

Join Us

The Art of “Companioning” the Mourner: Caring Versus Curing

Thursday, December 4, 2025, 3–6 p.m.

This informative workshop will help us enhance your knowledge and skills related to supporting people experiencing grief and loss. Anchored in Dr. Alan Wolfelt’s “companioning” model of grief care, there will be a recognition of how grief and mourning are normal and necessary experiences that are fundamentally a journey of the heart and soul. A critical distinction between caring versus curing will be outlined. You will go away with a wealth of knowledge surrounding the transformative nature of grief.



LOCATION:

UPMC Altoona

620 Howard Ave.

Altoona, PA 16601 (Rotunda 6th Floor)

Parking vouchers will be available.

There are two options for attending: Virtually using Microsoft Teams (an email address must be provided to receive invitation) or in person.

Continuing education credits are available for professionals. See the reverse side for details.

RSVP to Heather Giavedoni at
GiavedoniH@upmc.edu by Dec. 3
or call **814-552-0561**.

We look forward to sharing this valuable event with the community.



[UPMC.com/FamilyHospiceBereavement](https://www.upmc.com/FamilyHospiceBereavement)

ABOUT THE PRESENTER:

Dr. Alan Wolfelt has been recognized as one of North America’s leading death educators and grief counselors. His books have sold more than a million copies worldwide and have been translated into many languages. He serves as Director of the Center for Loss & Life Transition and is on the faculty of the University of Colorado Medical School’s Department of Family Medicine. He is known around the world for his compassionate messages of hope and healing as well as his companioning philosophy of grief care. Dr. Wolfelt speaks on grief-related topics, offers trainings for caregivers, and has written many bestselling books and other resources on grief for both caregivers and grieving people.

Dr. Wolfelt is the best-selling author of more than fifty books including *Companioning the Bereaved: A Soulful Guide for Caregivers*; *The Depression of Grief*; *Loving From the Outside in*; *Mourning From the Inside Out*; *Understanding Your Grief*; *The Journey Through Grief*; *Healing a Spouse’s Grieving Heart*; *Companioning the Grieving Child*; *Healing a Parent’s Grieving Heart*; and *Creating Meaningful Funeral Ceremonies*.



Stevens Family Funeral Homes

Who Should Attend:

This workshop will be helpful to anyone who wants to learn more about essential caregiving principles for caring for grieving persons. It will be particularly helpful to counselors, social workers, clergy, chaplains, nurses and lay ministers. If you know someone who would find this helpful, encourage them to register!

Objectives:

Upon completion of this workshop the participant will be able to:

- Define a Broader Framework for Loss/Grief
- Explain Distinction Between “Caring” versus “Curing”
- Understand Tenets of “Companioning” versus “Treating” the Mourner
- Explain Dr. Wolfelt’s Subcategories of “Complicated Grief”
- Define Six Needs of Mourning

Agenda:

Among the content areas to be explored in this workshop are the following:

- Exploring a Broader Framework for Loss/Grief
- How our Culture Values “Cure” Over “Care”
- Understanding the Concepts of “Sanctuary” and “Hospitality”
- Defining a Model for “Complicated Grief”
- Exploring Inappropriate Socio-Cultural Assumptions About Grief
- Challenging the “Resolution Wish”
- Introduction to the Tenets of “Companioning” the Mourner
- Advocating for the Slow Grief Movement

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

As a Jointly Accredited Organization, University of Pittsburgh is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive 3.0 continuing education credits.

Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is 3.0 contact hours.

Social Work (ASWB)

The maximum number of hours awarded for this Continuing Education activity is 3.0 contact hours.

Other Healthcare Professionals:

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

To receive CEUs:

Create an account at the Center for Continuing Education and register for the course “The Art of Companioning the Mourner: Caring Versus Curing”



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