THE WRITINGS OF
Dr. Alan Wolfelt

NEW!
Too Much Loss: Coping with Grief Overload
Words of Hope and Healing

NEW!
The Grief of Infertility
Words of Hope and Healing

See page 3 for more information.
A Note from Dr. Wolfelt

It was Joseph Campbell who reminded us, “We must be willing to get rid of the life we’ve planned so as to have the life that is waiting for us.” I love this powerful reflection. Why? Because as a young child and into my early teen years I wanted to be an architect. I had been drawing house plans since I was two-years-old. Then as a teenager I experienced a series of losses that forever changed my path and helped me discover my calling surrounding death education and counseling.

I’m so honored to write, teach, and counsel about death, dying, grief, and loss. Like many of you, I am humbled every day that my fellow humans are willing to share their life stories of love and loss with me. I sometimes pinch myself when I realize there is now an international network of thousands of people who have read my books and trained with me on the philosophy and practice of companioning people in grief. My hope is that this model is life-giving, hope-filled and incorporates not only the mind and the body, but the soul and the spirit.

I continue to be committed to touch lives in 2020 and 2021! I’m so excited to teach my “on road” workshops and keynotes, host our trainings in Colorado and Arizona, and provide personal consultations on “complicated” grief to both counselors and lay persons in need of enhanced understanding and support. In terms of publications, you will see we have two new resources coming out this year.

I have recently introduced a new series of books in what I’m calling the “Words of Hope and Healing” series. To date, I have written Understanding Your Grief After a Drug-Overdose Death, Too Much Loss: Coping with Grief Overload, and The Grief of Infertility. Find these new titles on the next page.

If you have other topics where you think there is a need I should address, please let me know by emailing me at DrWolfelt@centerforloss.com.

I’m thrilled to announce my daughter Jaimie is pursuing her passion for also being a caregiver to those in need of compassion and support. Jaimie will be interning for her master’s degree in counseling at Judi’s House in Denver, CO. In addition, she has been busy writing. See her new publications on page 4 of this catalog.

Hope to see you at one of my “on-road” workshops, or, better yet, please consider joining us for a training (see page 34).

In Gratitude,

Alan D. Wolfelt

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Table of Contents

NEW AND FORTHCOMING 3
Too Much Loss: Coping with Grief Overload
The Grief of Infertility
Understanding Your Grief after a Drug-Overdose Death
Living with Diabetes: A Journal for Teens
I Have Diabetes: A Feelings Coloring Book
My Grief Rights as a Kid with Diabetes
First Aid for Broken Hearts

RECENT PUBLICATIONS
The Dementia Care-Partner’s Workbook and Leader’s Manual
Grief Day By Day

POPULAR RESOURCES 6
Loving from the Outside In, Mourning from the Inside Out
Afterwords...Helping Yourself Heal
Grief One Day at a Time
One Mindful Day at at Time

UNDERSTANDING YOUR GRIEF SERIES 7

UNDERSTANDING YOUR SUICIDE GRIEF SERIES 9

100 PRACTICAL IDEAS SERIES 10

RESOURCES FOR GRIEVING CHILDREN AND TEENS 17

RESOURCES ABOUT GRIEVING CHILDREN AND TEENS 18

RESOURCES FOR ADULT MOURNERS 19

THE COMPANIONING SERIES: GUIDES FOR CAREGIVERS 22

CREATING MEANINGFUL FUNERALS 26

PET LOSS RESOURCES 28

DIVORCE RESOURCES 29

WALLET CARDS 30

THE HELPING SERIES BROCHURES 31

OTHER RESOURCES 32

ABOUT THE AUTHOR 33

TRAININGS 34

ORDER FORM 35
Understanding Your Grief after a Drug-Overdose Death

Loss is always hard, but when someone you love dies of an accidental drug overdose, the grief that follows can be especially painful and challenging. In this compassionate guide, Dr. Alan Wolfelt, one of the world’s most respected and beloved grief counselors and educators, shares the most important lessons he has learned from loved ones who’ve picked up the pieces in the aftermath of a drug overdose.

Readers will learn ideas for coping in the early days after the tragic death, as well as ways to transcend the stigma associated with overdose deaths. The book also explores common thoughts and feelings, the six needs of mourning, self-care essentials, finding hope, and more.

Yes, the road you are now walking is a heartbreaking one, but the principles in this guide will help you step through the darkness and back into the light. Understanding Your Grief after a Drug-Overdose Death is part of Companion Press’s Words of Hope and Healing series—empathetic books on grief and other loss-related topics, with just the right amount of education and support.

978-1-61722-285-6
64 pages • softcover • $9.95

Too Much Loss: Coping with Grief Overload

If you are feeling overwhelmed by too much loss in your life, this book is for you.

Grief overload is what you feel when you experience too many significant losses all at once, in a relatively short period of time, or cumulatively. In addition to the deaths of loved ones, such losses can also include divorce, estrangement, illness, relocation, job changes, and more. Our minds and hearts have enough trouble coping with a single loss, so when the losses pile up, the grief often seems especially chaotic and defeating.

The good news is that through intentional, active mourning, you can and will find your way back to hope and healing. This compassionate guide will show you how.

64 pages • softcover • $9.95 • ISBN: 978-1-61722-287-0

The Grief of Infertility

When you want to have a baby but are struggling with fertility challenges, it’s normal to experience a range and mixture of ever-changing feelings.

These feelings are a natural and necessary form of grief. Whether you continue to hope to give birth or you’ve stopped pursuing pregnancy, this compassionate guide will help you affirm and express your feelings about infertility. By giving authentic attention to your grief, you will be helping yourself cope with your emotions as well as learn how to actively mourn and live fully and joyfully at the same time. This compassionate guide will show you how. Tips for both women and men are included.

64 pages • softcover • $9.95 • ISBN: 978-1-61722-291-7
Living with Diabetes: A Journal for Teens
By Jaimie A. Wolfelt

If being a teenager is hard, what about being a teenager with diabetes? Alternating brief educational sections with space for responding to questions, this compassionate guided journal helps teens understand and express their many feelings about living with Type 1 diabetes. Topics explored include depression, anxiety, isolation, chronic fatigue, self-identity challenges, emotional responses to high and low blood sugar, and more. As they step through this journal, teens learn that their feelings are normal and are invited to share their unique stories. Physical self-care for teens with diabetes is essential, but so is emotional self-care. This journal is a simple, teen-friendly tool for emotional support, exploration, and growth.

