

UNDERSTANDING GRIEF SEMINARS

In-Person | September 2024



Ted Bowman is a grief and family educator. He specializes in changes and transition. For over 40 years, he has been a frequent trainer, consultant, and speaker with many groups throughout Minnesota, the United States, and other countries. Ted was an adjunct professor at the University of Minnesota (Family Education) 1981-2012; at the University of Saint Thomas (Social Work) 2006 until 2019; and 1989 to 1996 at United Theological Seminary of the Twin Cities.

Ted is the author of over 125 articles and chapters appearing in books, journals, newspapers, and magazines. His booklets, *Loss of Dreams: A Special Kind of Grief*, and *Finding Hope When Dreams Have Shattered* are widely used in grief care. He and Elizabeth Johnson co-edited *The Wind Blows, the Ice Breaks*, a volume of poems by MN poets addressing themes of loss and renewal. His newest book, *Ambiguous Parables: Poem and Prose of Loss and Renewal*, was published in November of 2021.

SEMINAR ONE

METAPHORIC WORDS FOR LIVING DYING, DEATH AND BEREAVEMENT

A community seminar for clergy, hospice, funeral directors, caregivers, and families experiencing loss

Tuesday, September 17, 2024 | 10:00am–Noon

Save a seat - register online. Pay at the door. \$40

Compassionate responses for difficult life endings require creative expression. Often metaphors are used: "My life was turned upside down; I will never be the same again; my days are like riding a roller coaster." While following metaphors appear to be a suitable approach, meeting people where they are, not where YOU think they should be, is much better. In this interactive session, following metaphors or clichés...even introducing metaphors...will be demonstrated, discussed, and practiced.

Three essential needs for grieving persons: 1) to find the words for loss; 2) to say the words aloud; and 3) to know the words were heard. The emphasis will be on aiding grieving persons find and express their thoughts and put them into words. Listening skills, following metaphors, and uses of bibliotherapy will be emphasized in this practical session that may change your approach to understanding and supporting the bereaved.

Objectives:

By the conclusion of the session, participants will be able to:

- * Describe and practice following metaphors
- * Prompt grieving stories through the use of stories, lyrics, poems, and aphorisms
- * Redefine listening with grieving persons

CEUs applied for. Certificate of Attendance certified.

SEMINAR TWO

GRIEF ENDINGS AND NEW BEGINNINGS: GIVING ATTENTION TO EACH AND BOTH

A community seminar to understand grief

Tuesday, September 17, 2024 | 7:00–8:30pm

A community seminar to understand grief. Complimentary public seminar. Everyone welcome. No charge. Registration is not required.

Through our lives we meet many changes carrying with them an ending that always leads to creating a new beginning. When the loss of a loved one is one of those intersections that disrupts our lives and necessitates change, we may struggle with the new labels we are given such as widow, grieving grandparent, or survivor. We are challenged by uncertainty. Plans, assumptions, long-held hopes and dreams may be shattered. In this session, we will explore the resiliency we acquire that can bring us through our evolving lives. The more we are aware of our losses and our gains, the more prepared we can be for the uncertainty of the future and our story of who we are becoming because of our loss.

Objectives:

By the end of the session, participants will be able to:

- * Understand differences between either/or choices and both/and choices;
- * Embrace the intersections of endings and beginnings;
- * Distinguish differences between healing and curing.

Both Seminars will be held at

Holiday Inn & Suites-Cedar Creek
1000 Imperial Avenue, Rothschild WI

For more information, contact:

Wings-a Grief Education Ministry
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