

2023  
2024

# Educational Seminars for Bereavement Caregivers

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



## COURSE OFFERINGS:

Comprehensive Bereavement Skills Training	5
Understanding and Responding to Complicated Mourning	6
Exploring the Depression of Grief	6
Grief Companionship Skills Training	7
Suicide Grief: Companionship the Mourner	7
Exploring the Spiritual Dimensions of Death, Grief, and Mourning	8
Companionship the Mourner from Hello to Goodbye, Dark to Light, and Backward to Forward.	8
Helping Children and Adolescents Cope with Grief	9
Support Group Facilitator Training	9
Becoming an Effective Grief Educator	10
Companionship Bereaved Parents	10
Companionship in Special Circumstances: Exploring the Hope and Healing Series	11



## A Note from Alan Wolfelt

Thank you for your interest in our educational seminars for bereavement caregivers. I am so excited to share our 2023-2024



schedule with you! 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.

*The Center for Loss and Life Transition in Fort Collins, Colorado.*

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 or email the Center with any 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.

## About Alan Wolfelt

Dr. Alan Wolfelt has been recognized as one of North America’s leading death educators and grief counselors and is known around 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 90 helpful books and resources for bereavement caregivers and mourners. We invite you to visit [www.centerforloss.com/bookstore](http://www.centerforloss.com/bookstore) to learn more.

## Contents

What are the Center for Loss Educational Seminars? 4

### TRAINING COURSE DESCRIPTIONS AND DATES

- Comprehensive Bereavement Skills Training 5
- Understanding and Responding to Complicated Mourning 6
- Exploring the Depression of Grief 6
- Grief Companioning Skills Training 7
- Suicide Grief: Companioning the Mourner 7
- Exploring the Spiritual Dimensions of Death, Grief, and Mourning 8
- Companioning the Mourner from Hello to Goodbye, Dark to Light, and Backward to Forward. 8
- Helping Children and Adolescents Cope with Grief 9
- Support Group Facilitator Training 9
- Becoming an Effective Grief Educator 10
- Companioning Bereaved Parents 10
- Companioning in Special Circumstances: Exploring the Hope and Healing Series 11

### CERTIFICATION

- Death & Grief Studies Certification 11
- Basics and Questions 12
- Seminar Registration Information 13
- Continuing Education Units 14
- Registration Form 15
- Locations and Dates Back Cover

## 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.

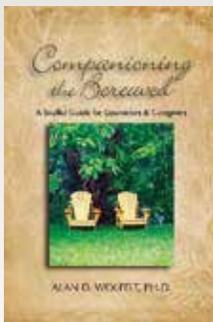


Scottsdale, Arizona

# Comprehensive Bereavement Skills Training

2023	SCOTTSDALE	• January 23-26
	FORT COLLINS	• June 12-15
	SCOTTSDALE	• November 13-16
2024	FORT COLLINS	• April 22-25
	FORT COLLINS	• September 16-19
	SCOTTSDALE	• November 11-14

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.



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

.....

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

.....

—A recent participant

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 “companioning” versus “treating”
- Understanding attachment and love influences on grief
- Misconceptions about grief
- Unique influences on grief: the whys of the journey
- Exploring the six central needs of mourning and the companioning helping role
- Encouraging self-compassion in mourners
- Application of content to support groups
- Exploring reconciliation versus resolution
- Acknowledging the transformative nature of grief

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

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

.....

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

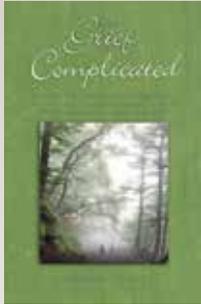
.....

