This powerful workshop offers techniques and tools to improve your client’s ability to get back to living and show them the steps they need to regain positive living. You will walk away with a new understanding of the power of transformative thought and action, and how it can impact the lives of your clients.

Ligia Houben, grief and loss expert, will demonstrate tools that can help your clients find meaning, achieve breakthroughs, and learn how to build the life they want on the other side of loss or transition. You will take with you a roadmap that can help your clients cope with the grief that may arise when facing the loss of their job, after leaving their homeland, confronting the death of a loved one, or embarking on a new life after a divorce or break-up. The techniques are simple and systematic, easy to teach clients, and will heal grief and renew life again for the client. The purpose of this seminar is to bring awareness to the clinician in how to help your clients cope with such difficult times in an empowering and transformative manner.

This seminar is a must attend, if you work with clients who experience any of the following:

- The loss of a loved one and feel filled with sorrow
- Gone through a divorce or romantic breakup and want to embrace their new stage in an empowered manner
- Lost their job and do not have the confidence to find new opportunities
- Retired and feel lost as they start this new stage in their lives
- Want to overcome their fears
- Want to expand their spirituality
- Want to live with more meaning and purpose
- Want to transform their loss and transform their lives!

TARGET AUDIENCE
Counselors • Social Workers • Psychologists • Case Managers • Marriage & Family Therapists • Nurses • Chaplain/Clergy • Other Mental Health Professionals
Nursing Home Administrators

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Transforming Grief & Loss
Strategies to Help Your Clients through Major Life Transitions

Live Seminar Schedule
7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends
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**Objectives**

1. Explore different types of losses and how clients perceive their losses in the process of grief and transformation.
2. Outline the 11 principles system as a guide to heal grief & loss.
3. Recognize spiritual tools that can help clients move from grief to joy.
4. Help your clients recognize the value of “me time” when transformation is their ultimate goal.
5. Discuss empowering ways to help the griever become strong and confident.
6. Discover the value of rituals such as journaling, writing, or meditating.

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**Speaker**

Ligia M. Houben, MA, FT, FAAGC, CPC, CHT

Ligia M. Houben is the Founder of My Meaningful Life, LLC and executive director of The Center for Transforming Lives in Miami, FL where she consults with individuals and families, offering coaching and group workshops. Ligia is a whole-hearted speaker in the field of grief and loss and transformation. She has reached many people with her messages about transformation, meaning, and personal growth. She is a Fellow in Thanatology: Death, Dying, and Bereavement and a Fellow of the American Academy of Grief Counseling. She holds a MA in Psychology and Religions Studies from the University of Miami, MA in Religious Studies and a Graduate Certificate in Multidisciplinary Gerontology from Florida International University and in Loss and Bereavement from St. Thomas University. Ligia has been the center of grief and loss education and transformation. She is a passion for life and believes all of us are able to fulfill our purpose if we can only change our attitude and beliefs. 

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**Transferring Grief and Loss Strategies to Help Your Clients through Major Life Transitions**

**Overview**

• Different types of losses and how to cope with them
• Types of grief and patterns in coping skills
• Rituals at times of grief as a way of expressing and giving meaning to an action
• Expressing & Sharing is Not Dwelling
• Apply emotional intelligence when expressing feelings
• Share with others or complain about a loss
• Healthful ways to express anger or fear
• Recognize and validate guilt, shame and fear
• Integrate Wellness as an Empowering Approach

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**Nonfinancial: Ligia Houben has no relevant nonfinancial relationship to disclose.**

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