

2020
2021

Educational Seminars for Bereavement Caregivers

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



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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 35 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.

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, 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 and the world for his model of “companioning” those in grief. 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 four decades—speak not only to the intellect but to the hearts of all who hear him. His model of “companioning” versus “treating” mourners anchored in his eleven tenets is used by thousands of lay and professional caregivers. 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.

“If we as caregivers cannot be still in the presence of what I call “care-eliciting symptoms”— such as sadness, anxiety, ambiguity, loss of control — the result will be an attempt to treat them away. Grief invites us into “liminal space” and that is often right where we need to be.”

— Alan D. Wolfelt, Ph.D.

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“To say this experience was profound is an understatement!”

— A bereaved mother & future grief companion

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.



Fort Collins, Colorado



"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.



Scottsdale, Arizona

Comprehensive Bereavement Skills Training

Grief Companionship Skills Training

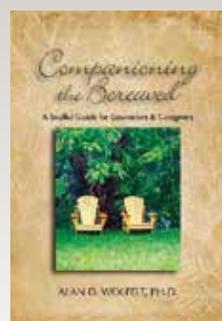
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| 2020 | FORT COLLINS • July 6-9 |
| | FORT COLLINS • September 14-17 |
| 2021 | FORT COLLINS • April 12-15 |
| | FORT COLLINS • September 20-23 |

| | |
|------|----------------------------|
| 2020 | SCOTTSDALE • November 9-12 |
| 2021 | SCOTTSDALE • November 8-11 |

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

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



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

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

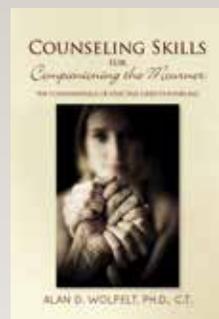
Dr. Wolfelt’s bereavement caregiving philosophy is based on what he has termed “companionship” (see page 2). All of the practical topics covered in this course will be viewed through the companionship lens, and the companionship tenets will be introduced and explored.

Graduates of this comprehensive seminar will return home with a multitude of newly refined skills and abilities. If you’re interested in completing the Death & Grief Studies Certification, this training is required (see page 11).

This seminar evolved out of a need for practical training expressed by people working with the

bereaved. This learning experience is a must for those working to “companion” people in their unique life and death journeys. It will teach caregivers how to effectively follow the lead of the “true expert,” the mourner. The content of this seminar is appropriate both for novices and for experienced caregivers looking to update their helping skills.

Topics we will concentrate on include



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

- Development of the helping relationship
- Characteristics distinguishing effective from ineffective caregivers

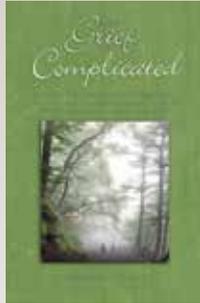
- Grief companionship techniques
- Understanding the helping process
- Creating a personal theory of caregiving
- Issues and trends in companionship the mourner

Graduates of this seminar will be able to integrate and practice the companionship model of grief care using their new helping skills.

Understanding and Responding to Complicated Mourning

| | | |
|------|------------|---------------|
| 2020 | SCOTTSDALE | December 7-10 |
| 2021 | SCOTTSDALE | December 6-9 |

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 Grief is Complicated and When Grief is Complicated Educational Supplement*

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 history of modern psychology’s understanding of complicated grief
- Understanding the origins of complicated grief
- Complicated grief influences and risk factors
- Identifying complicated grief—symptoms and categories

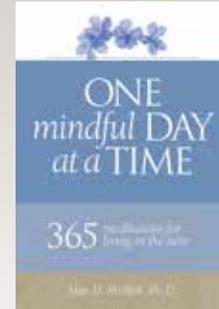
- Depression in grief--what’s normal? What’s clinical depression?
- Understanding unmourned or carried grief
- Assessment model for complicated mourning
- Learning about unembarked grief, impasse grief, off-trail grief, and encamped grief
- Companioning people experiencing complicated grief
- Facilitating griever’s therapeutic work on Dr. Wolfelt’s six needs of mourning

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

Living with Meaning and Purpose in Your Life

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| 2021 | FORT COLLINS | August 30 - September 2 |
|------|--------------|-------------------------|

Dr. Wolfelt created this enlightening and empowering seminar to help



Participants will receive a copy of *One Mindful Day at a Time: 365 Meditations for Living in the Now*.

participants make the most of their unique and natural gifts.