—A recent participant

# Understanding and Responding to Complicated Mourning

2023	SCOTTSDALE	December 4-7
2024	SCOTTSDALE	December 9-12

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



Participants will receive a copy of *When 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:

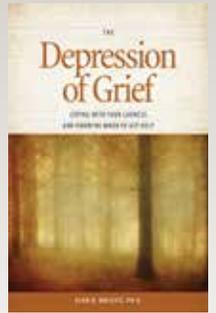
- The history of modern psychology’s understanding of complicated grief
- Understanding the origins of complicated grief
- Complicated grief influences and risk factors
- Identifying complicated grief—symptoms and categories
- Depression in grief--what’s normal? What’s clinical depression?
- Understanding 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.

# Exploring the Depression of Grief

2024	FORT COLLINS	May 13-16
------	--------------	-----------

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



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

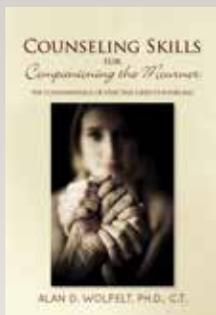
An outline of the course includes:

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

# Grief Companionship Skills Training

2023 FORT COLLINS • July 31-August 3

2024 FORT COLLINS • July 22-25



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

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

- 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.

*“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 recent participant

# Suicide Grief: Companioning the Mourner

2023 FORT COLLINS • October 16-19



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

2023 FORT COLLINS • May 15-18

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 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!”*  
 .....

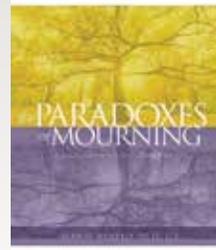
— A recent participant

- 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.

## Companioning the Mourner from Hello to Goodbye, Dark to Light, and Backward to Forward

2024 SCOTTSDALE • February 12-15



Participants will receive a copy of Dr. Wolfelt’s book *The Paradoxes of Mourning*.

Don’t miss the opportunity to join us for this advanced level learning experience as you build your knowledge and skills to provide compassionate support and counsel to people experiencing grief. Dr. Wolfelt often says, “You have to join the mourner where they are, before there is any space for movement.” Come join like-hearted caregivers and learn how to artfully “companion” the mourner into and through three essential truths:

*Truth One:* You must say hello to say goodbye.

*Truth Two:* You must make friends with the darkness before you can enter the light.

*Truth Three:* You must go backward before you can go forward.

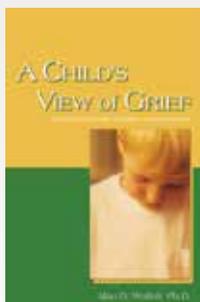
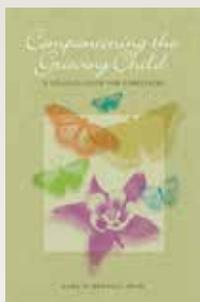
Participation in this training will allow you to enhance your understanding of how our culture clings to a number of misconceptions about grief. In addition, you will learn about what Dr. Wolfelt calls “medical-model-treatment introjects” that make the reconciling of grief naturally complicated for many mourners. You will explore and discuss- how the mourner is often told to be strong when she needs to be vulnerable; how the mourner is often told to think positive when she needs to befriend the pain; and how the mourner is often told to seek closure when she really needs is to welcome her natural and necessary grief.

Plan to join us and you learn more about how to honor these three truths— their historical roots as well as the ways in which they have been abandoned and even vilified by contemporary Western culture. You will learn specific companioning skills that allow you to join the mourner and create the necessary space to say hello on the path to goodbye, to affirm the value of darkness before light, and to respect the natural organic instinct to go backward before forward. You will also be invited to enhance your understanding of what Dr. Wolfelt has termed the “Slow Grief Movement” Register early as this training will fill to capacity well in advance.

# Helping Children and Adolescents Cope with Grief

2023 FORT COLLINS • July 17-20

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 *Companionship for the Grieving Child* and *A Child's View of Grief*.

