

# Understanding Grief Spring Seminar 2015

Presented by:   
*Wings*  
A Grief Education Ministry

## SEMINAR ONE

### Don't Worry, Be Happy?

A seminar on healthy and unhealthy grief and healthy and unhealthy worrying.

Thursday, April 23, 2015 | 7:00 – 9:00 pm  
Free of charge and open to the public

## SEMINAR TWO

### Traumatic Death – A World Turned Upside Down

A seminar for clergy, hospice, caregivers and those who grieve.

Friday, April 24, 2015 | 9:00 am – Noon  
Fee: \$50

CCHS-181 (2/15)

Partner sponsor:



## About the Presenter - Bob Baugher, PhD.

For many of our seminar attendees, Dr. Baugher needs no introduction. In the past he has educated and intrigued our audiences with his wisdom, humor, and a wealth of hands-on good ideas and advice. The last time he spoke in Wausau was in 2009, and is returning by popular request with all new seminars and information.

Bob Baugher, Ph.D. teaches Psychology and Death Education at Highline College in Des Moines, Washington. From the Association for Death Education and Counseling he has earned certification as a Fellow in Thanatology and as a trainer for LivingWorks. He has trained more than 1,000 people in suicide intervention. He has given more than 700 workshops on grief and loss across the U.S., England, South Africa, and Namibia. His doctoral dissertation is entitled, *Perceptions of the Widow's Bereavement Process by Her Adult Child*.

A professional advisor to the South King County Chapter of The Compassionate Friends (TCF), Dr. Baugher has been invited to speak at 20 of the TCF national conferences during the past 25 years. The most recent of his eight books is entitled *In the Midst of Caregiving*, co-authored with Dr. Darcie Sims.



## SPONSORSHIP

**Event Host:** Wings-a Grief Education Ministry

**Partner Sponsor:** Aspirus Comfort Care and Hospice Services

**Key Sponsors:** Brainard Funeral Home & Cremation Centers, Helke Funeral Home & Cremation Services, Peterson/Kraemer Funeral Homes & Crematory

Wings™ acknowledges the support of many other community sponsors and individuals who make this program possible. A complete list will be posted at the seminar and available at the website after the event. [www.wingsgrief.org](http://www.wingsgrief.org)

**For more information or questions about these programs, call Wings—a Grief Education Ministry—Nan or Gary Zastrow 715.845.4159 or email us at [nanwings1@gmail.com](mailto:nanwings1@gmail.com).**

**Or Aspirus Comfort Care and Hospice Services  
Amy Kitsemel 715.847.2703**

## Continuing Education - CEUs

Approval is in process for the following continued education units (CEUs). If you want to verify confirmation, feel free to check prior to the seminar.

WI Department of Licensing and Regulation.

Presented by:



Partner sponsor:



P.O. Box 1051  
Wausau, WI 54402-1051

## Don't Worry, Be Happy?

A seminar on healthy and unhealthy grief and healthy and unhealthy worrying.

**DATE:** Thursday, April 23, 2015 | 7:00 – 9:00 pm

**LOCATION:** Holiday Inn & Suites – Cedar Creek  
1000 Imperial Avenue, Rothschild, WI

**FEE:** Free of charge and open to the public.

**REGISTRATION:** Registration is not required.

However, pre-registration helps us plan for the number of people who expect to attend. Pre-register online at [www.wingsgrief.org](http://www.wingsgrief.org); or email [wings1@charter.net](mailto:wings1@charter.net); or sign in at the door.

### SEMINAR OVERVIEW:

The craziness of grief encompasses a vast array of reactions. But at what point does our grief become unhealthy? Join us as we examine the boundaries of healthy grief. Then, we will look at a common grief reaction: Worry. The death of a loved one brings a whole new level of worries such as: How can I go on? What's going to happen next? How are my family members coping? In this workshop you will NOT be told not to worry. Instead come ready to discover some strategies for sorting out what is healthy and what might not be healthy grief. If you wish, you can write down and share with others what worries you. Or you can listen and learn from Dr. Baugher's message about what you can do to help you through this difficult time. Create a goal to help yourself or help a family member or friend on this journey. When you are equipped with knowledge and strategies for healthy healing, you can control your worries and change them into winning ways.