Available October 1, 2020 • Softcover • $11.95 • ISBN: 978-1-61722-289-4
Pre-order price of $9.95 available until September 30, 2020

I Have Diabetes: A Feelings Coloring Book for Children with Type-1 Diabetes
This coloring book for children ages 3-8 was written by Jaimie Wolfelt, a diabetes education advocate who was diagnosed at age nine with Type-1 diabetes. Throughout the coloring book, children are invited to express—in words, drawing, and coloring—common feelings they may have after their own Type-1 diagnosis as well as in the months and years to come, as they learn to make diabetes and self-care an integral part of their lives. The friendly drawings depict diverse children and families as they interact with medical professionals and go about their days, encountering a range of feelings from confusion and sadness to anger, isolation, happiness, and more. The coloring book emphasizes that it’s normal to have lots of thoughts and feelings about diabetes, and it’s good to express those feelings. The book closes with this affirmation: “I have diabetes, and I am strong and amazing!”

22 pages • $2.00 • Bulk order discount 25 copies $30.00.

My Grief Rights as a Kid with Diabetes
Wallet Cards
These colorful wallet cards help kids diagnosed with diabetes understand their feelings and empowers them to express themselves in healthy ways.

The contemporary design and straightforward—but-not-condescending text also make it appropriate for those diagnosed with diabetes at any age. Wallet cards are great for kids to carry with them and share with others.

Wallet cards (packet of 50) • $15.00
Grief Day by Day:
Simple Practices to Help Yourself Survive… and Thrive

Rituals give us something to do with our grief. Simple, everyday practices can give structure to our grief and help us hold up when we’re feeling like we might collapse. In fact, when we’re in grief, rituals are essentially effective beelines to healing.

Learn what makes a ritual a ritual. (Spoiler alert: Rituals can be easy and fast!) Try some of the many solo rituals gathered here, such as letter writing, meditating, intentional emoting, grief walks, and the 10-minute grief encounter. And reach out to friends and loved ones who might like to get together for one of the simple group ceremonies. By incorporating the healing power of ritual into our days, you’ll be not only surviving your grief, you’ll be building in meaning and hope so that you can go on to thrive.

122 pages • softcover • $14.95

The Dementia Care-Partner’s Workbook:
A Guide for Understanding, Education, and Hope

By Edward G. Shaw, M.D., M.A.

The Dementia Care-Partner’s Workbook is a support group manual as well as a self-study guide for care partners of a loved one with Alzheimer’s disease or another type of dementia. It provides 13 lessons for support group participants or individuals who desire independent study.

The Dementia Care-Partner’s Workbook is authored by Dr. Edward Shaw, a dually trained physician and mental health counselor who directs a large dementia caregiver support program and is an experienced support group leader. He was also care partner to his late wife Rebecca, who lost her nine year battle with Alzheimer’s disease several years ago.

ISBN 978-1-61722-274-0 • 290 pages • softcover • $19.95

A Leader’s Manual
For Dementia Care-Partner Support Group

By Edward G. Shaw, M.D., M.A., and Alan D. Wolfelt, Ph.D., C.T.

A Leader’s Manual for Dementia Care-Partner Support Groups is the comprehensive resource you need to lead a support group for dementia care partners. The Manual provides general information about establishing and leading support groups, counseling skills for leaders and co-leaders, how to handle challenging group participants, step-by-step instructions on how to run each meeting (including meeting-specific handouts), and lots of practical advice from co-authors Dr. Edward Shaw and Dr. Alan Wolfelt.

$19.95 • 113 pages
Loving from the Outside In, Mourning from the Inside Out

“The capacity to love requires the necessity to mourn,” writes Dr. Wolfelt in this lovely gift book.

“Love and grief are two sides of the same precious coin. One does not—and cannot—exist without the other. They are the yin and yang of our lives. What higher purpose is there in life but to give and receive love? Love is the essence of a life of abundance and joy. No matter what life brings our way, love is our highest goal, our most passionate quest. People sometimes say that grief is the price we pay for the joy of having loved. If we allow ourselves the grace that comes with love, we must allow ourselves the grace that is required to mourn.”

In this compassionate guide, Dr. Wolfelt explores what love and grief have in common and invites the reader to mourn well in order to go on to live and love well again.

ISBN 978-1-61722-147-7 • 96 pages • hardcover • $15.95

Digital audiobook now available on Audible!

“Quite simply the most beautiful book I have ever read. It is honest, enchanting, and gave me hope that the rest of my days will not be so dark as they are now.”

— Meghan from Ontario, Canada

Grief One Day at a Time

365 Meditations to Help You Heal After Loss

After someone you love dies, each day can be a struggle. But each day, you can also find comfort and understanding in this daily companion. With one brief entry for every day of the calendar year, this little book offers small, one-day-at-a-time doses of guidance and healing. Each entry includes an inspiring or soothing quote followed by a short discussion of the day’s theme.

How do you get through the loss of a loved one? One day at a time. This compassionate gem of a book will accompany you.

MEDITATION SUBSCRIPTION PROGRAM - see page 28.

ISBN 978-1-61722-263-4 • 384 pages
softcover • $14.95

One Mindful Day at a Time

365 Meditations for Living in the Now

For most of us, life is way too hectic. We feel scattered and distracted. We’re busy rushing from one required activity to the next, and when we have a few moments of downtime, we’re often glued to our electronics. Is this what life is really all about?

Learn to slow down and live more mindfully with this daily companion. In one brief entry for each day of the calendar year, counselor Dr. Alan Wolfelt offers small, day-at-a-time doses of wisdom and practical guidance. Each entry includes an inspiring or soothing quote followed by a short discussion of the day’s theme as well as a succinct mantra to return to throughout the day.

TRAINING OPPORTUNITY! See Page 30.

ISBN 978-1-61722-263-4 • 384 pages
softcover • $14.95

Afterwords...Helping Yourself Heal

A compassionate, affordable aftercare packet for hospices & funeral homes

Available in English and Spanish!

The distillation of many of Dr. Wolfelt’s key teachings, Afterwords offers compassionate, empowering messages about grief and healing to the newly bereaved. Afterwords is an easy-to-use, high quality aftercare packet for hospices, hospitals and funeral homes. And Afterwords is affordable, too.

Afterwords Pricing:
1 - $5.00
10 - $20.00
25 - $45.00
50 - $82.50
100 - $150.00
500 - $650.00
1000 - $1000.00

Please call for shipping costs
Understanding Your Grief
Ten Essential Touchstones for Finding Hope and Healing Your Heart

This book is Dr. Wolfelt’s most comprehensive, covering the essential lessons that mourners have taught him in his three decades of working with the bereaved. In compassionate, down-to-earth language, Understanding Your Grief describes ten touchstones—or trail markers—that are essential physical, emotional, cognitive, social, and spiritual signs for mourners to look for on their journey through grief.

