdale Marriott Suites Old Town in Scottsdale, Arizona. We have a room block discount there as well and will continue having trainings in Scottsdale with our new mini winter institute!

ACCOMMODATIONS

FORT COLLINS, COLORADO:

2018: The full service Marriott Hotel in Fort Collins is an elegant 230-room facility conveniently located next door to the Foothills



Mall, numerous restaurants, retail outlets, and several movie theaters.

Amenities include free Internet access for our group members, an acclaimed full-service restaurant, and an indoor/

outdoor pool and fitness center. Reservations may be made by calling (970) 226-5200. The Center for Loss group rate for 2017-18 is \$124/night (plus applicable taxes). The room block is limited and reservations must be made **at least four weeks** prior to attendance, so please call early.

2019: The Hilton Fort Collins is a newly renovated, full service hotel located near the Rocky Mountains foothills, Colorado State University campus and a convenient two miles from Historic Fort Collins Old



Town and the banks of the Cache La Poudre River.

The Hilton features 255 rooms, a fitness center, an indoor swimming pool and hot tub, a full bar, restaurant and café. We're pleased to offer our guests

free parking and high-speed internet. Reservations may be made by calling (970) 482-2626. Our group rate for 2019 is \$129/night (plus applicable taxes). The room block is limited and reservations must be made **at least three weeks** prior to attendance, so please call early.

SCOTTSDALE, ARIZONA:

The Scottsdale Marriott Suites Old Town is a 243-room facility conveniently located within walking



distance of historic Old Town, offering boutique shops and excellent restaurants. The Center for Loss has guaranteed a special room rate for course participants

of \$199/night for 2018 and \$204/night for 2019 (plus applicable taxes). January 2018 rates are \$229 due to the busy season. For your recreational pleasure, the hotel offers an outdoor pool, sauna, and fitness center. Reservations may be made by calling the **Center for Loss** at (970) 226-6050. The room block is limited and must be made **at least four weeks** prior to attendance, so reserve your room early.

TRANSPORTATION

Denver International Airport (DEN) is the closest major airport to Fort Collins, which lies about 90 minutes north of the airport. Most participants choose to use ground shuttle service between the airport and the hotel. The most common shuttle option is the Green Ride at (888) 472-6656. Another option is to rent a car for your stay.

Phoenix Sky Harbor Airport (PHX) is about 30 minutes from the Scottsdale trainings. The SuperShuttle will be the best transportation option. Call SuperShuttle at (800) BLUE-VAN (800-258-3826) or visit their website at www.supershuttle.com to make your reservation.

TELL ME MORE ABOUT FORT COLLINS AND SCOTTSDALE

Tucked up against the Colorado Rocky Mountains' eastern foothills, Fort Collins is a delightful mid-sized city full of wonderful hiking trails,



restaurants, shops, and, for beer lovers, craft breweries. Rocky Mountain National Park is just an hour's drive away.

For more information about Fort Collins, you may contact the Convention and Visitors Bureau at (800) 274-3678 or www.visitftcollins.com.



Located in the beautiful Arizona Sonoran Desert, Scottsdale is home to wonderful restaurants and shops as well as

myriad art galleries. North of the mid-sized city is the Sonoran Preserve, with more than 60 miles of scenic hiking trails. For more information

about Scottsdale, you may contact the Convention and Visitors Bureau at (800) 782-1117 or visit www.experiencescottsdale.com.

Your discounted lodging is good through Thursday night, so you might want to consider a visit to Rocky Mountain National Park or the Sonoran Desert, or a day exploring the city of Denver or Phoenix to close-off your experience!

TUITION

Tuition for our courses is \$895. Tuition includes all seminar materials, breakfasts, and lunches. A non-refundable \$250 deposit is required to confirm your registration. The tuition balance is due and non-refundable six weeks before the seminar. If you find you need to cancel, any tuition paid is eligible for a one-time transfer to another course, as long as you contact us **more than two weeks prior to the seminar**. For further information please contact us.

TAX DEDUCTIBILITY

The expenses of continuing education, when taken to maintain and improve professional skills, are tax deductible. Please consult your accountant for complete details.

HOW DO I REGISTER?

To view the availability of our courses, please visit our website at www.centerforloss.com/trainings. You can then create an account and register online or download a registration form. Registration forms can be e-mailed, faxed, or mailed. If you have questions about registration, please e-mail us at training@centerforloss.com or call us at (970) 226-6050.

THEN SEND US YOUR

- Registration Form (see page 15)
- 1-2 page background statement (see page 14)
- \$250 non-refundable, deposit for each course, payable by check (U.S. funds only), VISA or MasterCard

YOU MAY SEND IT BY:

- E-mail: training@centerforloss.com
- Mail: 3735 Broken Bow Road, Fort Collins, CO 80526
- Fax: (800) 922-6051

Upon receipt of your information, we will review and approve your application. We will then send you a letter of confirmation and a receipt for your deposit. We look forward to seeing you!

YOUR BACKGROUND STATEMENT

Should you wish to attend a Center for Loss seminar, we will require a one-time written statement of your background and interest in bereavement care. While there is no specific educational degree requirement, each applicant is required to demonstrate an interest in caring for 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. This statement helps us get to know you before you arrive.

