

# Workshops for Grievers

## Coping w Grief, Loss, and/or Trauma

Presented by:

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# Grief 101: Trauma, Grief & Secondary Loss



- List at least 3 symptoms of normal vs. abnormal grief or trauma (aka red flags that higher care may be needed)
- Apply a grief model and tools (during donation discussions and follow-up care) to support grieving families
- Describe “Secondary Loss” and use strategies to minimize this for families

Sample of Past Sponsors/Locations:



# FINDING FORGIVENESS IN GRIEF

## Learning Goals:

- 1) List at least 3 health / mental health benefits of forgiveness
- 2) Describe the four phases of forgiveness
- 3) Utilize at least one tool or technique to begin to forgive oneself or others.



*To forgive is to set a  
prisoner free and  
discover that the  
prisoner was you  
- Lewis B. Smedes*



**Sponsor Example:**

 **GREEN HILLS  
MORTUARY**  
Honoring Life • Tributes • Ceremony

# Write Your Heart Out:

Using Self-expression to Cope with Grief,  
Trauma, and Manage Stress

## Learning Goals:

- 1) Implement tools to identify and heal negative self-talk that interferes with writing and poetic expression. (Good Parent Messages / Affirmations)
- 2) Utilize poetry techniques to process grief, trauma, and stress
- 3) Utilize writing techniques to process grief, trauma, and stress

2020-2022 Presentation Sponsor Examples:



# Hope For The Holidays:

Grief & Self-Care Strategies to Survive The Calendar

Presenter: Michelle A. Post, MA, LMFT

Sponsor example: WRTC Donor Family Services



Recent Presentation  
Sponsored by



November 12, 2021

Learning objectives:

- 1) Common grief symptoms that can reappear or intensify @ holiday season
- 2) Signs of needed intervention / help
- 3) Coping Skills for Holiday Season like family-friendly crafts to help remember loved ones and affirmations to support grievers

# The Ring of Fire:

## Trauma, Grief, & Coping with Coronavirus



Learning goals:

- Describe how brain function intersects with emotional processing, grief, & trauma
- List at least 3 interventions to support patients, caregivers, and families with distress, illness, changes, grief, and trauma during COVID19



# Won't You Be My Neighbor?

## How to Care for Children & Teens with Disenfranchised Grief

Learning Goals:

- 1) Describe Define disenfranchised grief
- 2) List at least 3 signs of normal grief and 1 warning sign or "red flag" that a child/teen may need a higher level of care
- 3) Employ at least 1 developmentally appropriate intervention to support a grieving child and/or teen

Previous Sponsor Example/s:





# He said... She Said...

## Surviving the Calendar with Sensitivity to Gender, Age, Cultural Differences, and Needs



### Example Sponsors:



### Learning Goals:

- Describe at least 3 common differences between grief across **gender** and **age** differences
- List 1 **cultural** grief and mourning ritual that differs amongst at least 3 different cultural/ethnic group
- Develop a plan to help cope with grief during **holiday and calendar** events to come





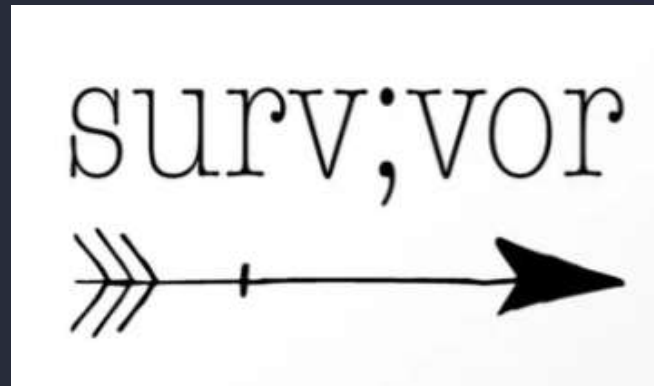
# Erasing the Stigma: Suicide Grief & Loss Or REAL TALK: Suicide Prevention, Campus Memorials

## Learning Goals:

- Employ destigmatizing language to help grievers dealing with suicide bereavement
- Describe at least 3 factors that impact grief after a death by suicide
- Utilize at least one intervention and one suicide prevention tool as a support to grievers

## Example Sponsors:

- Iowa: Iles Funeral Home School Counselor Conference
- CA: Green Hills Mortuary



# Managing Energy, Not Time:


◆ Keys to Resiliently Coping w Grief, Loss, and Stress



Example Sponsors:

CA: CSUDH- Ca State Univ Domingus Hills  
National Alliance for Children's Grief

1. Utilize an assessment worksheet to help bereaved families evaluate areas for improved energy management and coping with grief and loss.
2. Increase family, teen, child (and staff's) capacity to cope with grief & stress by renewing energy in 4 domains: physical (body), emotions, mental (mind) and spiritual.
3. Action Planning -- Apply empowering energy-management skills to help bereaved families cope and foster resilience.