The Ten Essential Touchstones:
1. Open to the presence of your loss.
2. Dispel misconceptions about grief.
3. Embrace the uniqueness of your grief.
5. Recognize you are not crazy.
6. Understand the six needs of mourning.
7. Nurture yourself.
8. Reach out for help.
9. Seek reconciliation, not resolution.
10. Appreciate your transformation.

Think of your grief as a wilderness—a vast, inhospitable forest. You must journey through this wilderness. To find your way out, you must become acquainted with its terrain and learn to follow the sometimes hard-to-find trail that leads to healing. In the wilderness of your grief, the touchstones are your trail markers. They are the signs that let you know you are on the right path. When you learn to identify and rely on the touchstones, you will find your way to hope and healing.

ISBN 978-1-879651-35-7 • 176 pages • softcover • $14.95

The Understanding Your Grief Journal
Exploring the Ten Essential Touchstones

Writing can be a very effective form of mourning, or expressing your grief outside yourself. And it is through mourning that you heal in grief.

The Understanding Your Grief Journal is a companion workbook to Dr. Wolfelt’s Understanding Your Grief. Designed to help mourners explore the many facets of their unique grief through journaling, this compassionate book interfaces with the ten essential touchstones. Throughout, journalers are asked specific questions about their own unique grief journeys as they relate to the touchstones and are provided with writing space for the many questions asked.

Purchased as a set together with Understanding Your Grief, this journal is a wonderful mourning tool and safe place for those in grief. It also makes an ideal grief support group workbook.

ISBN 978-1-879651-39-5 • 150 pages • softcover • $14.95

ORDER SPECIAL SET PRICE:
Order Understanding Your Grief and The Understanding Your Grief Journal and receive more than 15% off the normal combined price • $25.00

“Of all the books I’ve read since my son was killed (and there are plenty), this one would be at the top of the recommendation list for the bereaved to read. It thoroughly covers every facet of grief that one will ever experience along the journey. For once, I had my own worst time of day acknowledged and explained. In our mourning-avoiding society, this book validates and fortifies the bereaved. In addition, Dr. Wolfelt adeptly and compassionately shows the way to integrate grief into a positive transformation toward a new life of hope as our loved ones would want us to live.”

— A reader

“After almost four years on the grief path, this is by far the best book I’ve read to date. I wish I had this book and journal at the start of my journey.”

— Bill
For bereavement support group leaders and participants, this package contains two copies of *The Understanding Your Grief Support Group Guide* and ten copies each of *Understanding Your Grief* and *The Understanding Your Grief Journal.*

**Bereavement Support Group Start-up Package**

|$270 | SAVE 20%$

For bereavement caregivers who want to start and run an effective grief support group for adults, this support group guide discusses the role of support groups for mourners and describes the steps involved (such as deciding on group format, publicizing the group, and writing meeting plans) in getting a group started. Responding to problems in the group is also addressed, as is a model for evaluating your group's progress.

This guide includes potential meeting plans that interface with *Understanding Your Grief* and the companion journal as texts for group participants. This support group guide is a must for all bereavement group leaders.

**TRAINING OPPORTUNITY!** See Page 30.

ISBN 978-1-879651-40-1 • 104 pages • softcover • $19.95

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**The Wilderness of Grief**

*Finding Your Way*

*A beautiful, hardcover gift book version of Understanding Your Grief*

*Understanding Your Grief* provides a comprehensive exploration of grief and the ten essential touchstones for finding hope and healing your heart. *The Wilderness of Grief* is an excerpted version of *Understanding Your Grief*, making it approachable and appropriate for all mourners.

This concise book makes an excellent gift for anyone in mourning. On the book's inside front cover is room for writing an inscription to your grieving friend.

While some readers will appreciate the more in-depth *Understanding Your Grief*, others may feel overwhelmed by the amount of information it contains. For these readers we recommend *The Wilderness of Grief*. (Fans of *Understanding Your Grief* will also want a copy of *The Wilderness of Grief* to turn to in spare moments.)

*The Wilderness of Grief* is an ideal book for the bedside or coffee table. Pick it up before bed and read just a few pages. You'll be carried off to sleep by its gentle, affirming messages of hope and healing.

ISBN 978-1-879651-52-4 • 112 pages hardcover • $15.95

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**The Wilderness of Grief Audiobook**

Narrated by Dr. Wolfelt and beautifully produced, this audiobook version of *The Wilderness of Grief* reveals the trail markers—or touchstones—that will help guide you through the wilderness that is grief. Makes a wonderful gift—either for someone you care about or for yourself!

ISBN 978-1-879651-55-5 • 90 minutes • $15.95

**Now available digitally on Audible!**

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**SPECIAL SET PRICE:**

Order the audiobook together with the hardcover version and receive 10% off the normal combined price • $28.00
Understanding Your Suicide Grief
Ten Essential Touchstones for Finding Hope and Healing Your Heart
Using the metaphor of the wilderness, Dr. Wolfelt introduces ten touchstones that will assist the survivor in what is often a complicated grief journey. Learning to identify and rely on the touchstones helps those touched by suicide find their way to hope and healing.

TRAINING OPPORTUNITY! See Page 30.
ISBN 978-1-879651-58-6 • 228 pages • softcover • $14.95

The Understanding Your Suicide Grief Journal
Exploring the Ten Essential Touchstones
This companion journal to Understanding Your Suicide Grief helps you explore the ten essential touchstones for finding hope and healing your grieving heart after the suicide death of someone loved. Throughout, you’ll be reminded of the content you have read in the companion book and asked corresponding questions about your profound, unique grief.
ISBN 978-1-879651-59-3 • 150 pages • softcover • $14.95

SPECIAL SET PRICE:
Order Understanding Your Suicide Grief and The Understanding Your Suicide Grief Journal and receive more than 15% off the normal combined price. • $25.00

The Wilderness of Suicide Grief
Finding Your Way
This hardcover gift book is a compassionate, gentle guide to finding your way through the wilderness of grief after the suicide death of someone you love. An excerpted version of the comprehensive Understanding Your Suicide Grief, this is a more concise resource, making it appropriate for mourners who might be overwhelmed by a lengthy text.
ISBN 978-1-879651-68-5 • 128 pages • hardcover • $15.95

The Understanding Your Suicide Grief Support Group Guide
Meeting Plans for Facilitators
This book is for those who want to facilitate an effective suicide grief support group. It includes 12 meeting plans that interface with Understanding Your Suicide Grief and its companion journal.
ISBN 978-1-879651-60-9 • 52 pages • softcover • $12.95

Suicide Grief Support Group Start-Up Package

$270 | SAVE 15%
For support group leaders and participants, this package contains two copies of The Understanding Your Suicide Grief Support Group Guide and ten copies each of Understanding Your Suicide Grief and The Understanding Your Suicide Grief Journal.