You will learn how the philosophy of “companionship” 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

2023 FORT COLLINS • August 14-17

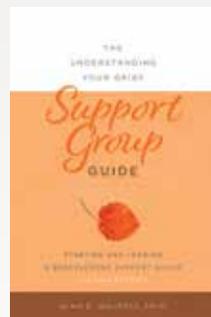
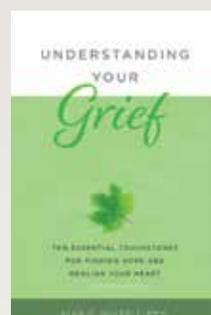
2024 FORT COLLINS • August 12-15

Enthusiasm for bereavement support group counseling has burgeoned in recent years. And, while training opportunities that advance our understanding of the bereavement process have

become more available recently, less work has been done on the support group models of care. This seminar helps fill this gap.

Topics covered will include

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

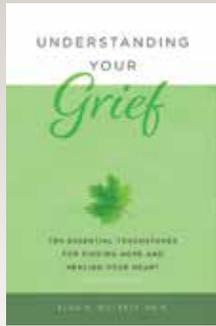


Participants will receive a copy of *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*, *The Understanding Your Grief Journal*, and *The Understanding Your Grief Support Group Guide*.

# Becoming an Effective Grief Educator

2023 FORT COLLINS • September 18-21

By popular demand, Dr. Wolfelt has created this new training that will teach you how to be an effective educator and public speaker on grief and mourning.



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

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.

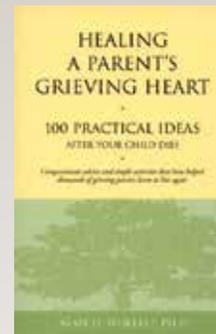
Topics you will learn to teach include:

- 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

# Companioning Bereaved Parents

2024 SCOTTSDALE • October 7-10

This seminar will enhance your capacity to artfully “companion” bereaved parents. When



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

a child dies, it's as if a deep hole implodes inside the parent. It's as if the hole penetrates them and leaves them gasping for air. As 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

# Companioning in Special Circumstances: Exploring the Hope and Healing Series

2023 FORT COLLINS • April 17-20

2024 FORT COLLINS • June 10-13

In grief, special loss circumstances often call for special companioning understanding and approaches. In this new training seminar, Dr. Wolfelt will provide a closer look at the specialized grief topics explored in his *Hope and Healing Series* books.



Participants will receive copies of all thirteen books in the *Hope and Healing Series*.

What are the unique challenges of these types of grief? Which symptoms tend to be more pronounced? How are the six needs of mourning affected, and how can you help mourners feel safe and supported in encountering them? As Dr. Wolfelt presents each topic, join him in discussing these questions and collaborating on answers as well as offering up your pertinent companioning experiences and wisdom.

Specific topics to be covered include:

- Grief overload
- Anticipatory grief
- Complicated grief
- Infertility grief
- Loneliness
- Homicide grief
- Drug-overdose grief
- Anger in grief
- Guilt in grief

The content of this seminar is most appropriate for experienced caregivers looking to further develop their helping skills, graduates of Dr. Wolfelt's other training courses, and more specialized

grief caregivers who work with communities affected by topics covered in the training.

# 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 2023-2024.

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. Lunch is served from noon to 1 p.m. Breakfast is included at the Fort Collins Hilton and is served from 7 a.m. - 8 a.m. Participants staying at the Scottsdale Hyatt House have breakfast included and available from 6:30 a.m. to 8 a.m.

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 Hyatt House Scottsdale/Old Town.

## 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 \$137/night for 2023 and \$149/night for 2024 (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 **Hyatt House Scottsdale/Old Town** is a beautiful



facility located in Old Town Scottsdale, a mere 5 minute walk from some of the region's best restaurants and shopping. The hotel offers free parking, complimentary WiFi, a pool and fitness center, and a restaurant on site. The Center for Loss has

guaranteed a special room rate at this winter resort location of \$134/night for 2023 and \$169/night for 2024 (plus applicable taxes). Reservations may be made by calling the Hyatt House Scottsdale Old Town at 1-888-591-1234. Reservations must be made **at least six weeks** prior to attendance, so please call early.