Previous Locations/Sponsor Examples:  
National Alliance for Children's Grief Symposium  
MO – Speaks Funeral Home Grief Symposium  
CA – Green Hills Mortuary Community Training  
SC - Thomas McAfee Funeral Homes Grief Conference  
CA – Didi Hirsch Suicide Prevention Center  
IA – Iles Funeral Home Grief Conference  
CA – OneLegacy, Donate Life Organization  
CA – Long Beach Memorial Hospital Child Life Conference  
CA – California Association of Marriage & Family Therapy Winter Conference  
TN – Morris-Baker Funeral Home Grief Conference




Presents

# Understanding Young Hearts:

Tips, Tools and Techniques to heal grieving children, teens, and families

Learning objectives:

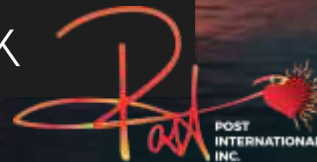
- 1) Identify normal, age-appropriate grief responses and red-flags
- 2) Tips and tools to engage the whole family in healthy death & grief talk
- 3) Utilize age-appropriate activities to help children, teens, and adults cope with grief and loss



# Reignite YOUR Life:

## How to Manage Stress, Prevent Burnout and Perform at PEAK Levels

1. Utilize an assessment tool to assess stress levels and identify at least three symptoms of compassion fatigue in griever or caregivers
2. Describe three interventions to manage stress (& stay in PEAK Performance Zone) for griever or caregivers
3. Employ a stress-management worksheet to guide griever or caregivers to manage stress, prevent burnout and improve coping with stress, grief, or loss



**Previous Sponsor Examples:**  
**CA – OneLegacy; Green Hills Mortuary**  
**AZ – Donor Network of AZ**  
**SC – Thomas McAfee Funeral Home**  
**TN: Morris Baker Funeral Home**  
**National Orgs: NACG, EBAA, AATB, MTF Biologics**

# WHERE'S THE GRIEF? OWIES AND FISTFIGHTS, CHILDREN'S GRIEF AND DEATH NOTIFICATION

## Learning objectives:

- 1) Identify normal, age-appropriate grief responses and red-flags
- 2) Tips and tools to engage the whole family in healthy death & grief talk
- 3) Utilize age-appropriate activities to help children, teens, and adults cope with grief and loss

## Previous Sponsors/Event Examples:

DMACC: Des Moines Area  
Community College, Ankeny, IA  
UCLA Mattel Children's Hospital




# Additional Resources: Free Weekly Podcast





## Keeping Your Sh\*t Together in a Stressed World with Michelle & Scott

By Scott Grossberg

Michelle Post, MA, LMFT & Scott Grossberg, Esq., CLC, CCH., NLP give you 45 minutes of raw, irreverent & results-oriented discussion with one purpose in mind . . . to help you cope, thrive & survive the craziness that's going on in the world. Michelle Post - <http://postinternationalinc.com> Scott Grossberg - <http://thinkingmagically.com> © © 2020 Grossberg & Post. All rights reserved. "Easy Lemon (60 second)" Kevin MacLeod (incompetech.com) Licensed under Creative Commons: By Attribution 4.0 License

