

IF EVER THERE WAS A CAREER-CHANGING, LIFE-CHANGING SEMINAR — IT'S A DAY WITH DAVID KESSLER

David Kessler, best-selling author, collaborator with the legendary Elisabeth Kübler-Ross, and well-known expert on hospice and end-of-life palliative care, will provide you the newest information on death, grief and deathbed phenomena ... real, tested, engaging information you will not find anywhere else.

Delve deeper into the mysteries of life and death exploring key topics

- New studies on deathbed visions, and the role they play in end-of-life care
- Tools for sensitivity and discretion for balancing wishes of the dying and family with medical, ethical and legal considerations
- Communication strategies for necessary difficult and emotion conversations
- Deeper insight on how anticipatory grief shapes end-of-life experiences
- Understand why children are often the forgotten grievers, and how to help
- Cultural differences and new sensitivity to care
- Assisted suicide

It's guaranteed to be a day that will enhance your work as a caregiver and David will provide so much insight, tools, strategies and inspiring information, you'll look forward to the next day at your work ... so you can immediately begin to use all you have learned.



"This (David's) book is a source of reflection over that most mysterious and beautiful moment which awaits us all."
— **Mother Teresa**

"David's very presence with those approaching death was like being enveloped in a safe, cozy space. No harm could come to you if David was around. In fact, I recently asked him to be there when it is my time to go."

— Louise L. Hay, the New York Times best-selling author of *You Can Heal Your Life*

Speaker



David Kessler is one of the most well-known experts and lecturers on grief and loss today, reaching hundreds of thousands of people through his books, seminars and media appearances. His first book, *The Needs of the Dying*, received praise by Mother Teresa and has been the #1 bestselling hospice book. David also co-authored two books with the legendary Elisabeth Kübler-Ross, *On Grief and Grieving: Finding the Meaning of Grief through the Five Stages* and *Life Lessons: Two Experts on Death and Dying Teach Us About the Mysteries of Life and Living*. David considers it an honor and privilege to have worked so closely with Elisabeth for 10 years.

David's work has been discussed in the Los Angeles Times, The New York Times, Business Week and Life Magazine, and has been featured on "CNN-Cross Fire", NBC, MSNBC, PBS, and "Entertainment Tonight". David is a frequent guest on the Dr Oz show and a contributing writer on Oprah.com, Dr. Oz's Sharecare.com and "Anderson Cooper 360". As a real life character counterpart, he did press for the Clint Eastwood/Matt Damon film, "Hereafter". David's work has a strong Internet and social media presence. His web site www.Grief.com is visited for help and inspiration by reaching hundreds of thousand of people in more than 167 countries.

His volunteer work includes serving as a member of the Red Cross Mental Health Disaster Team and as a Specialist Reserve Officer for the Los Angeles Police Department, on its trauma team. His hands-on training and skill takes him wherever grief happens, including trauma situations and disaster sites such as 9/11 and Ground Zero. His work recently took him to meet with Sandy Hook Elementary School parents and children.

As a modern day thanatologist, David has a master degree in Health Care Bioethics from Loyola Marymount University, he did his undergraduate work at University of Southern California and is a member of the American College of Health Care Executives. He is a certified AMA / EPEC (Education for Physicians on End of Life Care) trainer. He also is the founding chairperson for the Hospital Association of Southern California Palliative Care Committee and spent the last decade as a C-suite executive in a 650 bed – three hospital system in Los Angeles County. He also serves as a board member on the Farrah Fawcett Foundation.

He is now working on new book with the much loved author Louise Hay about the grief that follows after death, but also around grief after a relationship or marriage ends.

TARGET AUDIENCE

Counselors • Social Workers • Psychologists • Therapists • Chaplains • Marriage & Family Therapists • Nurses
Hospice Professionals • Other Mental Health Professionals • Healthcare Workers

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Understanding the Needs of The Dying

BRINGING HOPE, COMFORT AND
LOVE TO LIFE'S FINAL CHAPTER

BLOOMINGTON, MN
Tuesday, October 1, 2013

ROSEVILLE, MN
Wednesday, October 2, 2013

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David Kessler

Renowned End-of-Life Expert, Author
Featured on "Dr. Oz", "Oprah & Friends",
CNN, NBC, MSNBC, PBS,
People Magazine, "Entertainment
Tonight", *The Wall Street Journal*, *The
New York Times*, *Los Angeles Times*

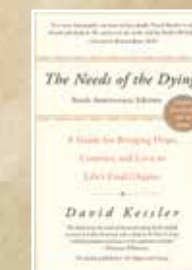


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Author of #1 Best
Selling Hospice Book

