

# The Amelia Center's 13<sup>th</sup> Annual Spring Bereavement Workshop



Featured Presenter:

**Ben Wolfe, M.Ed., LICSW, FT**

Featured Topic:

**Hanging On or Letting Go?**

*Practical Strategies, Interventions, and Ethics Helping Individuals and Families Move from Coping and Surviving, to Being Transformed and Thriving*

**Friday, April 13, 2018**

**Location:** Regions Field Ballroom, 1401 1<sup>st</sup> Ave S, Birmingham, AL 35233

**Cost:** \$95 Early Registration (\$105 if postmarked after 3/23/2018)  
\$70 Student Rate (proof of student status required)  
*Includes Workshop, Continuing Education Credit, Chicken Biscuit Breakfast, Lunch, and Refreshments*

**REGISTRATION DEADLINE - APRIL 6, 2018**

Continuing Education Credit: **5.5 Total Contact Hours (2 Hours in Ethics)**

- NBCC Provider # 6193\*
- AL Social Workers Provider # 0354
- Others may apply for credit through their accreditation boards. All participants will receive a certificate of attendance.

**REGISTRATION** ❖Registration will be guaranteed when payment is received. ❖

Registration by credit card may be completed online at: <http://give.childrensal.org/AmeliaCenterWorkshop2018>

If paying by check, complete the form below and return with check made payable to *"The Amelia Center"*

<b>Name:</b>	
<b>Organization:</b>	
<b>Address:</b>	
<b>City, State, Zip:</b>	
<b>Phone:</b>	
<b>Email:</b> (Required - You will receive confirmation via email)	
<b>Choice of Box Lunch:</b>	<input type="checkbox"/> Chicken Salad <input type="checkbox"/> Turkey & American <input type="checkbox"/> Ham & Cheddar <input type="checkbox"/> Roast Beef & Swiss <i>* Vegetarian option available upon request.</i>
<b>Professional Designation</b> (LPC, LCSW, etc.)	

# The Amelia Center's 13<sup>th</sup> Annual Spring Bereavement Workshop

## Hanging On or Letting Go?

*Practical Strategies, Interventions, and Ethics Helping Individuals and Families Move from Coping and Surviving, to Being Transformed and Thriving*

### Summary

How do children, adolescents, adults, and their families “rebalance their lives” after a loss, be it a death, traumatic event, or any crisis? How is it that one can “grow” after a devastating and life-changing event? How can one in their “new normal” explore the “dark emotions” and at some point see the world as still a bright place to live? And, what is the difference between persons who move from coping and surviving to being transformed and thriving?

As professionals and volunteers, ethically, what is our role when loss affects those we work with, regardless of the setting? This program will provide strategies and clinical interventions to help young people and their families trying to cope with the opportunities and struggles on the “journey of transition” and examine how individuals live their lives, *Hanging On or Letting Go?*

### OBJECTIVES

At the conclusion of this program, participants will be able to:

1. Describe what it means to “Live in the Second Circle.”
2. Describe the “dark emotions” and the “wisdom” that comes from exploring them.
3. List different “themes” to listen for after a crisis.
4. Describe the “family mobile,” “rebalancing,” and how we “relearn our world” after a death.
5. List various factors, including ethics, which need to be considered when working with individuals and families.
6. Explain how family make-up and communication styles affect loss, regardless of the loss issue.
7. Describe at least three areas of potential “growth outcomes” after a significant loss.
8. Describe clinical interventions to support individuals after a life-changing crisis or traumatic event.
9. Describe ways to support formal caregivers during challenging times.

### CANCELLATION POLICY

Registrants who notify The Amelia Center in writing of their cancellation on or before the early registration deadline date will receive a 100% refund of the registration fee. Those who cancel after the early registration deadline, but before the workshop date will pay 50% of the registration fee. Organizations may send a substitute attendee if the original registrant is unable to attend. No refunds will be issued on or following the workshop date.

### Schedule (8:30 am – 3:15 pm)

8:00 am	Registration and Breakfast
8:30 am	Program begins
11:30 am	Lunch
12:15 pm	Program resumes
3:15 pm	Evaluations, Adjournment and Certificates



Children's  
of Alabama



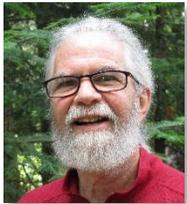
\* The Amelia Center of Children's of Alabama has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6193. Programs that do not qualify for NBCC credit are clearly identified. The Amelia Center of Children's of Alabama is solely responsible for all aspects of the programs.

# The Amelia Center's 13<sup>th</sup> Annual Spring Bereavement Workshop

## Hangin' On or Letting Go?

*Practical Strategies, Interventions, and Ethics Helping Individuals and Families Move from Coping and Surviving, to Being Transformed and Thriving*

### ABOUT OUR PRESENTER



Ben Wolfe, M.Ed., Licensed Independent Clinical Social Worker, Fellow in Thanatology, is a grief, loss and trauma trainer and consultant who previously served for 28 years as the founder and Program Manager/Grief Therapist of the St. Mary's Medical Center's Grief Support Center in Duluth, Minnesota. At the medical center Ben provided life-threatening illness and bereavement counseling for ages that ranged from pre-school to senior citizens through individual and family counseling, and support groups. He has given over 2,000 presentations at the regional, state, national and international levels, taught university graduate courses for over 25 years, and a course on life-threatening illness at the University of Minnesota, Duluth School of Medicine for 23 years.

Ben is a former president of the international Association for Death Education and Counseling (ADEC) and for 24 years has served as Chair of the 300 member Minnesota Coalition for Death Education and Support (MCDES). He currently serves on the Duluth Community Advance Care Planning (ACP) Advisory Council, and was appointed by the National Kidney Foundation from 2001 to 2005 to the eleven-member National Donor Family Council Executive Committee which supports over 15,000 members whose loved ones died and organs or tissue were donated after their death, and also professionals. He is a clinical member on the Northeastern Minnesota Critical Incident Stress Debriefing team, and serves on the TAPS (Tragedy Assistance Program for Survivors- "Gold Star" families) Advisory Board.

In addition to chapters in books, he has authored numerous articles related to grief and loss and served for ten years on the St. Mary's Medical Center's Bio-Ethics Committee. Ben has received a number of awards, including the ADEC Service Award in 1994, in 1999 the MN School Social Workers Association's "Friend of School Social Workers Award" for his work with schools throughout the state regarding crisis intervention, in 2002 the "Community Service Award" presented by the International Women Teachers Association, the first-ever U.S. Senator Paul Wellstone Legacy Award presented by the Minnesota School Counselors Association in 2004 for his work with schools and communities in crisis, the ADEC International Death Educator of the Year Award in 2011, and in 2005, was selected as "Employee of the Year" by St. Mary's Medical Center. In January, 2013, Ben received the "Friend of EMS" Recognition Award for Northern, MN. And, most importantly, he loves to bake bread, the old fashioned way...by hand!!