

# Death, Grief & Mourning: Essential Caregiving Principles and Practices

With Alan D. Wolfelt, Ph.D.  
Author — Educator — Grief Counselor

**Thursday, April 29, 2010**  
**9:00 a.m. - 3:45 p.m.**

8:30 a.m. Book Sales Table opens

9:00 a.m. Program

12:00 p.m. Lunch

1:15 p.m. Program

3:45 p.m. Adjourn

Located at  
Westin Hotel

10135-100 Street, Edmonton, Alberta

**Parking:** Free parking is extremely limited downtown, but there are a number of parkades located around the Westin. Please come prepared to pay for parking.

## Purpose

This stimulating workshop will help members of the caregiving community who want to enhance their knowledge and skills related to supporting people experiencing grief and loss. Dr. Alan D. Wolfelt will explore a multitude of sub-topics surrounding grief care and emphasize the importance of “companioning” not “treating” the mourner. Participants will go away with a wealth of knowledge as they explore the transformative nature of grief.

## Agenda

Among the content areas to be explored in this program are the following:

- Introduction: Broader Framework for Loss/Grief
- Semantic Distinctions of Terminology
- Essential Ingredients of the Caregiver
- Critical Caregiver Qualities Inventory
- Introduction to “Companioning” Philosophy
- Explanation of the Concepts of “Hospitality” and “Sanctuary”
- Familiarization With Six Central Needs of Mourning
- Overview of “Body of Knowledge” for Caregivers
- Introduction to “Shadow of the Ghosts” and “Complicated Mourning”
- Summary of Caregiving Helping Roles: Support Versus Therapy
- Understanding the Transformative Nature of Grief

## Who Should Attend

This workshop will be helpful to anyone who wants to learn more about essential caregiving principles for caring for grieving persons. It will be particularly helpful to counselors, social workers, clergy, chaplains, nurses and lay ministers. If you know someone who would find this helpful, encourage them to register!

## Why This Program

Upon completion of this workshop the participant will be able to:

- Identify the essential ingredients of the bereavement caregiver.
- Define critical semantic distinctions in terminology.
- Outline the tenets of a “companioning” philosophy of grief care.
- Define the concepts of “hospitality” and “sanctuary” in context of grief counseling.
- Identify a core “body of knowledge” of the grief counselor.
- Define the concept of “reconciliation” versus “resolution” of grief.

## Complimentary Registration

There is no fee to attend and seating is limited, therefore we encourage you to register and reserve your seat as soon as possible. Call Park Memorial Funeral at 780-426-0050 or toll free at 1-877-426-0050 to register.

## Book Sales

Many of Dr. Wolfelt’s books will be on site and available for sale at our Book Sales tables. Cash and credit cards will be accepted.



## About the Presenter

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 in Fort Collins, Colorado.

A frequent guest of the media, Dr. Wolfelt has appeared on the Oprah Winfrey Show, the Larry King Show, the NBC Today Show, and Nick News.

He is the author of over twenty books on grief and loss. Among his titles are *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*, *Healing Your Grieving Heart: 100 Practical Ideas*, *The Journey Through Grief*, *Healing the Bereaved Child*, and *Creating Meaningful Ceremonies*.

Alan and his wife Sue, a family physician, are parents to three children: Megan, Christopher, and Jaimie. They live in the foothills of the beautiful Rocky Mountains next door to the Center.



**Park Memorial Funeral Home,  
Crematorium, and Reception Centre**

*presents*

**Death, Grief & Mourning:  
Essential Caregiving  
Principles and Practices**

**A Seminar for Caregivers**

**With Alan D. Wolfelt, Ph.D.**  
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