

INDIANA STATE UNIVERSITY  
DEPARTMENT OF  
SOCIAL WORK,  
HAMILTON CENTER, INC.,  
AND WEST CENTRAL INDIANA  
AREA HEALTH EDUCATION  
CENTER  
PRESENT

WHEN TRAGEDY  
STRIKES:  
KNOWING WHAT TO  
SAY AND DO AFTER  
SUDDEN LOSS



by  
Barbara Rubel

November 9, 2009  
(Monday)  
8:30 A.M.– 4:30 P.M  
Location:  
Indiana State University  
Hulman Memorial Student  
Union: Dede I  
Terre Haute, Indiana 47809

Indiana State University  
Department of Social Work (SOCW)  
Erickson Hall 534  
Terre Haute, IN 47809

**BARBARA RUBEL, MA, BCETS, CBC, CPBC** is a widely acclaimed national speaker on sudden traumatic death & compassion fatigue. She is the author of the books, *But I Didn't Say Goodbye & Death, Dying, and Bereavement*. Barbara is the co-author of the Dept. of Justice Training Curriculum, *Compassion Fatigue*. She was featured in the Emmy award winning Documentary, *Fatal Mistakes*, narrated by Marriette Hartley. Barbara is a consultant with the Dept. of Justice. She is a frequent Keynote & conducts training programs on sudden loss, traumatic grief & compassion fatigue. Her ongoing focus—motivation, health, humor & resilience offers tools to professionals struggling with loss & stress in the workplace. She has worked as a hospice bereavement coordinator, taught at Brooklyn College & was a consultant with the NJ Attorney General to support those impacted by Sept. 11<sup>th</sup>. She is a Board Certified Expert in Traumatic Stress, Diplomate, American Academy of Experts in Traumatic Stress, Certified Bereavement Specialist & Certified Pastoral Bereavement Counselor.

**Who should attend?**

Social Services, Healthcare, Hospice, Faith Based, Victim Assistance, Education, Psychology

For additional information:  
<http://www.griefworkcenter.com/>

## REGISTRATION

Registrant	Rate
<input type="checkbox"/> Attendee .....	\$80.00
<input type="checkbox"/> Student with ID .....	\$10.00
<input type="checkbox"/> ISU Student with ID .....	Free
<input type="checkbox"/> ISU Dept. of Social Work Field Instructor .....	Free
<input type="checkbox"/> ISU Employee .....	Free
<input type="checkbox"/> Hamilton Center Employee.	Free

Name:

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Address:

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E-mail:

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Telephone:

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Method of Payment:  Cash  Check

Payable to: ISU Dept. of Social Work

R.S.V.P. by October 30, 2009, to:  
Indiana State University  
Department of Social Work  
Erickson Hall 534  
Terre Haute, IN 47809  
Phone: 812-237-3611  
Fax: 812-237-8441  
E-mail Julie Snyder:  
jsnyder10@isugw.indstate.edu

Financial assistance available for providers in Clay, Fountain, Greene, Owen, Parke, Putnam, Sullivan, Vermillion and Warren Counties - contact Janet Rose @ 237-4365 for information.

## CONTINUING EDUCATION

Attendance for the entire session and a completed evaluation form are necessary to receive continuing education credit.

You must arrive on time and stay for the entire conference to receive a certificate.

6 CE Credit Hours Category I, approved for:

⇒ L.S.W., L.C.S.W., L.M.F.T., L.M.H.C.

⇒ Psychologists

**\*Partial credit will not be issued!**

## DIRECTIONS

From I-70 and Hwy 41 intersection in Terre Haute, go North on Hwy 41 (3rd St.) approximately 3 miles to Chestnut Street. Turn right & go 2 blocks to 5th Street. Turn North (left) onto 5th Street. Go approximately 2 blocks until you see the sign "University Visitor Lot". Turn right and park in the visitor's lot. Enter the Student Union through the North doors.

## SCHEDULE

8:00 - 8:30 a.m.	Registration
8:30 - 11:45 a.m.	Conference
11:45 - 1:15	Lunch on your own
12:00 - 1:00 p.m.	Social Work Field Instructor Luncheon
1:15 - 4:30 p.m.	Conference

It is difficult to control room air temperature so please dress accordingly.

## GOALS AND OBJECTIVES

GOAL:

To learn general strategies for promoting mental health and resilience when tragedy strikes.

Objectives:

- 1) Identify the factors that cause an event to be viewed as a mass trauma or public tragedy.
- 2) Describe responses to sudden & traumatic loss after a disaster or terrorist act.
- 3) Describe common responses after a suicide & homicide.
- 4) List strategies for healing after a sudden violent death.
- 5) Identify the process of grief after a sudden loss.
- 6) Describe determinants that influence the way individuals grieve when tragedy strikes.
- 7) Describe theoretical models related to the process of mourning.
- 8) Describe various bereavement interventions.
- 9) Identify the importance of rituals after a sudden death.
- 10) Distinguish between stress and burnout.
- 11) Examine key symptoms of compassion fatigue, often described as the "stress of caring too much".
- 12) Identify 8 healthy strategies to cope with stress and build resiliency.
- 13) Develop a personal & professional care plan to address compassion fatigue.