### OBJECTIVES:

As a result of attending this presentation, participants will:

1. Be able to identify signs of unhealthy grief.
2. Learn ways to help a person who is grieving in an unhealthy manner.
3. Understand the function of worry and three steps in coping with worry.
4. Become familiar with the ways people catastrophize and how to cope with it.

5. Learn tools to channel energy into grief-related worries over which they have some control.
6. Make a commitment to effectively work on at least one major worry.

### WHY SHOULD YOU ATTEND THIS PROGRAM?

This program will prove beneficial to anyone who has concerns about healing their grief. From time-to-time, a griever may wonder and worry if their reactions are "normal". Here is an opportunity to sort out what worries you and how to control it. Also, this is an excellent resource for professionals who consistently help the bereaved cope with their worries. Use this action plan to facilitate the process.

## SEMINAR TWO

## Traumatic Death – A World Turned Upside Down

A seminar for clergy, hospice, caregivers and those who grieve.

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1000 Imperial Avenue, Rothschild, WI

**FEE:** \$50

**REGISTRATION:** Pre-registration is not required.

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### SEMINAR OVERVIEW:

Traumatic death deals with sudden, accidental, unexpected death and may include suicide, or homicide. It can also be the result of a chronic condition. Some degree of trauma often accompanies sudden death, which can be overwhelming and present special problems for the bereaved that complicates the grief process. Death of this nature makes us feel shaken, uncertain, and vulnerable and can lead to complex issues.

Join us as we examine the following topics in bereavement following trauma:

- What factors constitute a traumatic death?
- What psychological and physical reactions may be anticipated in trauma?
- What other cumulative factors may complicate traumatic grief?
- Learn about recent findings on resilience to trauma.
- Learn what recent research on post-traumatic growth teaches us

Our seminar will provide attendees with a number of suggestions for helping family and clients cope with the intensity of traumatic death.

### OBJECTIVES

After completing the workshop, participants will be able to:

1. Cite valuable and recent research on traumatic grief.
2. Gain an increased understanding of how the brain reacts to sudden loss.
3. Identify and describe the array of grief reactions following a sudden, traumatic death.
4. Delineate factors that contribute to and detract from resilience and post-traumatic growth following the death of a loved one.
5. Initiate the use of a number of "tools" to support people in the short- and long-term following a traumatic death.

### WHY SHOULD YOU ATTEND THIS PROGRAM?

This program is ideal for grievers and caregivers who have been or may be affected by traumatic death whether intentional, unintentional, violent, natural disasters or unexpected sudden death that shatters the world as we knew it. Such complex grief requires a delicate approach that can best be understood by those who have intimate knowledge about the intensity of traumatic death.

## Location & Lodging

Special Room rates of \$99 for standard double queen room are available at the Holiday Inn & Suites at Cedar Creek, 1000 Imperial Avenue, Rothschild, WI 54474 for guests of our seminars. Code is WIN. These rates will be available until 3/23/2015.

**Reservations may be made by calling 715-355-1111.**

**Thursday, April 23, 2015**  
7:00 – 9:00 pm - Free of Charge

### Don't Worry, Be Happy?

A seminar on healthy and unhealthy grief and healthy and unhealthy worrying.  
*(Registration is not required.)*

## Pre-Registration Form

Name: \_\_\_\_\_

Job Title: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Email (optional): \_\_\_\_\_

### Return form to:

Wings™ – A Grief Education Ministry  
PO Box 1051  
Wausau, WI 54402-1051

**Friday, April 24, 2015**  
9:00 am – Noon - Fee \$50

### Traumatic Death – A World Turned Upside Down

A seminar for clergy, hospice, caregivers and those who grieve.

### HOW TO REGISTER FOR THE APRIL 24 PROGRAM:

**Advance Register/Pay:** To save time, mail your check or money order with this registration form to: Wings, P. O. Box 1051, Wausau, WI 54402-1051.

A voucher will be mailed to you.

**Save a Seat:** Pre-register at [wingsgrief.org](http://wingsgrief.org). A voucher will be held at the registration table. Pay by cash or check the day of the event.

**Same Day:** Register and pay at the event. Cash or check.

*Advance registration is recommended. However, ample seating is available and you may register at the door.*