

# Discovering Personal Peace



**Wednesday, January 17, 2018**

**8 a.m. - 5 p.m.**

Midland Evangelical Free Church

7221 N. Jefferson Avenue  
Midland, MI 48642



**About the Speaker:**

**Deborah Grassman** is founder of *Opus Peace*, a non-profit organization whose mission is to provide education and training programs that respond to *Soul Injury*. A Nurse Practitioner, Deborah worked for the Department of Veterans Affairs Bay Pines VA Healthcare System for 30 years, directing the Hospice & Palliative Care program and caring for 10,000 dying veterans. She is a contributing author for three textbooks and has 22 published articles. Her books, *Peace at Last: Stories of Hope and Healing for Veterans* and *The Hero Within: Redeeming the Destiny We were Born to Fulfill*, reveal the lessons learned about attaining inner peace.



*This conference is funded in part by the Spiritual Care Fund.*

Continuing education credits will be available for physicians, advance practice providers, nurses and social workers.

## Agenda

### 8 a.m

Registration & Refreshments

### 8:30 - 10 a.m.

#### *Soul Injury: Liberating Unmourned Loss and Unforgiven Guilt*

The mental and emotional injuries that accompany trauma are readily identified. Less recognized are the insidious wounds that occur with trauma and, indeed, with all of us when we become separated from our real self. Whether traumatic or insidious, *Soul Injuries* cut us off from the energy of our deepest self, robbing us of the essence of our being. In this session you will learn how to re-own, re-home, and revitalize scattered pieces of self by cultivating personal intimacy with the part of self carrying the emotional pain.

### 10:15 a.m. - Noon

#### *Forgiveness: Revitalizing the Wounded Soul*

If peace on earth begins with me, then how do I make peace with everyone and everything causing me unrest? Have you ever considered that your anger could be a gift, guiding you into the forgiveness process? During this session, you will learn about the essential steps to facilitate the forgiveness process, common mistakes that are made that interfere with forgiveness, pseudo-forgiveness, enabling, as well as the relationship between irrational guilt and helplessness. Tools to promote healing will be addressed and forgiveness exercises provided, including self-reflection, therapeutic letter writing, and integrative rituals.

### 1:30 - 5 p.m.

#### *Soul Restoration: Caring for Caregivers*

Professional caregivers often experience significant losses as they are exposed to seriously ill, traumatized and suffering patients. This can produce notable physical and emotional symptoms in the caregiver. These symptoms interfere in their personal and professional lives. Revitalizing the health care provider's heart that is wary of any further changes in their ever-demanding workplace is a challenge that sometimes threatens to squeeze the soul out of our work. This occurs because we often disconnect from the part of ourself that is carrying the pain. This disconnection unwittingly contributes to loss of energy, emptiness, and "compassion fatigue." During this session you will experience self-care and self-compassion from a surprising perspective that can revitalize your soul.

This event is **FREE**, however, space is limited. Please register at [www.midmichigan.org/spiritualcare](http://www.midmichigan.org/spiritualcare) or call **MidMichigan Health Line** toll-free at **(800) 999-3199**.