

IF EVER THERE WAS A CAREER-CHANGING, LIFE-CHANGING SEMINAR -- IT'S A DAY WITH DAVID KESSLER

David Kessler, best-selling author, collaborator with the legendary Elisabeth Kübler-Ross, and well-known expert on palliative care, hospice and end-of-life care, will provide you with the newest information on grief and grieving. Mixing compassion and understanding with an unequalled depth of experience, David Kessler will help to normalize living for those left behind. This seminar combines real information and practical wisdom with profound insights to help those shattered by grief to return to a sense of wholeness. Grievers and clinicians alike can learn how, after a loss to reinvest in life again and to put loss in perspective, while commemorating and honoring the death of a loved one.

- Learn healthy and supportive ways to respond to grief
- Help loved ones learn to live with loss instead of "getting over loss"
- Kübler Ross's stages revisited and updated

This is guaranteed to be a day that will enhance your work as a caregiver and fill you with so much insight, tools, strategies and inspiring information, you'll look forward to the next day at your work... so you can immediately begin to use all you have learned.



"This (David's) book is a source of reflection over that most mysterious and beautiful moment which awaits us all."
— Mother Teresa

ALSO AVAILABLE ON DVD

Register early! www.pesi.com

Speaker



David Kessler is one of the most well-known experts and lecturers on grief and loss today, reaching hundreds of thousands of people through his books. His first book, *The Needs of the Dying*, received praise by **Mother Teresa** and has been the #1 bestselling hospice book. David also co-authored two books with the legendary **Elisabeth Kübler-Ross**, *On Grief and Grieving: Finding the Meaning of Grief through the Five Stages* and *Life Lessons: Two Experts on Death and Dying Teach Us About the Mysteries of Life and Living*. David considers it an honor and privilege to have worked so closely with Elisabeth for 10 years and to be with her during her passing.

David has helped thousands of men, women, and children face life and death with peace, dignity and courage. He worked with **Elizabeth Taylor**, **Jamie Lee Curtis** and **Marianne Williamson** when their loved ones faced life-challenging illnesses. He also worked with **Anthony Perkins** and **Michael Landon** when they faced their own deaths.

His volunteer work includes serving as a member of the Red Cross Mental Health Disaster Team and as a Specialist Reserve Officer for the Los Angeles Police Department, on its trauma team. His hands-on training and skill takes him wherever grief happens, including trauma situations and disaster sites such as 9/11 and Ground Zero. His work recently took him to meet with Sandy Hook Elementary School parents and children.

As a modern day thanatologist, David has a masters degree in Health Care Bioethics from Loyola Marymount University, he did his undergraduate work at University of Southern California and is a member of the American College of Health Care Executives. He is a certified AMA / EPEC (Education for Physicians on End of Life Care) trainer. He also is the founding chairperson for the Hospital Association of Southern California Palliative Care Committee and spent the last decade as a C-suite executive in a 650 bed – three hospital system in Los Angeles County.

His work has been discussed in the Los Angeles Times, The New York Times, Business Week and Life Magazine, and has been featured on CNN-Cross Fire, NBC, MSNBC, PBS, and Entertainment Tonight. David is a contributing writer on Oprah.com, Dr. Oz's Sharecare.com and, Anderson Cooper 360. As a real life character counterpart, he did press for the Clint Eastwood/Matt Damon film, Hereafter. David's work has a strong internet and social media presence. His web site www.Grief.com is visited for help and inspiration by reaching hundreds of thousand of people in more than 167 countries. He is now working on new book with the much loved author Louise Hay about the grief that follows after death, but also around grief after a relationship or marriage ends.

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May 13, 2013

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On Grief & Grieving



David Kessler

Renowned End-of-Life Expert, Author
Featured on Oprah & Friends, CNN, NBC, MSNBC, PBS, People Magazine, Entertainment Tonight, The Wall Street Journal, The New York Times, Los Angeles Times

COLLEGE PARK, MD
May 8, 2013

ELLICOTT CITY, MD
May 9, 2013

DALLAS, TX
May 13, 2013

LIVE VIDEO WEBCAST
May 13, 2013

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David with Elisabeth Kübler-Ross



David with Mother Teresa

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Friday, May 13, 2013

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Outline

Objectives

Inner world of grief

- Interpret and treat the feeling of "relief" in grief
- The role of dreams and their archetypes
- Navigating the loss and replacement of roles in loss
- Use of "Life Beliefs" in bereavement
- Dealing with "secrets" that may be revealed after death
- Tools for clinicians when "angels" appear in the bereaved person's narrative

Interventions that can shape grief

- Anticipatory Grief**
- Treatment strategies
- Tools for normalizing anticipatory grief for the patient/client

Deathbed visions and their impact on grief

- Effective and ineffective models for family coping and integration
- Religion in patients' deathbed visions
- Clinical/palliative care studies, research of near death awareness

Using the law to normalize the dying experience

Kübler Ross' stages revisited and updated for 2013

The possibility of a sixth stage?

