

There is no cost to attend this program. However, pre-registration is required by May 11, 2015.

Registration Form

*Helping People Heal from Grief:
Using our Minds and our Hearts*

PHYLLIS KOSMINSKY, PhD

Tuesday, May 19, 2015
Fowler Center, Arkansas State University
Jonesboro, AR

Name: _____

Credentials/Title: _____

Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email (required): _____

(Confirmation of registration will be sent by email.)

CE Category: Nursing Social Work Long-term Care
 Physical Therapy General Counseling

Return completed form to:

Arkansas State University – Jonesboro
College of Nursing & Health Professions, Dean's Office
PO Box 910

State University, AR 72467-0910

Fax: 870-972-2040

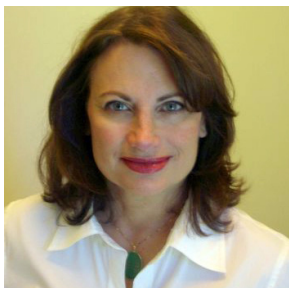
Email: sjwilson@astate.edu

For more information contact:

Dr. Susan Hanrahan
Phone: 870-972-3112

or June Morse
Phone: 870-936-7005

About the Speaker



PHYLLIS KOSMINSKY, PhD, FT, is a clinical social worker specializing in grief, loss and trauma. She has a private practice in Westchester County, New York, and for the past twenty years has been on the clinical staff

of The Center for Hope/Family Centers, in Darien, Connecticut, an agency devoted to helping people who are dealing with bereavement or life threatening illness. In 2008 Dr. Kosminsky was named a Fellow in Thanatology by the Association for Death Education and Counseling (ADEC), in recognition of her contributions to teaching, research and clinical practice in the field of bereavement.

Dr. Kosminsky was trained in social work at Columbia University and received her PhD in social welfare from Brandeis University. She is trained in Eriksonian hypnosis and EMDR, a clinically proven method for treating trauma. Dr. Kosminsky's first book, *Getting Back to Life When Grief Won't Heal*, was written to provide reassurance to readers, to identify the stumbling blocks to healthy grieving, and to guide them toward resolution of grief and reinvestment in living.

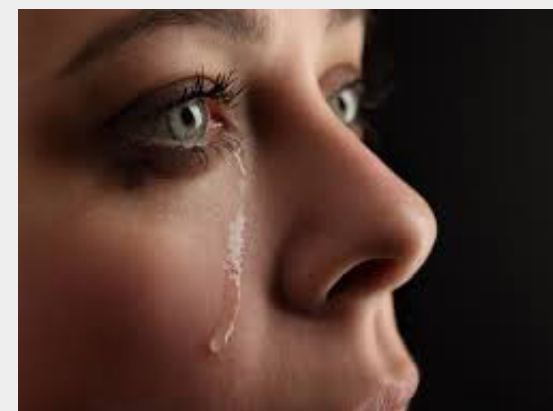
Dr. Kosminsky has published on a range of topics related to grief and loss. She has conducted dozens of trainings for mental health professionals throughout the United States, and is a frequent presenter at national and international conferences.

Register Early. Seating is limited.

ASU College of Nursing and Health Professions & NEA Baptist Charitable Foundation HopeCircle present:

The Billy Joe and Betty Ann Emerson Grief Seminar

Helping People Heal from Grief: Using our Minds and our Hearts



PRESENTED BY: PHYLLIS KOSMINSKY, PhD

Fowler Center, Arkansas State University
201 Olympic Drive, Jonesboro, AR 72401

Tuesday, May 19, 2015
8:30 am to 3:30 pm

Program Sponsors

Emerson Funeral Home
ASU College of Nursing & Health Professions
NEA Baptist Clinic
NEABCF HopeCircle
NEA Baptist Memorial Hospital
FAMILIES, INC. Counseling Service
Arkansas Geriatric Education Center

Purpose

It's been said that grief is a process of meaning reconstruction, of reconstituting our sense of purpose, and our will to go on living. Whether an individual is grieving the loss of health, the loss of a relationship, or the death of a loved one, most of the losses we face are outside of our control. Intrinsic to this view of grief is the understanding that the effects of significant loss are pervasive, and can include loss of identity, impairment of functioning, and spiritual upheaval. In this presentation, we will suggest that in order to help the bereaved, we must be able to meet them where they are and we must be prepared to stand by them, not only as professionals, but as human beings. We will start by looking at the nature of grief through case illustrations and at the factors that can complicate adaptation to loss. We will then focus on strategies for helping the bereaved that take into account current theory on bereavement and attachment, and new findings about how therapeutic interventions may change the brain. Particular emphasis will be given to what is emerging as an attachment orientated approach to understanding and supporting those who are experiencing complicated grief.

CE hours will be awarded at the completion of the conference following submission of your evaluation.

Learning Objectives

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

1. Identify several emerging theoretical developments in the way the mourning process is being understood.
2. Describe differences and similarities in trauma and complicated grief responses.
3. Identify prominent psychological themes common to individual and family survivors of traumatic loss.
4. Recognize risk and protective factors for the development of traumatic grief responses.
5. Describe a foundational model for the roles of the grief counselor in working with traumatic grief.
6. Describe several promising new techniques for complicated and traumatic grief.
7. Reflect on the impact of work with traumatic loss survivors on self-care for the clinician.

Schedule

8:00 - 8:30	Registration/Check-In
8:30 - 10:15	Grief Counseling and Grief Therapy: The State of the Art
10:15 - 10:30	Morning Break
10:30 - 12:00	Attachment and Loss: What We Have Learned About the Connection Between How We Attach and How We Respond to Loss
12:00 - 1:30	Lunch (on your own)
1:30 - 3:00	Using a Resource Based Model in Promoting Integration of Loss
3:00 - 3:30	Questions
3:30	Evaluation and Adjourment

Who Should Attend?

This program is designed for Hospice Personnel, Educators, Social Workers, Counselors, Therapists, Psychologists, Physicians, Nurses, Clergy, Chaplains, Lay Ministers, and others caring for the bereaved.

Directions to the Fowler Center:

From US 63 turn north onto Red Wolf Blvd. Stay on Red Wolf Blvd. until you reach Aggie Rd. Turn left onto Aggie Rd. Make the first right onto Olympic Drive. Arrive at the Fowler Center on your left.

From US 49 North (Stadium Blvd) Stay on Red Wolf Blvd. until you reach Aggie Road. Turn west onto Aggie road. Make the first right onto Olympic Drive. Arrive at the Fowler Center on your left.

Continuing Education:

CEUS ARE PENDING FOR ALL PROGRAMS NOTED BELOW.

Nurses -- 5.0 contact hours

Arkansas State University School of Nursing is an approved provider of continuing nursing education by Arkansas Nurse Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Long Term Care - 5.0 contact hours

Social Work -- 5.0 contact hours

Physical Therapy -- 5.0 contact hours

Counseling -- 5.0 contact hours

Families, Inc. Counseling Services and Arkansas State University- College of Nursing and Health Professions are cosponsors of this program. This cosponsorship has been approved by NBCC. Families, Inc. Counseling Services is an NBCC Approved Continuing Education Provider, ACEP No. 6221. The ACEP solely is responsible for this program, including the awarding of NBCC credit.

