Honoring Grief...Intending to Heal

Registration

Name ___________________________
Address _________________________
Phone _______________________________
Email _______________________________

Emergency contact & phone: __________

Fee: For this training program a full payment or a $50 non-refundable deposit is due to reserve your place.
- $195 (includes materials, meals, snacks, refreshments).
- $230 (overnight single room, materials, meals, snacks, refreshments).
- $223 (overnight double room, materials, meals, snacks, refreshments). Please give your roommate’s name upon payment.

I am interested in financial assistance.

LIMITED SPACE AVAILABLE: No-Walk-ins – Reservation Required.

Application Process

1. Complete and submit the registration form in this brochure or online at www.smmsisters.org/retreats. Registration is due by Monday, April 29, 2019.
2. Once your registration is received, you will be emailed a biographical application form which is required to be completed and submitted for review by the training team.
3. You will be mailed the assignment for the initial gathering.

Program Testimonies

“The companioning model that is taught has been so effective and immensely helpful to me in my ministry. I cannot speak highly enough of this program!”
- Renee…Parish Grief Support Volunteer

“I appreciated the focus on companioning where everyone’s unique journey into grief is honored, and "cookie-cutter" responses are avoided. I also appreciated the spirituality (not religiosity) of the training which included deeply moving rituals, meditations and music.”
- Claire, MDiv…Pastor

“Going through the program opened my eyes to the power of just being with another in their grief, knowing I cannot fix it or take it away.”
- Kathleen, CT…Dir. of Grief Support

“The impact upon my work as a counselor has been fascinating. Now, I am sniffing out loss and grief as I assess paths for exploration. Grief is so pervasive...”
- Maureen, MDiv, MA, LCPC…Counselor & Spiritual Dir.

“A Training Program
For Supporting the Bereaved

Honoring Grief
Intending to Heal

May 14-15, 2019
8:00 am - 4:00 pm each day

Presenters:

Pete Reinl, CSG
Melissa Minkley, MSW, CT

Benet House Retreat Center
at St. Mary Monastery
2200 88th Ave. W.
Rock Island, IL 61201
309-283-2108
retreats@smmsisters.org

If you want more information, are in need of financial assistance, or have any questions email retreats@smmsisters.org or call 309-283-2108.

Need More Information?

Who is the Training For?

Counselors, support group facilitators, ministers, pastors, social workers, hospice workers, chaplains, funeral directors, volunteers, nurses, physicians, spiritual directors, and anyone who is or wishes to support the bereaved.

PR Suicide Prevention Trainer
Counseling Program Facilitator. The HONORING GRIEF program is a much-needed asset to the world of bereavement.”
- Jacquelyn, MACL

“In utilizing the essential companioning principles, accompanied with the discussion style approach to learning in the Honoring Grief Program, I am not only better equipped to serve the bereaved but I am more authentic in doing so.”
- Linda Wein, MSW, Hospice Bereavement Coordinator

“I came to see that we can best companion the bereaved by first doing our own deep work. Participating in this course has enhanced my capacity to acknowledge significant losses and leave space for stillness to enter.”
- Catherine…Chaplain, Crisis Counselor, QPR Suicide Prevention Trainer

“This program has provided me the needed tools in gaining a better understanding of myself and the ability to become a compassionate, empathetic companion to others on their journey of grief following traumatic losses in their life.”
- Paul…Deacon

“I am interested in financial assistance.

LIMITED SPACE AVAILABLE: No-Walk-ins – Reservation Required.

Facilitator. The HONORING GRIEF program is a much-needed asset to the world of bereavement.”
- Jacquelyn, MACL

“In utilizing the essential companioning principles, accompanied with the discussion style approach to learning in the Honoring Grief Program, I am not only better equipped to serve the bereaved but I am more authentic in doing so.”
- Linda Wein, MSW, Hospice Bereavement Coordinator

“I came to see that we can best companion the bereaved by first doing our own deep work. Participating in this course has enhanced my capacity to acknowledge significant losses and leave space for stillness to enter.”
- Catherine…Chaplain, Crisis Counselor, QPR Suicide Prevention Trainer

“This program has provided me the needed tools in gaining a better understanding of myself and the ability to become a compassionate, empathetic companion to others on their journey of grief following traumatic losses in their life.”
- Paul…Deacon

If you want more information, are in need of financial assistance, or have any questions email retreats@smmsisters.org or call 309-283-2108.

Need More Information?

Who is the Training For?

Counselors, support group facilitators, ministers, pastors, social workers, hospice workers, chaplains, funeral directors, volunteers, nurses, physicians, spiritual directors, and anyone who is or wishes to support the bereaved.