“Already I feel a sense of hope for the first time in the seven years since my husband Paul took his life. I just can’t thank Dr. Wolfelt enough for this book — I’ve tried a few books but this one is different. I’ve a lot of work ahead of me as I find a new way through the wilderness.”
— Lorna from England
We’re pleased to present our popular (and ever-growing) 100 Ideas Series

This series of concise, practical books on grief offers compassionate and reader-friendly guidance to mourners of all ages. One idea per page—that’s what makes these books so very useful. Some of the ideas explain the basic principles of grief and mourning. Others offer immediate, here-and-now suggestions for what to do to help yourself or someone you care about.

What’s more, each audience-specific book customizes counsel based on the type of loss.

“Access to this kind of help when my daughter died would have made a major difference in my grief. I would have draped this gem over a silken cord and worn it around my neck 24 hours a day. I recommend one for your bedside table, one for your car, one for your desk, and one for everyone who cares about you.”

— From the Foreword of Healing a Parent’s Grieving Heart

THE NEWEST TITLE IN OUR 100 IDEAS SERIES

Healing Your Chronic Illness Grief
100 Practical Ideas for Living Your Best Life
by Alan D. Wolfelt, Ph.D., and Jaimie Wolfelt

Chronic illness is a type of loss. Depending on your condition and its course, you may be confronted with physical limitations, financial struggles, relationship challenges, and much more. Your hoped-for future may feel stolen from you.

In addition to good physical care, acknowledging and working through your normal, necessary grief along the way are essential to living well with chronic illness. Mourning is important self-care. The 100 tips, affirmations, and simple activities in this book will help you attune to and express your feelings each day. They will support you in living your best life physically, cognitively, emotionally, socially, and spiritually.

To mourn well is to clear the way for living well. Let’s get started.

ISBN: 978-1-61722-277-1 • 116 pages • softcover • $11.95

Healing Your Grieving Heart
100 Practical Ideas

This flagship title in our 100 Ideas Series offers 100 practical ideas to help you practice self-compassion no matter your loss or where you are in your grief journey. Some of the ideas teach you the principles of grief and mourning. The remainder offer practical, action-oriented tips for embracing your grief. Each idea also suggests a carpe diem, which will help you seize the day by helping you move toward your healing.

ISBN 978-1-879651-25-8 • 128 pages • softcover • $11.95

Healing A Parent’s Grieving Heart
100 Practical Ideas After Your Child Dies

The unthinkable has happened: your child has died. The normal circle of life has been broken and you have outlived your child. How do you go on? What can you do with your pain? Where do you turn? What do other grieving parents do not only to survive, but over time and with the support of others, to live and love fully again?

Common challenges, such as dealing with marital stress, helping surviving siblings, dealing with hurtful advice from others, and exploring feelings of guilt, are also addressed.

TRAINING OPPORTUNITY! See Page 30.

ISBN 978-1-879651-30-2 • 128 pages • softcover • $11.95
Healing Your Grieving Soul
100 Spiritual Practices for Mourners

Grief is in large part a spiritual struggle, and turning to spiritual practices in the face of loss helps many people find hope and healing. Following a helpful introduction about the role of spirituality in grief, this practical guide offers tips and activities on meditation, prayer, yoga, solitude and many more.

TRAINING OPPORTUNITY!
See Page 30.

ISBN 978-1-879651-57-9 • 128 pages • softcover • $11.95

Healing A Spouse’s Grieving Heart
100 Practical Ideas After Your Husband or Wife Dies

When your spouse dies, your loss is profound. Not only have you lost the companionship of someone you deeply loved, but you have lost your helpmate, your lover, the person who shared your history, and perhaps your financial provider. Learning to cope with your grief and find continued meaning in life will be difficult, but you can and will if you embrace the principles set forth in this practical guide.

ISBN 978-1-879651-37-1 • 128 pages • softcover • $11.95

Healing The Adult Child’s Grieving Heart
100 Practical Ideas After Your Parent Dies

When people get older, they die. We understand this, yet when a parent who has lived to middle or old age dies, the death often still comes as a shock. And the grief can be surprisingly deep and painful.

Why do adult children whose parent has died often feel “orphaned,” depressed, and alone? What should they do with their sadness, resentment, or anger? What are some effective ways to cope?

ISBN 978-1-879651-31-9 • 128 pages • softcover • $11.95

Healing Your Holiday Grief
100 Practical Ideas for Blending Mourning and Celebration During the Holiday Season

Grieving the death of someone loved is always hard, but during the holiday season it can seem overwhelming. Is it possible to mourn and celebrate at the same time?

Topics covered include honoring your thoughts and feelings, giving yourself permission to mourn, deciding what is important and what isn’t, creating new traditions, finding ways to de-stress, and incorporating healing rituals into your holidays.

Specific, creative tips for blending mourning and celebration are also included.

ISBN 978-1-879651-48-7 • 128 pages • softcover • $11.95
Healing the Adult Sibling’s Grieving Heart
100 Practical Ideas After Your Brother or Sister Dies

When your adult brother or sister dies, part of you dies, too. Whether your sibling died as a young or older adult, whether the death was sudden or anticipated, this compassionate and easy-to-use resource is for you. Turn to any page and seize the day by taking a small step toward healing.

ISBN 978-1-879651-29-6 • 128 pages • softcover • $11.95

Healing A Friend’s Grieving Heart
100 Practical Ideas for Helping Someone You Love Through Loss

When a friend suffers the loss of someone loved, you may not always know what to say. But you can do many helpful, loving things. Compassionate and eminently practical, this book offers 100 practical ideas for friends, family members, and caregivers who want to help.

ISBN 978-1-879651-26-5 • 128 pages • softcover • $11.95

Healing Your Traumatized Heart
100 Practical Ideas After Someone You Love Dies a Sudden, Violent Death

Death is never easy, but for families and friends affected by a sudden, violent death, grief is especially traumatic. Deaths caused by accidents, homicide, and suicide typically seem premature, unjust, and very, very wrong.

ISBN 978-1-879651-32-6 • 128 pages • softcover • $11.95

Healing Your Grieving Heart After a Cancer Diagnosis
100 Practical Ideas for Coping, Surviving, and Thriving

By Alan D. Wolfelt, Ph.D., and Kirby J. Duvall, M.D.