Come join us and explore the spiritual aspects of finding your place in the world.

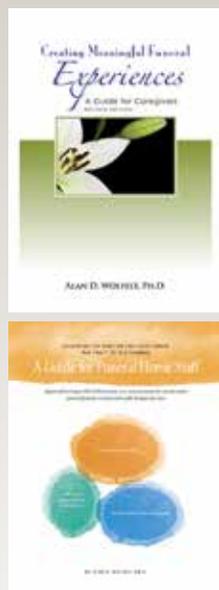
Learn how to marry your values, beliefs, and gifts with how you spend your time each and every day. Explore the concept of living your “calling” and discover how to use that talent which you uniquely came to earth to use. Major themes explored in this seminar:

- Exploring the essence of purpose
- Are you listening to your calling?
- How to live from the inside out
- The benefits of living congruently
- Discovering and using your natural gifts

Creating Meaningful Funeral Ceremonies

2020 SCOTTSDALE • February 10-13
 2021 SCOTTSDALE • February 8-11

As Dr. Wolfelt frequently states, “When words are inadequate, have a ceremony.” This seminar will help participants enhance their understanding of the WHY of meaningful funerals. For a multitude of reasons, which we will explore in this training, many people do not understand the value of various elements of funerals (viewing, music, reading eulogy/remembrance, symbols, actions, gathering). The result is that many families are “at risk” for eliminating or subverting these elements.



Participants will receive a copy of *Creating Meaningful Funeral Experiences: A Guide for Caregivers and Educating The Families you Serve About the “Why” of the Funeral: A Guide for Funeral Home Staff*.

are opening the registration to any caregivers interested in enhancing their understanding of creating meaningful funerals.

Topics include:

- Arrange meaningful funerals as a “facilitator” not a “functionary”
- How to convey value during every step of the planning process
- Understand that ritual means “to fit together”
- Interface the Wolfelt WHY pyramid with the elements of ceremony
- How to care for yourself as you create meaningful funerals

Suicide Grief: Companioning the Mourner

2020 FORT COLLINS • October 5-8
 2021 FORT COLLINS • October 4-7



Participants will receive a copy of *Understanding Your Suicide Grief, The Understanding Your Suicide Grief Support Group Guide, and The Understanding Your Suicide Grief Journal*.

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

- Guidelines for facilitating suicide grief support groups
- 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

Exploring Spiritual Dimensions of Death, Grief and Mourning

2021 FORT COLLINS • May 3-6

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 a reason to get one’s feet out of bed

in the morning. Dr. Wolfelt will explore



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

- 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.

“The training was a wonderful experience that far exceeded my expectations. I am so thankful I had the opportunity to attend and look forward to attending future trainings!”

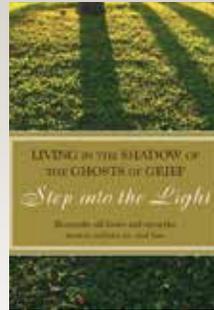
— A recent participant

Exploring the Shadow of the Ghosts of Grief

2021 FORT COLLINS • June 7-10

It has been said that “loss is an integral part of human existence, a fact that has profound consequences from birth to death.” One of those potential consequences is carrying grief and living in what Dr. Wolfelt describes as the “Shadow of the Ghosts.” The person living

in the shadow of the ghosts of grief has symptoms that suggest the pain of grief has been inhibited, suppressed, converted, or denied. In this inspiring training you will learn about:



Participants will receive a copy of *Living in the Shadow of the Ghosts of Grief*.

- Influences on “carried grief”
- A four-phase wounding process that some people experience.
- Four major sub-categories of “complicated grief”
- Understanding a broader framework for “carried grief”

- In-depth explanation of the symptoms of carried grief
- Family-system influence on carried grief: transgenerational passing down
- A model to help people do “catch-up” mourning.
- Stepping into the light and healing. Consequences of catch-up mourning.

Come join us and learn how to help others heal from the carried pain of life losses. Learn how this requires that we as humans surrender to the energies of grief and descend into and through the experience.

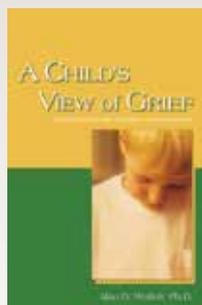
“For anyone that wants to learn how to help themselves or others with what Dr. Wolfelt calls carried grief, this is a must attend training for you. You will learn how to companion your fellow humans and help them understand it is never too late to do “catch-up” mourning. Alan is a master at helping us understand ourselves and others. Don’t miss this opportunity to enhance your helping skills.”