PR Suicide Prevention Trainer
Counseling Program Facilitator. The HONORING GRIEF program is a much-needed asset to the world of bereavement.”
- Jacquelyn, MACL

“In utilizing the essential companioning principles, accompanied with the discussion style approach to learning in the Honoring Grief Program, I am not only better equipped to serve the bereaved but I am more authentic in doing so.”
- Linda Wein, MSW, Hospice Bereavement Coordinator

“I came to see that we can best companion the bereaved by first doing our own deep work. Participating in this course has enhanced my capacity to acknowledge significant losses and leave space for stillness to enter.”
- Catherine…Chaplain, Crisis Counselor, QPR Suicide Prevention Trainer

“This program has provided me the needed tools in gaining a better understanding of myself and the ability to become a compassionate, empathetic companion to others on their journey of grief following traumatic losses in their life.”
- Paul…Deacon

If you want more information, are in need of financial assistance, or have any questions email retreats@smmsisters.org or call 309-283-2108.
Honoring Grief...Intending to Heal is a training program for those who wish to companion the bereaved and/or are currently supporting the bereaved in various capacities. The companioning philosophy serves as the foundation in offering any modality of support to the bereaved. This model makes a distinction between other models of treating, fixing, curing, analyzing or resolving another's grief. Instead, companioning is “about being totally present to the mourner and even being a temporary guardian of the person’s soul.” (Wolfelt) The invitation in companioning is to allow oneself to be vulnerable enough to be with the bereaved in their suffering. In other words, to learn to be totally present and to simply bear witness to someone’s pain without trying to take away their right and need to be in and express pain. The art of companioning demands tending to one’s own losses and grief. Its approach is counter-intuitive, counter-intellectual and counter-western-cultural. The companioning philosophy includes a healthy balance of head and heart.

Program Requirements
- Attendance at both days
- A space of 1.5 years since a significant loss is preferred
- Reading, intentional reflection, integration and other assignments (including pre-first-gathering assignment)

Participants Receive
- practical handouts
- certificate of completion
- continuing education hours available

Gatherings Will Include
- Presentation, Instruction, Reinforcing & Educational Activities
- Small and Large Group Interaction
- Meditation and Grieving Friendly Rituals
- Opportunities for Personal Integration

Training Program Components
* In depth exploration of the companioning philosophy (which is applicable in serving all ages, cultures, ethnicities, and spiritual backgrounds)
* Understanding & identifying grief
* Connecting spirituality and grief
* Exploring healing in grief
* Surveying the necessity of being with difficult emotions and feelings
* Clarifying the necessity of purposeful and intentional healing
* Practical implications of using the companion model in various grief support modalities
* Learning and practicing necessary companioning skills with particular emphasis on:
  1. real presence
  2. creating and holding safe spaces
  3. the art of curiosity thru an appreciation and integration of “beginners mind”
  4. developing listening & questioning skills

Training Program Team
Pete Reinl, CSG, is the co-founder of Healing Life’s Losses grief support services and is a grief support companion and spiritual guide. He has over 30 years of pastoral ministry experience serving in faith and secular communities, retreat centers and funeral homes. Pete’s contemplative ministry is primarily one of co-creating safe spaces of sanctuary for healing, honoring, storytelling, listening, exploring, integrating and transforming. He has spent the last fifteen years dedicated to companioning those who are in life transition due to loss, as well as training others who wish to be companions of the bereaved. His background includes certification in pastoral ministry and spiritual direction. Having experienced several significant losses and his own life transitions, Pete brings with him a wealth of personal experience and wisdom, in addition to his professional and spiritual background in loss, grief and healing.

Location
Benet House Retreat Center

The Sisters of St. Benedict invite you to Benet House Retreat Center at St. Mary Monastery, Rock Island, Illinois. Built in 2001 as a place apart to seek the Holy One for persons of all faiths, Benet House offers a setting of peace, beauty and tranquility for any retreat or program you choose. The Center is situated atop a hill overlooking woods and a lake with walking paths.

Melissa Minkley, MSW, CT, is the cofounder of Healing Life’s Losses and is a social worker with over 20 years of experience in psychosocial oncology and bereavement counseling. She has companioned adults and children in individual, support group, workshop and retreat settings focusing on enhancing ones holistic well-being. Her personal experience of loss has given Melissa insight into the impact grief has on individuals, families and friends.

“As far as inner transformation is concerned, there is nothing you can do about it. You can’t transform yourself and you certainly can’t transform another. All you can do is create a space for transformation to happen – for grace and love to enter.” Eckhart Tolle