Being diagnosed with cancer is a major blow physically, emotionally, socially, cognitively, and spiritually. All aspects of your self are under assault at the same time. And no matter the type or stage of cancer, the treatment plan, or the prognosis, your new and frightening grief can rattle you to your core. This book will help you understand and cope with your many difficult thoughts and feelings and find ways to experience peace and joy in the journey.

ISBN 978-1-61722-200-9 • 128 pages • softcover • $11.95
Healing a Friend or Loved One’s Grieving Heart After a Cancer Diagnosis
100 Practical Ideas for Providing Compassion, Comfort, and Care
By Alan D. Wolfelt, Ph.D., and Kirby J. Duvall, M.D.
When someone you love is diagnosed with cancer, it’s hard to know what to do. What should you say? What shouldn’t you say? How can you help? This book will help you understand the normal and natural grief your friend is experiencing. No matter the type or stage of cancer, the treatment plan, or the prognosis, this compassionate and practical guide will help you be a good companion through the journey that is cancer.
ISBN 978-1-61722-203-0 • 128 pages • softcover • $11.95

Healing Your Grieving Heart After Miscarriage
100 Practical Ideas for Parents and Families
The miscarriage of a hoped-for child is a shattering loss. Those who had already begun to feel attached to the baby will naturally grieve—particularly the mother and father, but also siblings this baby would have had, extended family, and friends. The loss may ripple across many lives in many ways.
If you are grieving in the aftermath of a miscarriage or ectopic pregnancy, this compassionate book will help you heal.
ISBN 978-1-61722-218-4 • 128 pages • softcover • $11.95

Healing Your Grieving Heart When Someone You Care About Has Alzheimer’s
100 Practical Ideas for Families, Friends and Caregivers
By Alan D. Wolfelt, Ph.D. and Kirby J. Duvall, M.D.
Navigating the challenging journey that families and friends of Alzheimer’s patients must endure, this heartfelt guide offers compassionate support for their struggle, which is as complex and drawn out as the illness itself.
ISBN 978-1-61722-148-4 • 128 pages • softcover • $11.95
Healing Your Grief When Disaster Strikes
100 Practical Ideas for Coping After a Tornado, Hurricane, Flood, Earthquake, Wildfire, or Other Natural Disaster

When your family, neighborhood, city, or area of the country is affected by a natural disaster, it’s normal and necessary to feel grief.

This book will help you understand and embrace your difficult thoughts and feelings. It will be a compassionate companion to you as you move through shock and numbness and struggle with ongoing grief symptoms such as fear, guilt, and sadness.

ISBN 978-1-61722-209-2 • 128 pages • softcover • $11.95

Healing a Grandparent’s Grieving Heart
100 Practical Ideas After Your Grandchild Dies

A grandparent’s grief is many-layered. Grieving grandparents are faced not only with grieving the loss of a grandchild but with witnessing their child—the parent of the child who died—mourn the death. This book offers grandparents compassionate comfort and practical ideas for their journey through grief.

ISBN 978-1-61722-197-2 • 128 pages • softcover • $11.95

“I am a caregiver and wife of an Alzheimer’s victim. When my husband was diagnosed, we knew what was ahead of us but that doesn’t make it any easier.
I have just finished your wonderful book and needed to tell you how good it is. I found it to have so many good, concise, and practical points that I plan to take it to my support group.”
— Janet from Florida

Healing Your Grieving Heart After a Military Death
100 Practical Ideas for Families and Friends
by Bonnie Carroll and Alan D. Wolfelt, Ph.D.

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“I want to thank Dr. Wolfelt for his writings as they have been my source of support during my grief. He is the only one who has really helped me through this past year. Thank you for your wisdom.”
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With a Foreword by Brian Griese
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• What do you miss most about the person who died?
• Which feelings have been most difficult for you since the death? Why?
• Is there something you wish you had said to the person who died but never did?

Designed just for grieving teens as a companion to Dr. W olfelt's bestselling Healing Your Grieving Heart for Teens: 100 Practical Ideas, this journal will be a comforting, affirming, and healing presence for teens in the weeks, months, and years after the death of someone loved.

ISBN 978-1-879651-33-3 • 120 pages softcover • $11.95
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Step into the Light: Reconcile Old Losses and Open the Door to Infinite Joy and Love

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TRAINING OPPORTUNITY! See Page 30.
ISBN 978-1-879651-51-7 • 152 pages • softcover • $13.95

The Depression of Grief

Coping with Your Sadness and Knowing When to Get Help

When someone you love dies, it's normal and necessary to grieve. Grief is the thoughts and feelings you have inside you, and sadness is often the most prominent and painful emotion. In other words, it's normal to be depressed after a loss. This compassionate guide will help you understand your natural depression, express it in ways that will help you heal, and know when you may be experiencing a more severe or clinical depression that would be eased by professional treatment. A section for caregivers that explores the new DSM-5 criteria for Major Depression is also included.

TRAINING OPPORTUNITY! See Page 30.
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2. You must make friends with the darkness before you can enter the light.
3. You must go backward before you can go forward.

ISBN 978-1-61722-222-1 • 136 pages • hardcover • $15.95

The Journey Through Grief
Reflections On Healing Second Edition

This popular hardcover book makes a wonderful gift for those who grieve, helping them gently engage in the work of mourning. Comforting and nurturing, The Journey Through Grief doses mourners with the six needs of mourning, helping them soothe themselves as they begin to heal.

This revised, second edition of The Journey Through Grief takes Dr. Wolfert’s popular book of reflections and adds space for guided journaling, asking readers thoughtful questions about their unique mourning needs and providing room to write responses.

The Journey Through Grief is organized around the six needs that all mourners must yield to—indeed embrace—if they are to go on to find continued meaning in life and living. Following a short explanation of each mourning need is a series of brief, spiritual passages that, when read slowly and reflectively, help mourners work through their unique thoughts and feelings. The Journey Through Grief is being used by many faith communities as part of their grief support programs.

ISBN 978-1-879651-11-1 • 152 pages • hardcover • $21.95
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ISBN 978-1-879651-65-4 • 200 pages • hardcover • $15.95

The Mourner’s Book of Courage
30 Days of Encouragement

When someone you love dies, you must find within you the courage to embrace the pain and go on living without them. In grief, you must open your heart to your innermost feelings and boldly befriend them, for it is in befriending your grief that you heal. Written for those times in grief when you feel you don’t have the courage to do the hard and necessary work of mourning, this book will give you the dose of encouragement you need each day to not only survive your grief but to go on to thrive.

