Title: Reframing PTSD as Traumatic Grief: A Workshop for Caregivers

Sponsor: Grief Works

Date: April 25, 2018

Time: 9:00 AM – 3:30 PM

Description:

This informative seminar will help members of the caregiving community explore PTSD not as a “disorder” but instead as a normal and necessary response to abnormal events. Dr. Alan Wolfelt will explore his belief that the term “traumatic grief” captures better than the term “PTSD” the totality of people’s experiences following traumatic loss.

The symptoms of grief, normal or traumatic, are care-eliciting symptoms—not signs of illness, but rather symptoms of an injury that needs careful and compassionate tending. What’s more, often the missing piece of the puzzle that is traumatic grief is mourning, or the expression of grief. What traumatized griever need most is compassionate companioning as they do the essential work of “catch-up” mourning.

While griever suffers from the acute fear-based symptoms that are the hallmarks of post-traumatic stress (such as extreme anxiety and flashbacks), many benefit from concurrent medical therapies (which will be reviewed in this seminar). Dr. Wolfelt’s more holistic care model emphasizes ongoing, mourner-led, talk therapy as well as peer support and complimentary therapies.

Come join us and learn about a movement to reframe PTSD as a normal response to abnormal circumstances and help deliver the compassionate understanding that many millions of traumatized griever the world over so desperately need.

Objectives: Upon completion of this seminar the participant will be able to

- Discuss the rationale for de-pathologizing PTSD.
- Identify the “care-eliciting” symptoms of PTSD.
- Explain the reframing of PTSD as traumatic grief.
- Review medical model treatment modalities.
- Outline the concept of “companioning” as a form of grief care.
- Explore implications for the future related to PTSD.

Agenda: Among the content areas explored in this seminar are

- Introduction: De-pathologizing PTSD
- Grief—Not an Illness, But a Response to Injury
- Traumatic Loss and Grief: What is PTSD?
- The Symptoms of PTSD and Traumatic Grief
- The Fear Factor of PTSD
- Medical Model Therapies as Treatment
• Mourning as “Treatment”
• When Traumatic Grief Goes Unmourned: Symptoms of Carried Grief
• Catch-Up Mourning for Traumatic Grief
• Where Do We Go From Here?
• Closing: Warning, Challenge, Reminder, Hope

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 (www.centerforloss.com) in Fort Collins, Colorado. He is also a faculty member of the University of Colorado Medical School’s Department of Family Medicine.

In addition to presenting dozens of keynotes and workshops across North America each year, Dr. Wolfelt facilitates 4-day training seminars for bereavement caregivers in Fort Collins. Dr. Wolfelt is a popular media resource who regularly provides his expertise to many top-tier television shows, newspapers, and magazines.

He is the author of more than fifty bestselling books on grief and loss, including Reframing PTSD as Traumatic Grief: How Caregivers Can Companion Traumatized Grievers Through Catch-Up Mourning; Companionsing the Bereaved: A Soulful Guide for Caregivers; The Depression of Grief: Coping with Your Sadness and Knowing When to Get Help; Living in the Shadow of the Ghosts of Grief: Step into the Light, Reconcile old losses and open the door to infinite joy and love; Understanding Your Grief; The Journey Through Grief; Healing a Spouse’s Grieving Heart; Companionsing the Grieving Child; Healing a Parent’s Grieving Heart; and Creating Meaningful Funeral Ceremonies.

Dr. Wolfelt and his wife, Sue, a family physician, are parents to three children. They live in the foothills of the beautiful Rocky Mountains next door to the Center for Loss and Life Transition.