FOR MORE INFORMATION

Please email us at training@centerforloss.com or call us at (970) 226-6050 if you would like more information about our seminars. We can be reached Monday-Friday, 8:00 am to 4:30 pm MST.

I CAN'T ATTEND A SEMINAR THIS YEAR BUT I'D LIKE TO SOON!

Stay in touch with us through our email list! You may sign up using the link found on the bottom left corner of our webpage at www.centerforloss.com.

Dr. Wolfelt also speaks throughout North America. Visit www.centerforloss.com/events for his upcoming tour dates and locations.

"We are basking in the glory of many, many comments and letters we have received. Everyone was tremendously impressed with the content and quality of both the community program for the public and the workshop for professional caregivers. Never in our wildest imagination did we expect this great abundance of thank-you letters, cards, and comments!"

— A recent sponsor

VISIT OUR WEBSITE

The Center for Loss & Life Transition's website contains information for mourners, details about our educational training seminars, Dr. Wolfelt's North American speaking schedule, and an online bookstore.

JOIN OUR PUBLICATION E-MAIL LIST!

Be the first to know about our special Book of the Month discounts, pre-ordering of forthcoming titles, and other publications-related information.

Go to www.centerforloss.com and enter your e-mail address into the form at the bottom of the homepage.

"Mourning in our culture isn't always easy. Normal thoughts and feelings connected to loss are typically seen as unnecessary and even shameful. Instead of encouraging mourners to express themselves, our culture's unstated rules would have them avoid their hurt and 'be strong.'

"But grief is not a disease. Instead, it is the normal, healthy process of embracing the mystery of the death of someone loved. If mourners see themselves as active participants in their healing, they will experience a renewed sense of meaning and purpose in life."

— Alan D. Wolfelt, Ph.D.

Registration Form

Name: _____

Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____ Cell Work Home

Phone: _____ Cell Work Home

Email: _____

Dietary Restrictions: _____

How did you hear about our courses? _____

ENCLOSED IS MY:

- Registration Form
- 1-2 page background statement (see page 14)
- \$250 deposit payment for each course:
 - Check enclosed, payable to the Center for Loss (U.S. Funds only)
 - Please charge my deposit(s) or full tuition fee(s) to my:
 - Visa MasterCard

Card Number: _____

Expiration Date: _____ Security Code: _____

Signature: _____

SEND YOUR REGISTRATION BY:

MAIL: 3735 Broken Bow Road, Fort Collins, CO 80526
FAX: (800) 922-6051
E-MAIL: training@centerforloss.com

I would like to apply for the following seminars: (check appropriate dates)

COMPREHENSIVE BEREAVEMENT SKILLS TRAINING

- 2018** Fort Collins April 9-12
- 2018** Fort Collins September 10-13
- 2019** Fort Collins June 3-6
- 2019** Scottsdale November 4-7

COUNSELING SKILLS FUNDAMENTALS

- 2018** Scottsdale January 22-25
- 2018** Fort Collins June 4-7
- 2019** Fort Collins June 17-20

EXPLORING SPIRITUAL DIMENSIONS OF DEATH, GRIEF AND MOURNING

- 2019** Fort Collins July 22-25

THE DEPRESSION OF GRIEF

- 2018** Fort Collins October 8-11

EXPLORING THE PARADOXES OF MOURNING: IMPLICATIONS FOR CAREGIVERS

- 2018** Fort Collins July 23-26

HELPING CHILDREN AND ADOLESCENTS COPE WITH GRIEF

- 2018** Fort Collins July 9-12
- 2019** Fort Collins July 8-11

PTSD: COMPANIONING THE TRAUMATIZED GRIEVER

- 2018** Fort Collins August 6-9
- 2019** Fort Collins August 26-29

SUICIDE GRIEF: COMPANIONING THE MOURNER

- 2018** Scottsdale November 5-8

SUPPORT GROUP FACILITATOR TRAINING

- 2018** Fort Collins August 20-23
- 2019** Fort Collins August 5-8

UNDERSTANDING AND RESPONDING TO COMPLICATED MOURNING

- 2018** Fort Collins May 7-10
- 2018** Scottsdale December 3-6
- 2019** Scottsdale December 9-12

The Center for Loss and Life Transition, directed by Dr. Alan Wolfelt, is dedicated to furthering our understanding of the complex emotions we call grief. Our mission is to help both the bereaved, by walking with them in their unique journeys, and bereavement caregivers, by serving as an educational liaison and professional forum.

Visit our website at
www.centerforloss.com

2018-2019 Courses by Date

Here's a listing of our upcoming courses by date instead of topic. We hope it will help you find a seminar that fits your schedule!

	Jan	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
2018	CSK			BST	CM	CSK	HCC EPM	PTS SG	BST	DG	SGC	CM
						BST CSK	HCC ESD	SG PTS			BST	CM
2019												

ABBREVIATION KEY:

Green =

Fort Collins, Colorado

Blue =

Scottsdale, Arizona

BST Comprehensive Bereavement Skills Training

CM Understanding and Responding to Complicated Mourning

CSK Counseling Skills Fundamentals

DG The Depression of Grief

HCC Helping Children and Adolescents Cope with Grief

ESD Exploring the Spiritual Dimensions

EPM Exploring the Paradoxes of Mourning

PTS PTSD: Companioning the Traumatized Griever

SGC Suicide Grief: Companioning the Mourner

SG Support Group Facilitator Training