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By contrast, this book advocates a model of “companioning” the bereaved, acknowledging that grief forever changes or transforms the mourner’s world view. Companioning is not about assessing, analyzing, fixing or resolving another’s grief. Instead, it is about being totally present to the mourner, even being a temporary guardian of his soul. The companioning model is grounded in a “teach me” perspective.

TRAINING OPPORTUNITY! See Page 30.
ISBN 978-1-879651-41-8 • 191 pages • hardcover • $29.95

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This book affirms the caregiver’s right to excellent self-care and provides not only the rationale but the tips and practical suggestions you need to be your own friend and hospitable companion.

WALLET CARDS! See page 26.
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Eleven Essential Principles

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ISBN 978-1-879651-61-6 • 117 pages • hardcover • $15.95

“I learned and understand now the importance of Companioning versus trying to fix someone’s grief. Companioning is a true holistic approach that works the way we are designed to work and have relationships.”
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TRAINING OPPORTUNITY! See Page 30.
ISBN 978-1-61722-158-3 • 208 pages • hardcover • $29.95

Companioning the Grieving Child Curriculum Book
Activities to Help Children & Teens Heal
by Patricia Morrissey, M.S., Ed.
Foreword by Alan D. Wolfelt, Ph.D.
Based on Dr. Wolfelt’s six needs of mourning and written to pair with Companioning the Grieving Child, this comprehensive guide provides hundreds of hands-on activities tailored for grieving children in three age groups: preschool, elementary, and teens. Through the use of readings, games, discussion questions, and arts and crafts, caregivers will help grieving young people acknowledge the reality of the death, embrace the pain of the loss, remember the person who died, develop a new self-identity, search for meaning, and accept support.

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TRAINING OPPORTUNITY! See Page 30.
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This book provides principles, practical skills, and activities that will allow you to enhance your capacity to facilitate (“to make easier”) the hard work of mourning. The contents of this helpful resource are directed at people in grief care, with the goal of adding to their toolbox of helping skills, and inspiring them to be truly helpful caregivers.

TRAINING OPPORTUNITY!
See Page 30.
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by Marc Markell, Ph.D., Foreword by Alan D. Wolfelt, Ph.D.
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by Greg Yoder
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by Jane Heustis & Marcia Meyer Jenkins
Foreword by Alan D. Wolfelt, Ph.D.
Many OB caregivers feel unprepared to handle the intensity of perinatal loss. Most hospitals have bereavement care standards but offer little instruction in following them. Written by seasoned support nurses, Companioni ng at a Time of Perinatal Loss outlines a framework for bereavement care in the obstetrical arena. Based on Dr. Wolfelt’s principles of companioning, it describes loss from the family’s perspective, defines the caregiver’s role, offers bedside strategies, and reviews the work of mourning in the weeks and months after.
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A Model for Therapists to Understand, Identify, and Companion Grievers Lost in the Wilderness of Complicated Grief

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In this primer by one of the world’s most respected grief educators, Dr. Wolfelt helps caregivers understand the various factors that often contribute to complicated grief. He presents a model for identifying complicated grief symptoms and, through real-life examples, offers guidance for companioning mourners through their challenging grief journeys. This book rounds out Dr. Wolfelt’s resources on the companioning philosophy of grief care, making it an essential addition to your professional library.

TRAINING OPPORTUNITY! See Page 30.
ISBN 978-1-61722-258-0 • 242 pages • $24.95 • softcover

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Educational Supplement

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by Raelynn Maloney, Ph.D., and Alan D. Wolfelt, Ph.D.

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Use this poster to help people know you are an advocate for the companioning philosophy of grief care. The content highlights Dr. Wolfelt’s eleven tenets of “companioning” versus “treating” the mourner. Make use of this poster to humbly acknowledge your commitment to companioning and supporting people in grief.
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TRAINING OPPORTUNITY! See Page 30.

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A Guide for Caregivers
This revised, updated guide explores the ways in which personalized funerals transform mourners. It also reviews qualities in caregivers that make them effective celebrants and funeral planners and provides practical ideas for creating authentic, personalized, and meaningful funeral experiences.
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When Your Pet Dies
A Guide to Mourning, Remembering and Healing

When your pet dies, you may struggle with your grief. You may feel overwhelmed at the depth of your sadness. This book affirms the pet owner’s grief and helps you understand why your feelings are so strong. It also offers practical suggestions for mourning—expressing your grief outside of yourself—so that you can heal. Ideas for remembering and memorializing your pet are also included.

Dr. Wolfelt has been a dog lover and owner for a long time, suffering the loss of his Husky several years ago.

ISBN 978-1-879651-36-4 • 84 pages • softcover • $9.95

“...When Your Pet Dies is an excellent book to help you through the grieving process. I was able to relate to feelings that were expressed. I was struggling to cope with the loss of my cat and nothing was helping. This book helped me to deal with my emotions and bring some closure.”

— A Reader

After Your Pet Dies
Helping Yourself Heal

This compassionate, affordable aftercare booklet for veterinary offices, memorial centers, humane societies, and individuals who have recently lost a beloved pet offers condolences and tips for understanding and expressing grief.

Topics covered include the nature of pet loss, common feelings, misconceptions about pet grief, and tips for mourning. A listing of pet loss organizations and support groups is provided, as is a selected reading list. For pricing, see page 5.

The Pet Lover’s Code
Ten Inalienable Rights After the Death of a Special Companion Animal Wallet Cards

Wallet cards to keep with you at all times and share with others grieving the death of a beloved pet.

Wallet cards (packet of 50) • $15.00
Transcending Divorce
Ten Essential Touchstones for Finding Hope and Healing Your Heart

If you're hurting after a divorce, or know someone who is, this book is for you. Warm, direct, and easy to understand, this is a book you will not want to put down.

ISBN 978-1-879651-50-0 • 196 pages • softcover • $14.95

The Transcending Divorce Journal
Exploring the Ten Essential Touchstones

This companion journal to Transcending Divorce helps you explore the ten essential touchstones for finding hope and healing your grieving heart after divorce.

ISBN 978-1-879651-54-8 • 134 pages • softcover • $14.95

SPECIAL SET PRICE:
Order Transcending Divorce and The Transcending Divorce Journal and receive more than 15% off the normal combined price • $25.00

The Transcending Divorce Support Group Guide
Meeting Plans for Facilitators

This book is for those who want to facilitate an effective divorce group. It includes 12 meeting plans that interface with Dr. Wolfelt’s Transcending Divorce book and its companion journal.

ISBN 978-1-879651-56-2 • 52 pages • softcover • $12.95

The Wilderness of Divorce
Finding Your Way

This hardcover gift book is a compassionate, easy-to-read guide to finding your way through the wilderness of divorce. This book is an excerpted version of the comprehensive Transcending Divorce: Ten Essential Touchstones, making it a more concise, friendly guide for the newly divorced.

