

Here but Not Here: Understanding and Managing Ambiguous Losses

Spiritual Companions 2019

This event is cosponsored with Essentia Health Chaplaincy Services.

November 19, 2019

Timber Lake Lodge
144 SE 17th Street
Grand Rapids, MN 55744

November 20, 2019

Essentia Health-St. Mary's
Medical Center
Auditorium, 2nd floor
407 E 3 St.
Duluth, MN 55805

November 21, 2019

Peace United Methodist Church
303 South 9th Avenue
Virginia, MN 55792



Essentia Health

St. Mary's Hospice
330 E 3rd Street - Third Floor
Duluth, MN 55805



Register today!

Register me for Spiritual Companions 2019

Please check one of the following sessions:

November 19, 2019

Grand Rapids, MN

Email:

Donna.Helgeton@EssentiaHealth.org

November 20, 2019

Duluth, MN

Email:

Cynthia.Dammer@EssentiaHealth.org

November 21, 2019

Virginia, MN

Email:

Mary.Vidmar-Billman@EssentiaHealth.org

Return registrations by email
(see contacts above) or send
via postal mail to:
Essentia Health St. Mary's Hospice
Attn: Cynthia Dammer
330 East Second Street #3
Duluth, MN 55805

Conference fee: No charge

**Registration deadline:
November 14, 2019**

The cost to park in the Essentia Health-
Duluth parking ramps will vary.

Name _____ Title _____

Email _____

Organization/Church _____

Address _____

City _____ State _____ Zip _____

Cell Phone _____

Essentia Health St. Mary's Hospice
Attn: Cynthia Dammer
330 East Second Street, 3rd Floor
Duluth, MN 55805-1964



Here but Not Here: Understanding and Managing Ambiguous Losses

OVERVIEW

Ambiguous losses challenge people more than most losses do. Loved ones cannot get clarity about the loss when a person is physically absent yet psychologically present (such as a military member missing in action), or physically present yet psychologically absent (such as a person with dementia or addiction). When the end of life is surrounded by ambiguity, family processes become complicated and grief may become frozen.

People you serve live with these ambiguities. Understanding how ambiguity affects people can help us better support families and caregivers in maintaining hope and deepening resilience. In this workshop, we'll explore research-based guidelines for working with families experiencing ambiguous loss.

As colleagues in caring who share these struggles with you, Essentia Health St. Mary's Hospice (Duluth, East Range and Itasca) together with St. Mary's Department of Chaplaincy Services offers this Spiritual Companions event with support from the Miller-Dwan Foundation as a resource to support you in your work. We appreciate your partnership in engaging and inspiring people to make a healthy difference in our community. What you take from this event will enrich you and deepen your service to your members, patients or clients.

As participants in this evidence-based and experiential workshop you will be able to:

- Identify the two types of ambiguous loss
- Assess the impact of ambiguous losses on family interaction
- Articulate the reasons closure is a myth
- Implement research-based guidelines for living well despite ambiguous loss

Nursing, licensed social work and funeral director CEUs are available. Clock hours are approved for nursing home administrators (MN 20-O57). Certificates of Attendance available for all attendees.

AGENDA

8:00 am	Registration
8:30 am	Welcome and Reflection
8:45 am	Session 1: Understanding Ambiguous Loss; Assessing the Impacts of Ambiguous Loss: Family Roles, Rules and Rituals
10:00 am	Break
10:15 am	Session 2: Six Guidelines for Living Well Despite Ambiguous Loss
11:15 am	When Ambiguity Becomes Clarity
11:25 am	Closing comments; complete event evaluations

CARLA DAHL



Carla Dahl is Professor of Congregational and Community Care at Luther Seminary in St. Paul, Minnesota. She has trained therapists and clergy since 1993 and also has a private counseling and consulting practice, working with individuals, couples, and groups around issues of grief, spirituality, relationships, and life transitions. She developed and directed the Marriage and Family Therapy program at Bethel Seminary in St. Paul. Carla has studied the effects of ambiguous loss for 30 years and has coauthored several chapters on how to support individuals and families in dealing with this stressful experience.