

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Your Profession (e.g., Counselor, Social Worker, Marriage and Family Therapist, Hospice Worker, Nurse, Minister/Chaplain, Funeral Home Staff, Student, or other):

\_\_\_\_\_

Amount enclosed:

\_\_\_ CEUs - \$60 postmarked by March 29;  
\$70 postmarked after March 29

\_\_\_ Without CEUs -\$50 postmarked by March 29;  
\$60 postmarked after March 29

\_\_\_ Students - \$20 (include copy of student ID)

Send your check or money order made out to Linda Smith to:

Linda Smith  
P.O. Box 2941  
Toledo OH 43606

## Your Program Facilitators

Linda Smith, M.A., P.C., counsels clients in her private practice, The HeartWorks Counseling, on issues related to grief from death, divorce, illness, job loss, and other life changes. A long-time educator, she serves as the Associate Dean and teaches at the University of Toledo Jesup Scott Honors College. She was trained by the Association of Psychological Type in the use of the MBTI. Her non-counseling credentials include a law degree and a Ph.D. in English literature. She teaches courses and workshops dealing with grief and other death-related experiences, mysticism and spirituality, suffering and personal growth, and the use of the expressive arts in loss and trauma. She is the author of *Annie Dillard*, a literary biography about the Pulitzer-Prize winning mystic.

For 20 years, Peggy Lesniewicz, Ph.D., LPCC-S, has worked in the mental health field counseling victims of trauma and abuse. In addition, she worked at Hospice of Northwest Ohio as a bereavement counselor. Currently Dr. Lesniewicz is an instructor at Bowling Green State University where she teaches in the Graduate Mental Health & School Counseling Program. She teaches "Integrating Spirituality and Religion into Counseling," based on the 14 spiritual competencies approved by the American Counseling Association. Dr. Lesniewicz has taught workshops on a variety of subjects, including Near-Death Experiences, Ethics and Spirituality, and various mental health issues. She has a private counseling practice, The Healing Center, in Northwest Ohio.

## Personality and the Grief Process: Using the Myers-Briggs Type Indicator to Facilitate Grieving



The MBTI is a helpful tool for examining personality differences between mentally healthy individuals. At this workshop, you will learn ways to help your clients better understand how personality shapes the way they - and their loved ones - grieve.

Friday, April 5, 2013  
9:00 am - 12:15 pm

The Hotel at UTMC  
3100 Glendale  
Toledo OH 43614  
419-381-6800

Located on the campus of the  
University of Toledo Medical College  
Toledo OH

## Agenda

**8:30-9:00 am** - Registration

**9:00-9:30 am** - Welcome, Overview, and Introduction to the Myers-Briggs Type Indicator (MBTI)

**9:30-10:00 am** - Introversion and Extraversion: Ways of Expressing the Pain of Loss and Grief

**10:00-10:30 am** - Sensing and Intuition: Finding What's Important during the Grief Process

**10:30-10:45 am** - Break; snacks provided

**10:45-11:15 am** - Thinking and Feeling: Dealing with Different Approaches to the Emotions of Grief and Loss

**11:15-11:45 am** - Judging and Perceiving: Ordering Life during the Grief Process

**11:45 am -12:10 pm** - Case Discussions

**12:10- 12:15 pm** - Evaluations

Note: Applying the general principles learned in this workshop does not require participants to administer or interpret the MBTI instrument.

## Who Should Attend

- Counselors and Social Workers
- Marriage and Family Therapists
- Hospice Workers
- Nurses and other Medical Professionals
- Ministers and Chaplains
- Funeral Home Staff
- Laypeople and caregivers

## Program Objectives

- To educate participants about the personality differences associated with the four scales of the Myers-Briggs Type Indicator (MBTI)
- To develop self-awareness of those in the helping professions through the use of the MBTI
- To educate and prepare those in the helping professions to understand differences in the way people grieve based on their MBTI tendencies
- To provide compassionate interventions and strategies to help individuals and family systems negotiate differences in the unique way each person grieves

## Continuing Education Credits

Completion of this program provides 3 clock hours for Ohio counselors, social workers, marriage and family therapists, and nurses.

Early registration program cost if postmarked before March 29:

\$60 with CEUs

\$50 without CEUs

\$20 for students (must include copy of student ID)

## Location

The Hotel at UTMC is located on the campus of the University of Toledo Medical College.

## Contact Information

For questions or additional information, contact

Linda Smith  
419-509-3557  
Linda.Smith@utoledo.edu

Or

Peggy Lesniewicz  
419-262-2666  
plesnie@bgsu.edu