ISBN 978-1-879651-53-1 • 112 pages • hardcover • $15.95

Divorce Support Group Start-Up Package
$270.00 Save nearly 20%!

For divorce support group leaders and participants, this package contains two copies of The Transcending Divorce Support Group Guide and ten copies each of Transcending Divorce and The Transcending Divorce Journal.

Healing A Child’s Heart After Divorce
100 Practical Ideas for Families, Friends and Caregivers

by Alan D. Wolfelt, Ph.D. and Raelynn Maloney, Ph.D.

How do you help children whose parents are separated or divorced? While divorce represents a significant loss for children—a loss that creates all the many natural feelings of grief—the children can continue to thrive if they are helped in these 100 practical ways by the caring adults in their lives.

ISBN 978-1-61722-142-2 • 128 pages • softcover • $11.95

SPECIAL SET PRICE:
Order both Healing After Divorce and Healing a Child’s Heart After Divorce and get 10% off! • $21.50

Healing After Divorce 100 Practical Ideas for Kids

by Alan D. Wolfelt, Ph.D. and Raelynn Maloney, Ph.D.

While divorce is common, it’s also very difficult for children, eliciting many challenging feelings. This book for kids 7-12 gives them 100 simple ideas for expressing their emotions during this life-changing time so that they can go on to lead happy lives and develop healthy relationships of their own.

ISBN 978-1-61722-138-5 • 128 pages • softcover • $11.95

SPECIAL SET PRICE:
Order both Healing After Divorce and Healing a Child’s Heart After Divorce and get 10% off! • $21.50

TO ORDER: Call (970) 266-6050 or Fax Toll-Free: 1.800.922.6051. Or visit www.centerforloss.com/bookstore.
My Grief Rights Wallet cards for kids

These colorful wallet cards help grieving kids understand their feelings and empowers them to mourn in healthy ways. A compassionate gift for any bereaved child old enough to read. The contemporary design and straightforward-but-not-condescending text also make it appropriate for grieving teenagers. Wallet cards are great for kids to carry with them and share with others.

Wallet Cards (Packet of 50) • $15.00

Also available as an oversized poster, see page 16.

The Pet Lover’s Code Ten Inalienable Rights After the Death of a Special Companion Animal Wallet Cards

Wallet cards to keep with you at all times and share with others grieving the death of a beloved pet.

Wallet cards (packet of 50) • $15.00

The Mourners Bill of Rights Wallet Cards

This handy wallet card helps mourners remember that each person’s grief is unique and that they have the right to move toward their grief and heal. The cards fold to credit card size and make tasteful and economical give-aways.

Wallet cards (packet of 50) $15.00

The Mourners Bill of Rights Spanish Version - Wallet Cards

The same Mourners Bill of Rights you have become familiar with, in a compassionate and accurate Spanish translation.

Wallet cards (packet of 50) $15.00

The Bereavement Caregiver’s Self-Care Manifesto Wallet Cards

For all bereavement caregivers who have felt stressed by their jobs, this tasteful wallet card calls for good self-care in the face of these challenges. The cards fold to credit card size.

Wallet cards (packet of 50) • $15.00

Ten Freedoms for Creating Meaningful Funeral Ceremonies Wallet Cards

This wallet card gently reminds us of the value of funerals and offers us support as we plan a meaningful ceremony. The cards fold to credit card size.

Wallet cards (packet of 50) • $15.00
AFTERCARE BROCHURES AND PACKETS
FOR HOSPICES AND FUNERAL HOMES

The Helping Series
Compassionate Brochures
to Give to Mourners

Concise brochures written by Dr. Wolfelt and designed for economical mass distribution, the Helping Series offers assistance to the bereaved in coping with specific types of death and grief responses. In use by hundreds of hospices and funeral homes throughout North America.

Helping Series sample packet: $20.00 (one each of 40 titles)
Packet of 100 of a single title: $40.00
Individual copies: $0.50 each

Titles in the Helping Series

Helping Yourself Heal When Someone Dies
Helping Yourself Heal When Your Child Dies
Helping Yourself Heal When Your Spouse Dies
Helping Yourself Heal When Someone You Care About Dies of a Drug Overdose
Helping a Child Who is Dying
Helping a Child Who is Seriously Ill
Helping a Friend in Grief
Helping a Friend Who is Dying
Helping a Grandparent Who is Grieving
Helping a Grieving Friend in the Workplace
Helping a Homicide Survivor Heal
Helping a Man Who is Grieving
Helping a Suicide Survivor Heal
Helping Bereaved Siblings Heal
Helping Children Cope with Grief
Helping Children with Funerals
Helping Children Understand Cremation
Helping Create a Meaningful Eulogy
Helping Dispel 5 Common Myths About Grief
Helping Grieving Children at School
Helping Infants and Toddlers When Someone They Love Dies
Helping People with Alzheimer’s or Memory Loss Understand News of a Death
Helping SIDS Survivors Heal
Helping Teenagers Cope with Grief
Helping Your Family Cope When a Pet Dies
Helping Your Family Decide if Organ and Tissue Donation is Right for You
Helping Your Family Heal After Miscarriage
Helping Your Family Heal After Stillbirth
Helping Your Family Personalize the Funeral
Helping Your Family When a Member is Dying
Helping Your Family When a Member is Seriously Ill
Helping Yourself Heal During the Holiday Season
Helping Yourself Heal When a Baby Dies
Helping Yourself Heal When a Parent Dies
Helping Yourself Heal When an Adult Sibling Dies
Helping Yourself Heal When Someone You Care About Has Alzheimer’s
Helping Yourself Live When You are Dying
Helping Yourself Live When You are Seriously Ill

SPANISH
Helping Yourself Heal When Someone Dies
Helping Yourself Heal During the Holiday Season
Griefwords

Check it out at www.centerforloss.com/griefwords

Dr. Alan Wolfelt has developed a great turnkey web outreach program called Griefwords. It provides a web-based, comprehensive library of articles and book excerpts about grief for bereaved families as well as bereavement caregivers. While Dr. Wolfelt continues to create content for Griefwords, Batesville Technology Solutions now administers the program.

Sample article titles include:
- The Journey Through Grief: The Mourner’s Six Reconciliation Needs
- Helping Dispel 5 Commons Myths About Grief
- The Spiritual Path to Healing
- Helping Yourself Heal During the Holiday Season
- The Mourner’s Bill of Rights

Please call: (877) 287-8661 or email: technology.sales@batesville.com for more information, pricing, and to subscribe.

