



SOUL INJURY
PROFESSIONAL
EDUCATION
WORKSHOPS, WITH CE'S



Tuesday, March 28, 2017
Concord Place Retirement Community
401 W Lake Street, Northlake, IL

Join us for a full day of workshops with compelling and inspirational teacher Deborah Grassman. She is author of two books, *Peace at Last* and *The Hero Within*, and the teaching video, *Wounded Warriors: Their Last Battle*. Deborah Grassman is a mental health Nurse Practitioner whose career at the Department of Veterans Affairs spanned nearly 30 years. Deborah Grassman is now CEO and co-founder of *Opus Peace*, an organization whose mission is to provide programs that respond to the soul injury that occurs during trauma, abuse, self-neglect, and serious illness. This is a *unique* Chicagoland opportunity to grow in understanding Veteran issues and obtain best practices of care for Veterans.

2 CEU workshops for professionals (attend one or both):

See back side for detailed descriptions of workshops

7:30-8:30 Registration/check-in with a continental breakfast

8:30am - 12:30pm PTSD, Secondary Traumatic Stress Disorder from Chronic Caregiving and Caregiving Ceremony (4 CE's at \$28 for attending the entire 4 hours)*

12:30 - 1:30pm Lunch provided with advance request at registration

1:30pm - 4:30pm Wounded Warriors and Fallen Comrade Ceremony (3 CE's at \$21 for attending the entire 3 hours)*

Evening Session for Veterans

6:30pm - 7:45pm Fallen Comrade Ceremony

Note: Veterans are also warmly invited to attend the 1:30pm - 4:40pm session above for a duplicate presentation of the Fallen Comrade Ceremony.

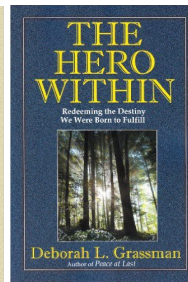
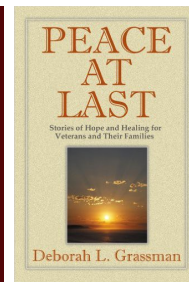
RSVP required by phoning Linda Rockwell at 847-556-1778 or email lrockwell@carecenter.org
We provide a free lunch for those who request in advance.

*CE's provided by the Hospice Foundation of America and approved for Nurses, Social Workers, Clergy, Alcoholism and Drug Abuse Counselors, Addiction Professionals, Marriage & Family Therapists, Mental Health Counseling, Death Education and Counseling, Nursing Home Administrators, Psychologists.



Workshops are sponsored by Dignity Memorial in collaboration with the Northern Illinois Tier Hospice-Veteran Partnership, a We Honor Veteran's organization. Concord Place is generously providing the meeting space, continental breakfast and lunch. Participating hospices include Vitas Hospice, JourneyCare Hospice, Seasons Hospice, Heartland Hospice





www.opuspeace.org

PTSD and Trauma Integration

Research now shows that PTSD is in the head – the traumatized brain is remarkably different than it was prior to the trauma. Attention, perception, and memory are radically altered in the fear-based brain. Recovery measures that focus on re-setting the emotional brain to respond appropriately to danger and to recover its capacity to experience safety and relaxation have been found to be the most effective. Resetting the brain includes developing self-compassion, awakening parts of the body where memories are stored, transforming the brain by installing new “software,” and cultivating honesty, courage, and humility to do the work of recovery.

Caregivers Ceremony

Professional caregivers often experience significant losses as they are exposed to seriously ill, traumatized, or suffering patients. This can produce notable physical and emotional symptoms in the healthcare provider, interfering with their personal and professional well-being. The literature now recognizes this as “Secondary Traumatic Stress Disorder;” unfortunately, it often goes unassessed. Revitalizing the weary healthcare provider’s heart that is wary of any further changes in their ever-demanding workplace is a modern-day challenge that sometimes threatens to squeeze the soul out of our work. This occurs because we often disconnect from the part of ourself that is carrying the pain. This disconnection unwittingly contributes to loss of energy, emptiness, and “compassion fatigue.” Re-connecting with the part of self generating the pain, paradoxically, restores wholeness. Experience self-care and self-compassion from a surprising perspective that can re-vitalize your very soul.

Wounded Warriors: Their Last Battle

Many military experiences impact peaceful dying for veterans – even though their death might not occur until decades later. The stoic military culture, combat training, and war itself can change a veteran in fundamental ways; their families may also be affected. Emotional, spiritual, social, and moral injuries veterans throughout their lifetime, especially as they face death. Deborah Grassman has personally taken care of more than 10,000 dying veterans. This changed her. In this presentation, she shares with you what they taught her. You will be changed too. You will learn about the unique needs of veterans as they age and face the end of their lives, the impact of the military experience on families, and tools for effective ways to respond to veterans’ needs. Join Deborah, author of *Peace at Last: Stories of Hope and Healing for Veterans and Their Families*, for an enlightening presentation that facilitates understanding the “soul injury” that veterans and their families sometimes sustain.

Fallen Comrades Ceremony

Have you served in a Dangerous-Duty military assignment that caused your soul to be bruised or wounded? Are you the family member of a Veteran who has experienced soul injury? Are you a civilian who wants to help our nation heal from the aftermath of war? Join us for a Fallen Comrades Ceremony. It provides an experiential shift in the relationship to pain in the soul. Civilians and clinicians join together to create a safe haven so Veterans, their families, and others can re-own, re-home, and re-vitalize the parts of themselves that may still be carrying un-mourned grief or unforgiven guilt/shame. Participants will experience some level of healing even if they only witness the ceremony without participating in it.