—A recent participant

Helping Children and Adolescents Cope with Grief

2021 FORT COLLINS • July 19-22

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



Participants will receive a copy of *Companioning the Grieving Child* and *A Child's View of Grief*.

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

2020 FORT COLLINS • August 3-6

2021 FORT COLLINS • August 9-12

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.



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*.

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

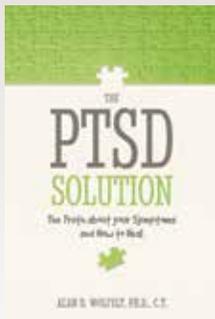
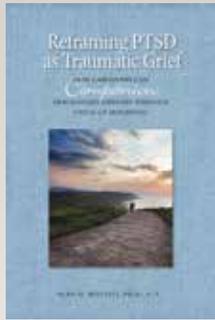
“What an amazing training! From the very first morning of class, when new names and faces would soon become dear companions and shared souls, I felt comfortable and cared for and filled with gratitude... The experience was inspiring and humbling.”

— A hospice social worker

PTSD: Companioning the Traumatized Griever

2020 FORT COLLINS • August 24-27

As our cultural and medical awareness of post-traumatic stress have grown, we as a society and



Participants will receive a copy of *Reframing PTSD as Traumatic Grief* and *The PTSD Solution*.

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:

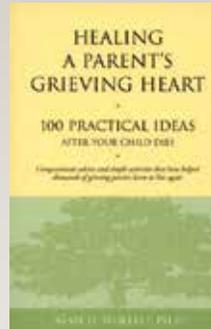
- Traumatic versus normal grief symptoms
- Traumatic grief as a form of complicated grief
- Medical model therapies as treatment
- Mourning as “treatment”
- Catch-up mourning for traumatic grief

Companioning Bereaved Parents

2020 FORT COLLINS • July 13-16

2021 SCOTTSDALE • January 11-14

This seminar will enhance your capacity to artfully “companion” bereaved parents. When a child dies, it’s as if a deep hole implodes inside the parent. It’s as



Participants will receive a copy of *Healing a Parent's Grieving Heart* and *The Handbook for Companioning the Mourner*.

if the hole penetrates them and leaves them gasping for air. As Nicholas Wolterstoff wrote so honestly in *Lament for a Son*, “It’s hard to keep one’s footing.” This training will help you provide some “footing” to grieving parents.

Topics will include:

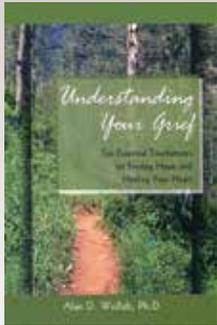
- Understanding attachment influences on the parent-child bond
- Unique influences on parental grief: the whys of the journey
- The special features of miscarriage, stillbirth, infant death, and teen death
- The special features of the death of an adult child
- Application of the tenets of “companioning”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

Becoming an Effective Grief Educator

2020 FORT COLLINS • July 20-23

2021 FORT COLLINS • June 28 - July 1

By popular demand, Dr. Wolfelt has created this new training that will teach you how to be an effective



Participants will receive a copy of *Understanding Your Grief*.

educator and public speaker on grief and mourning. Using the “Ten Touchstones” of his bestselling book *Understanding Your Grief* as a framework, he will step you through messaging and methods for educating others about the basic principles of grief, mourning, and healing. Dr. Wolfelt will also share practical insider tips on topics such as event formats, engaging your audience,

creating teaching objectives, building relationships with potential sponsors, and much more.

Whether you would like to train others in your organization, do public speaking in your community, or simply feel more confident passing along information to clients, colleagues, or friends, this workshop will both inspire and prepare you to be an effective grief advocate wherever you go.

Register soon, as this training will fill quickly.

Topics you will learn to teach include:

- Touchstone 1: How to open to the presence of your loss
- Touchstone 2: Identifying and dispelling common misconceptions of grief
- Touchstone 3: Embracing the uniqueness of your grief
- Touchstone 4: Exploring your feelings of loss
- Touchstone 5: Recognizing you are not crazy
- Touchstone 6: Understanding the six needs of mourning
- Touchstone 7: How to take care of yourself when you're in grief
- Touchstone 8: Reaching out for help from others
- Touchstone 9: Seeking reconciliation, not resolution
- Touchstone 10: Appreciating your transformation

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

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 2020-2021.