Empathy Cards

Now instead of sending sympathy cards, you can offer your empathy with these beautiful new cards written by Dr. Wolfelt. Where sympathy is passive pity, empathy strives to actively engage and connect. Sympathy is “feeling for,” while empathy is “feeling with.” Thank you for joining us in our mission to refashion our culture into one of empathy rather than sympathy after a loss.

5-card set (5 different messages per set; each set has unique messages) • $10.00 • Includes white envelopes

Choose floral or canvas design • Notecards are 4.25” x 5.5”

“Under Reconstruction” Pins

In days gone by, people mourning the death of someone loved wore black clothing or armbands. This signaled their grief to others and communicated their need for understanding and support. Sadly, such conventions have fallen out of style.

This pin again provides a way for you to communicate your loss. When someone you love dies, you are torn apart. You face the painful challenge of reconstructing yourself. When others see your pin and ask, “‘Under Reconstruction’…what does that mean?”, you will have the healing opportunity to share your story of love and loss and embrace the empathy you are offered in return.

Pins are 1.25” wide, gold nickel with black fill

1-9: $7.50 each • 10-24: $6.50 each • 25-74: $6.00 each • 75-99: $5.25 each

100+: $4.50 each

Meditation Subscription Program

After someone we love dies, each day can be a struggle. But each day, if we work to embrace our normal and necessary grief and care for ourselves, we will also take one step toward healing.

Based on Dr. Wolfelt’s popular book Grief One Day at a Time, hospices, funeral homes, churches and more can now help those who grieve find comfort and understanding by delivering this daily companion directly to their inbox each morning.

Each entry includes an inspiring or soothing quote followed by a short discussion of the day’s theme and a succinct meditation.

Please call (970) 226-6050 or email books@centerforloss.com for more information, pricing, and to subscribe.

Wolfelt’s Grief Gardening Model

A poster for “grief gardeners”

This fine art-quality poster not only depicts Dr. Wolfelt’s Grief Gardening Model in lush full color, it also contains a written guide to the many metaphors of the garden.

Poster (18” x 24”) • $15.00
About the Author

Dr. Alan D. 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 the Director of the Center for Loss and Life Transition (www.centerforloss.com), in Fort Collins, Colorado. He is also a faculty member of the University of Colorado Medical School’s Department of Family Medicine.

In addition to presenting dozens of keynotes and workshops across North America each year, Dr. Wolfelt facilitates training seminars for bereavement caregivers in Fort Collins, CO and Scottsdale, AZ. Dr. Wolfelt is a popular media resource who regularly provides his expertise to many top-tier television shows, newspapers, and magazines.

Dr. Wolfelt is the best-selling author of more than seventy books including Loving From the Outside In, Mourning From the Inside Out; Understanding Your Grief; The Journey Through Grief; Companioning the Bereaved: A Soulful Guide for Caregivers; Healing a Spouse’s Grieving Heart; Companioning the Grieving Child; Grief One Day at a Time; and Creating Meaningful Funeral Ceremonies.

Dr. Wolfelt and his wife, Susan, a family physician, are parents to three children. They live in the foothills of the beautiful Rocky Mountains next door to the Center for Loss and Life Transition.

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

Did you know your organization can bring Dr. Wolfelt to your community to provide programs to your lay public as well as caregivers? 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 evening presentations, morning workshops, and all-day workshops. We’re happy to work with you to create the presentation that best meets your needs.

Sample program topics

- Understanding Your Grief: Touchstones for Hope and Healing
- Exploring Death, Grief, and Mourning: An Evening with Dr. Alan D. Wolfelt
- The Art of “Companioning” the Mourner: Caring versus Caring
- Understanding Your Grief: One Day at Time
- When Grief is “Complicated:” A Model to Understand, Identify, and Companion Grievers
- Reframing PTSD as Traumatic Grief: A Workshop for Caregivers

Please call us at (970) 226-6050 or email info@centerforloss.com to receive a potential sponsor packet. Should you have any questions, please call. We look forward to working with you to bring excellent continuing grief education to your area!
Four-Day Trainings for Bereavement Caregivers

The Center for Loss & Life Transition invites you to learn with Dr. Alan Wolfelt. 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.

WHAT ARE THE CENTER FOR LOSS TRAININGS?
These quality bereavement care training for caregivers have evolved out of a demand for concise yet comprehensive information in the growing area of death education and counseling.

WHO SHOULD ATTEND?
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.

HOW WILL ATTENDING HELP ME?
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, receive resource materials to facilitate continued learning, fine-tune skills in the helping relationship, expand your knowledge of current discipline developments, and heighten your awareness of resources in the areas of death, dying, grief, and bereavement.

WHERE ARE THE TRAININGS HELD?
Trainings are held in Fort Collins, Colorado and Scottsdale, Arizona.

WHEN ARE THE TRAININGS HELD?
Please see at right a list of courses we will be offering in 2020 and 2021. Our training seminars are each four days long.

QUESTIONS?
For more information about our four-day trainings in Fort Collins, Colorado, and Scottsdale, Arizona, please contact us:

WEBSITE: www.centerforloss.com/trainings
PHONE: (970) 226-6050
EMAIL: training@centerforloss.com

2020-2021 Training Classes

<table>
<thead>
<tr>
<th>COMPREHENSIVE BEREAVEMENT SKILLS TRAINING</th>
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<tr>
<td>2020 Fort Collins July 6-9</td>
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<th>GRIEF COMPANIONING SKILLS TRAINING</th>
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<th>EXPLORING SPIRITUAL DIMENSIONS OF DEATH, GRIEF AND MOURNING</th>
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<th>EXPLORING THE SHADOW OF THE GHOSTS OF GRIEF</th>
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<td>2021 Scottsdale January 11-14</td>
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“This is the best continuing education experience I have ever had in my life. All I can say is thank you so much for making this both a highly personal and professional life-changing experience.”

— A bereavement specialist
Order Form

CUSTOMER INFORMATION:

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Phone orders and customer service hours:
Mountain time
8:00 am - 4:00 pm Mon-Fri

BY FAX:
Fax your order toll-free
1-800-922-6051

WEBSITE:
Secure online ordering!
www.centerforloss.com

Thank You!
Your purchases help support our work with the bereaved and bereavement caregivers.

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to 48 Continental United States

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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
www.centerforloss.com

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

Join Our E-mail List!
Be the first to know about our special Book of the Month discounts, pre-ordering for forthcoming titles, and other publications information.
Visit us at www.centerforloss.com and enter your e-mail address into the box at the bottom of the right-hand column.