Listen on  Spotify

 Support

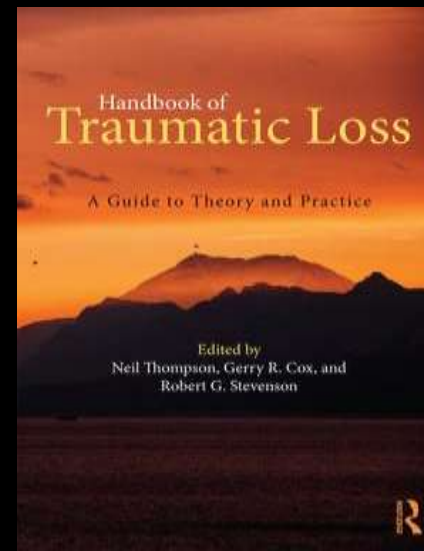
 Message



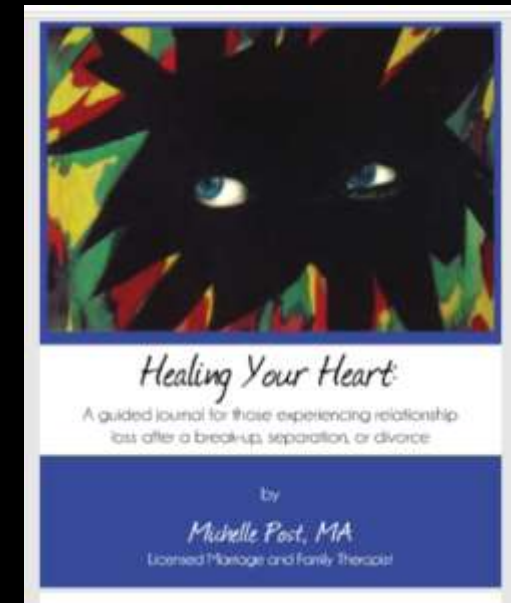
WHERE TO LISTEN



# Additional Resources: Books/Blog



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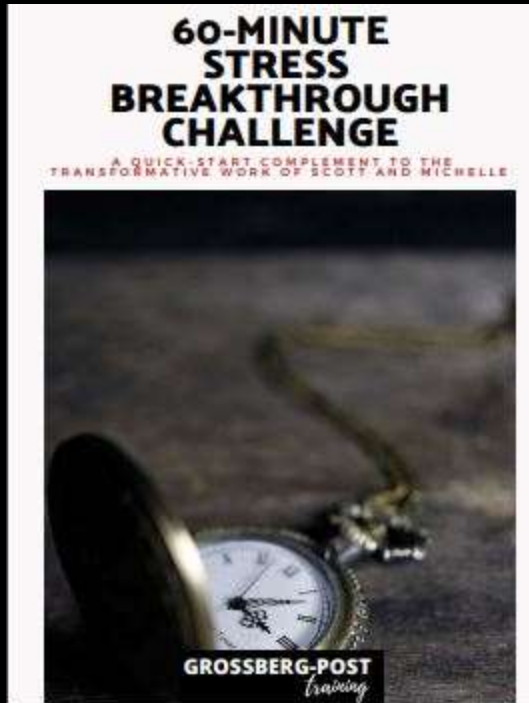
Innovate. Integrate. **#IgniteYourLife.**

[www.postinternationalinc.com](http://www.postinternationalinc.com)

**Follow me/ Sign-up Online or Contact:  
[Michelle@PostInternationalinc.com](mailto:Michelle@PostInternationalinc.com)**

*Additional Resources: Free 60-Minute Stress Breakthrough  
or Home Retreat w Michelle & Scott on sale \$149*

<https://sgrossberg.gumroad.com//gysthr>



**Give Yourself or a Loved One The Gift That Changes Lives!**



**GET YOUR SH\*T TOGETHER**

**A HOME RETREAT WITH MICHELLE AND SCOTT**

*Design your outcomes, stop wasting your time, and ignite your life.*



# In-person Destination Retreats / Various Locations



**Maui  
July 2019**

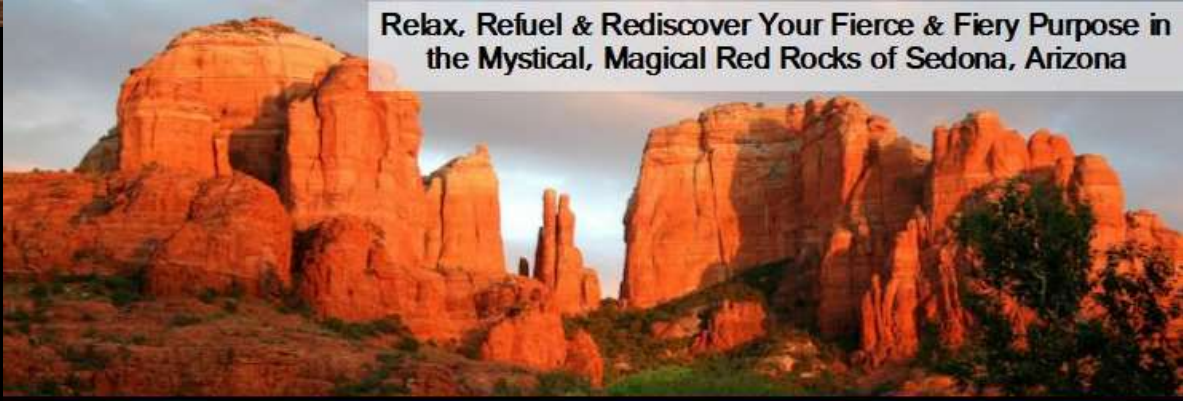


**Kauai, HI  
Jan 19-21  
or  
Jan 25-27**



**San Diego  
Nov 2-4 2018**

**Additional  
Resources**



**Relax, Refuel & Rediscover Your Fierce & Fiery Purpose in  
the Mystical, Magical Red Rocks of Sedona, Arizona**

**THE RE-IGNITE YOUR LIFE RETREAT  
April 26-29, 2019**

**PostInternationalinc.com**



PERSONALIZED, SCALABLE AND AFFORDABLE BEREAVEMENT *care*

DELIVERED BY TEXT MESSAGE

GRIEF.COACH

CONFIDENTIAL

Current User Examples:



Michelle Post has been a content contributor and reviewer of [www.Grief.Coach](http://www.Grief.Coach) Text Message Services



# NEED SOMETHING ELSE?

We customize workshops, retreats, training, and teaching for boards, customers/clients, or staff on a variety of additional topics including but not limited to leadership development, team building, and life strategy

**Contact:**



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