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 Fort Collins, Colorado, courses are held at the Hilton Fort Collins. Conveniently, we have a block of rooms at a discounted rate for this facility.

Our Scottsdale, Arizona, courses are held at the Scottsdale Marriott Suites Old Town where we also have a block of rooms at a discounted rate.

ACCOMMODATIONS

FORT COLLINS, COLORADO:

The Hilton Fort Collins is a newly renovated, full service hotel located near the Rocky Mountains foothills, Colorado State University campus and a



convenient ten minutes 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 is \$131/night for 2020, and \$137/night for 2021 (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 at this winter resort location of \$209/night for 2020, and \$234/night for February 2020 (plus applicable taxes).

In 2021, room rates are \$214/night in November and December, \$229/night in January, and \$239/night in February (plus applicable taxes). 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. Please plan to stay at this location so we meet our room block and can continue offering winter training retreats.

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

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.

TELL ME MORE ABOUT SCOTTSDALE

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 \$995. 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 four 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 4:00 pm MST.

STAY IN TOUCH

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 E-MAIL LIST!

Be the first to know about our publication announcements, training schedule, and other Center for Loss information.

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

The Center for Loss & Life Transition reserves the right to cancel or change any scheduled training dates.

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.

“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

“Dr. Wolfelt is a phenomenal communicator. His use of stories is powerful.”

— A recent participant

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

- 2020** Fort Collins July 6-9
- 2020** Fort Collins September 14-17
- 2021** Fort Collins April 12-15
- 2021** Fort Collins September 20-23

GRIEF COMPANIONING SKILLS TRAINING

- 2020** Scottsdale November 9-12
- 2021** Scottsdale November 8-11

UNDERSTANDING AND RESPONDING TO COMPLICATED MOURNING

- 2020** Scottsdale December 7-10
- 2021** Scottsdale December 6-9

LIVING WITH MEANING AND PURPOSE IN YOUR LIFE

- 2021** Fort Collins August 30 - September 2

CREATING MEANINGFUL FUNERAL CEREMONIES

- 2020** Scottsdale February 10-13
- 2021** Scottsdale February 8-11

SUICIDE GRIEF: COMPANIONING THE MOURNER

- 2020** Fort Collins October 5-8
- 2021** Fort Collins October 4-7

EXPLORING SPIRITUAL DIMENSIONS OF DEATH, GRIEF AND MOURNING

- 2021** Fort Collins May 3-6

EXPLORING THE SHADOW OF THE GHOSTS OF GRIEF

- 2021** Fort Collins June 7-10

HELPING CHILDREN AND ADOLESCENTS COPE WITH GRIEF

- 2021** Fort Collins July 19-22

SUPPORT GROUP FACILITATOR TRAINING

- 2020** Fort Collins August 3-6
- 2021** Fort Collins August 9-12

PTSD: COMPANIONING THE TRAUMATIZED GRIEVER

- 2020** Fort Collins August 24-27

COMPANIONING BEREAVED PARENTS

- 2020** Fort Collins July 13-16
- 2021** Scottsdale January 11-14

BECOMING AN EFFECTIVE GRIEF EDUCATOR

- 2020** Fort Collins July 20-23
- 2021** Fort Collins June 28 - July 1

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

2020-2021 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. |
|------|-----|------|-------|-------|-----|------------|-------------------|-----------|------|------|------|------|
| 2020 | | | | | | | BST CBP BGE | SG PTS | BST | SGC | CSK | CM |
| 2021 | CBP | CMC | | BST | ESD | ESG BGE | HCC | SG LMP | BST | SGC | CSK | CM |

ABBREVIATION KEY:

Green =

Fort Collins, Colorado

Blue =

Scottsdale, Arizona

BST Comprehensive Bereavement Skills Training

CM Understanding and Responding to Complicated Mourning

CSK Grief Companionship Skills Training

HCC Helping Children and Adolescents Cope with Grief

CMC Creating Meaningful Funeral Ceremonies

LMP Living with Meaning and Purpose in Your Life

ESD Exploring the Spiritual Dimensions

PTS PTSD: Companionship for the Traumatized Griever

SGC Suicide Grief: Companionship for the Mourner

SG Support Group Facilitator Training

ESG Exploring the Shadow of the Ghosts of Grief

CBP Companionship for Bereaved Parents

BGE Becoming an Effective Grief Educator