Interpreting the relevancy of the stages today

Going beyond Kübler-Ross

Children in Grief

- Tools for preparing for the loss
- Intervention for coping enhancement for funerals

The forgotten grievers

Complicated Grief

Simplifying the model

Murder, multiple losses, sudden death, suicide, Alzheimer's

Helping families reframe near death

Tools for the clinician to help clients cope with

- Bullicide
- Anniversaries
- Holidays – the seen and unseen
- Birthdays

Disasters and how we cope

- Shootings/hurricanes/earthquakes and terrorists acts.
- Techniques for approaching horrific crime and/or disaster scenes
- The impact of natural vs. manmade disasters

1. Discuss how the stages of grief influence our healing after loss.

2. Identify the milestones that often occur after a loss including anticipatory grief

3. Summarize appropriate responses to grief and mourning within the care team.

4. Outline how the updated stages of grief influence our healing after loss.

5. Explain why children are often the forgotten grievers and how to help them.

6. Identify mechanisms to help with complicated grieving.

7. Compare and contrast the impact of natural disasters vs. manmade disasters.

8. Identify dozens of tools and interventions to be used by clinicians, hospitals, palliative care services and hospices when working with grief and loss



Photo by Ken Ross

"David Kessler is my friend and student. He carries on my work."
—Elisabeth Kübler-Ross, M.D.

Live Seminar & Webcast Schedule
(Times in Central, Eastern, Mountain (check event location))

8:00 Registration/Morning Refreshments
8:30 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

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Must-Have Resources



On Grief and Grieving

By David Kessler and Elisabeth Kübler Ross

Elisabeth Kübler-Ross's On Death and Dying changed the way we talk about the end of life. Before her own death in 2004, she and David Kessler completed On Grief and Grieving, which looks at the way we experience the process of grief. Just as On Death and Dying taught us the five stages of death - denial, anger, bargaining, depression, and acceptance - On Grief and Grieving applies these stages to the grieving process and weaves together theory, inspiration, and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing.



The Needs of the Dying

By David Kessler

In gentle, compassionate language, The Needs of the Dying helps us through the last chapter of our lives. Author David Kessler has identified key areas of concern: the need to be treated as a living human being, the need for hope, the need to express emotions, the need to participate in care, the need for honesty, the need for spirituality, and the need to be free of physical pain.



Visions, Trips, and Crowded Rooms: Who and What You See Before You Die

By David Kessler

David Kessler, one of the most renowned experts on death and grief, takes on three uniquely shared experiences that challenge our ability to explain and fully understand the mystery of our final days. The first is "visions". As the dying lose sight of this world, some people appear to be looking into the world to come.

The second shared experiences is getting ready for a "trip". The phenomenon of preparing oneself for a journey isn't new or unusual. In fact, during our loved ones' last hours, they may often think of their impending death as a transition or journey. These trips may seem to us to be all about leaving, but for the dying, they may be more about arriving.

Finally, the third phenomenon is "crowded rooms". The dying often talk about seeing a room full of people, as they constantly repeat the word crowded. In truth, we never die alone. Just as loving hands greeted us when we were born, so will loving arms embrace us when we die. spirituality, and the need to be free of physical pain.

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\$15.00* On Grief and Grieving book (distributed at seminar—FREE SHIPPING!)

\$13.99* The Needs of the Dying book (distributed at seminar—FREE SHIPPING!)

\$15.00* Visions, Trips, and Crowded Rooms book (distributed at seminar—FREE SHIPPING!)

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- On Grief and Grieving**
- Seminar on DVD* (video) \$169.99 (RNV0xxxx)
 - Seminar on CD* (audio) \$139.99 (RNA0xxxx)
 - On Grief and Grieving book* \$15.00 (SAM041830)
 - The Needs of the Dying book* \$13.99 (SAM041835)
 - Visions, Trips, and Crowded Rooms book* \$15.00 (SAM042180)

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ADA needs:
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

"On Grief and Grieving" defines all five stages of loss (denial, anger, bargaining, depression and acceptance), while also addressing and defining grief from a variety of perspectives (when a person dies from suicide, accidents, murder, Alzheimer's, and many other conditions and actions.) Further, this book explains that many experiences other than death deserve the grieving process and mourning, such as divorces, job losses, or any other large, life impacting, negative event. Of course this isn't to imply that "On Grief and Grieving" suggests a person live life a