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Outline

Signs of Impending Death

Preparing family for physical changes
Interventions for coping with emotional changes in the family
Using near death awareness as a predictor in clinical settings

Palliative Care Model

Academic settings vs community
Physician led vs non physician led
Roles of physician, nurse, social worker, case manager, discharge planner, clergy
What's best - hospital, home health, hospice, skilled nursing facility
Joint commission certification

Hospice

Removing barriers
How hospice can increase length of stay while decreasing hospital time
Bereavement services to enhance community partnerships

Death Related Sensory Experiences (Death Bed Visions)

Effective and ineffective models for family coping and integration
Religion in patients' deathbed visions
Using the law to normalize the dying experience
Clinical/palliative care studies, research of near death awareness

Advance Directives

Physician order for life sustaining treatment
Make advance directives useful and medically effective
D.N.R. (do not resuscitate) vs. A.N.D.(allow natural death)
Code status and impact on the grieving process

Anticipatory Grief

Treatment strategies for hospice, palliative care and mental health care professionals
Tools for normalizing

Helping the Dying Patient's Children

How the media shapes a child's view of death
Tools for preparing a child for loss
Interventions for coping with funerals
Why children are often the forgotten grievers and how to help

The Ethics Committee and End of Life

How and when to use your ethics committee
How and why members of the end of life team can participate
Techniques for helping families get the most out of the ethics meetings
Avoid the common pitfalls of ethics committees at the end of life

Hope and Miracles

How to help families integrate desire for miracles at the end of life
Techniques for honoring hope without fostering denial

Cultural Differences

Affecting care of the dying
Tools for successfully bridging the gap with healthcare providers and families

The Question of Assisted Suicide

Understanding the current debate
The realities of withdrawing care vs assisted suicide
Learn techniques for addressing patient's requests for assisted suicide within the facilities and health care provider's beliefs system

Seminar & Webcast Schedule

Times Listed in Central

8:00 Registration/Morning Coffee & Tea
8:30 Program begins
12:00-1:00 Lunch (*on your own*)
4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

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Photo by Ken Ross

"David Kessler is my friend and student. He carries on my work."

—**Elisabeth Kübler-Ross, M.D.**

Objectives

1. Identify common needs of the dying and ways to meet across many health care settings
2. Discover ways to discuss end of life issues while allowing miracles and hope
3. Identify the differences and commonalities of palliative and hospice care models
4. Define anticipatory grief and how it shapes the end of life experience for patients and families
5. Gain tools and techniques to manage our own reactions to loss in the workplace
6. Interpret and resolve conflict regarding advance directives and code status
7. Describe tools to help children cope with a love one dying
8. Identify common characteristics of deathbed visions and normalize them for families
9. Prepare techniques for running a successful family conference
10. Define how fears about pain addiction can play a role in family dynamics at the end of life
11. Outline the role of spirituality and its role in the last years of life

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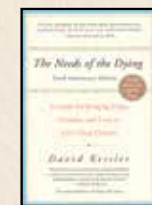
Must-Have Resources



On Grief and Grieving

By David Kessler and Elisabeth Kübler Ross

Elisabeth Kübler-Ross's On Death and Dying changed the way we talk about the end of life. Before her own death in 2004, she and David Kessler completed On Grief and Grieving, which looks at the way we experience the process of grief. Just as On Death and Dying taught us the five stages of death - denial, anger, bargaining, depression, and acceptance - On Grief and Grieving applies these stages to the grieving process and weaves together theory, inspiration, and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing.



The Needs of the Dying

By David Kessler

In gentle, compassionate language, The Needs of the Dying helps us through the last chapter of our lives. Author David Kessler has identified key areas of concern: the need to be treated as a living human being, the need for hope, the need to express emotions, the need to participate in care, the need for honesty, the need for spirituality, and the need to be free of physical pain.



Visions, Trips, and Crowded Rooms: Who and What You See Before You Die

By David Kessler

David takes on three uniquely shared experiences that challenge our ability to explain and fully understand the mystery of our final days. The first is "visions." As the dying lose sight of this world, they often begin to see and talk with those who have already died. The second experience is getting ready for a "trip." In fact, during our loved ones' last hours, they may often think of their impending death as a transition or journey. These trips may seem to us to be all about leaving, but for the dying, they may be about arriving. Finally, the third phenomenon is "crowded rooms." The dying often talk about seeing a room full of people, as they constantly repeat the word crowded.

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— **On Grief and Grieving** book* \$15.00 (SAM041830)

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