

**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

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**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](http://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.

**Can't Get There**

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**LIVE VIDEO WEBCAST**  
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

**PHOENIX, AZ**  
May 20, 2013

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David with Elisabeth Kübler-Ross



David with Mother Teresa

**COLLEGE PARK, MD**  
Wednesday, May 8, 2013

**ELLICOTT CITY, MD**  
Thursday, May 9, 2013

**DALLAS, TX**  
Friday, May 13, 2013

**LIVE VIDEO WEBCAST**  
Friday, May 13, 2013

**PHOENIX, AZ**  
Monday, May 20, 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](http://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

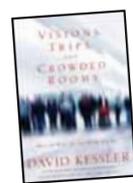
Elisabeth Kübler-Ross's On Death and Dying changed the way we talk about the end of life. Before her own death in 2004, she and David Kessler completed On Grief and Grieving, which looks at the way we experience the process of grief. Just as On Death and Dying taught us the five stages of death - denial, 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\*** Visions, Trips, and Crowded Rooms book (distributed at seminar—FREE SHIPPING!)

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 — 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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I grieved perhaps not just for my lost twenty-one years but for other things as well. I grieved for my parents, for their own pain and lost potential. The old injunctions against feeling appeared and asked me why I should be crying when children in Africa were dying. I simply replied that I had enough tears for them as well " for the entire world, in fact. Grief can be strange. At times a waterfall or a razor. The sweetest-smelling of roses, or a torn and bleeding heart. A benediction that feels all too much like a curse most of the time. But it continued unabated nonetheless. And grief heals. I remember a session with Florence in which, at a fever pitch of emotion, I burst out saying that "the pain IS the healing." Which it is, if you will but let it be. 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. This is "a fitting finale and tribute to the acknowledged expert on end-of-life matters" (Good Housekeeping). Watch [Interview with David On Grief and Grieving - Grief Myth #3: Grieve Alone](#). We imagine you'd agree with us if we suggest that *Grieving People Tend To Isolate*. While that is true, and isolation is a major problem for grieving people, it's not a natural tendency, it's a learned behavior. Let us explain by writing a phrase and leaving out the last word. Most of you reading this will automatically put in the last word.