.....  
*"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.

**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 Groome ([groometransportation.com/fort-collins](http://groometransportation.com/fort-collins)). Another option is to rent a car for your stay.

Phoenix Sky Harbor Airport (PHX) is about 30 minutes from the Scottsdale trainings. Ride share options, such as Uber or Lyft, are the most convenient option for getting to the hotel. Another option is to rent a car for your stay.

**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 Visit Fort Collins at (800) 274-3678 or [www.visitftcollins.com](http://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 Experience Scottsdale at (800) 782-1117 or visit [www.experiencescottsdale.com](http://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 (in Fort Collins) 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](http://www.centerforloss.com/trainings). You can then create an account and register online or download a registration form. Registration forms can be e-mailed or mailed. If you have questions about registration, please e-mail us at [training@centerforloss.com](mailto: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](mailto:training@centerforloss.com)
- Mail: 3735 Broken Bow Road, Fort Collins, CO 80526

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 hosting 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](mailto: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 3:00 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](http://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

E-MAIL: [training@centerforloss.com](mailto:training@centerforloss.com)

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

### COMPREHENSIVE BEREAVEMENT SKILLS TRAINING

- 2023** Scottsdale January 23-26
- 2023** Fort Collins June 12-15
- 2023** Scottsdale November 13-16
- 2024** Fort Collins April 22-25
- 2024** Fort Collins September 16-19
- 2024** Scottsdale November 11-14

### UNDERSTANDING AND RESPONDING TO COMPLICATED MOURNING

- 2023** Scottsdale December 4-7
- 2024** Scottsdale December 9-12

### EXPLORING THE DEPRESSION OF GRIEF

- 2024** Fort Collins May 13-16

### GRIEF COMPANIONING SKILLS TRAINING

- 2023** Fort Collins July 31-August 3
- 2024** Fort Collins July 22-25

### SUICIDE GRIEF: COMPANIONING THE MOURNER

- 2023** Fort Collins October 16-19

### EXPLORING SPIRITUAL DIMENSIONS OF DEATH, GRIEF AND MOURNING

- 2023** Fort Collins May 15-18

### COMPANIONING THE MOURNER FROM HELLO TO GOODBYE, DARK TO LIGHT, AND BACKWARD TO FORWARD

- 2024** Scottsdale February 12-15

### HELPING CHILDREN AND ADOLESCENTS COPE WITH GRIEF

- 2023** Fort Collins July 17-20

### SUPPORT GROUP FACILITATOR TRAINING

- 2023** Fort Collins August 14-17
- 2024** Fort Collins August 12-15

### BECOMING AN EFFECTIVE GRIEF EDUCATOR

- 2023** Fort Collins September 18-21

### COMPANIONING BEREAVED PARENTS

- 2024** Fort Collins October 7-10

### COMPANIONING IN SPECIAL CIRCUMSTANCES: EXPLORING THE HOPE AND HEALING SERIES

- 2023** Fort Collins April 17-20
- 2024** Fort Collins June 10-13

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](http://www.centerforloss.com)

## 2023-2024 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.
2023	BST			WHH	ESD	BST	HCC CSK	SG	BGE	SGC	BST	CM
2024	LMP	EPM		BST	DG	WHH	CSK	SG	BST	CBP	BST	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

**LMP** Living with Meaning and Purpose in Your Life

**ESD** Exploring the Spiritual Dimensions

**WHH** Companionship in Special Circumstances

**SGC** Suicide Grief: Companionship the Mourner

**SG** Support Group Facilitator Training

**EPM** Companionship the Mourner from Hello to Goodbye, Dark to Light, and Backward to Forward

**CBP** Companionship Bereaved Parents

**BGE** Becoming an Effective Grief Educator

**DG** Exploring the Depression of Grief