

GRIEF TREATMENT

Current Evidence-Based Approaches to Care Across the Lifespan

The need for a revolution in the way mental health providers approach grievers is on the rise. The “quick fix” nature of American culture, a death-denying attitude and an outdated adherence to stage theories has created an epidemic for grievers.

The potential is high to include a formalized diagnosis for Prolonged Grief Disorder in the next revision of the DSM-5®. If this occurs, clinicians will have an even greater responsibility to understand treatment modalities, assessment tools and diagnostic criteria related to grief. Not long ago in American history, those in mourning would be quick to find comfort from family and faith. Yet, as our society shifts away from a faith-orientation and loneliness continues to escalate, clinicians have the unique opportunity to stand in the gap of this crisis and provide a respite for grieving people of all ages.

This training provides fast and unique treatment tools that can be used in a wide variety of circumstances for grievers of all ages. The new Complicated Grief Treatment Model will also be examined for use with individuals facing a more persistent response to grief. This treatment has been studied to have a significantly higher response rate than interpersonal psychotherapy.

“Alissa is the best presenter/educator I’ve encountered in years of regular attendance at continuing education events. Knowledgeable, personable and practical.”
—Tracy, Psychologist

“Alissa was awesome! I could tell she was knowledgeable and passionate. I appreciated the creative arts interventions.”
—Bridgette, Art Therapist

OBJECTIVES

1. Examine current models of grief theory that go beyond the five stages and the treatment implications of each model.
2. Explain the unique experience created by different types of loss in relation to assessment and treatment planning.
3. Describe a client’s understanding of death and response to grief from a developmental perspective across the lifespan.
4. Identify how grief impacts the family system (individually and together), and how to better equip them to support each other in grief.
5. Evaluate current and cutting-edge modalities used to treat typical and complicated grief in the clinical setting.
6. Identify specific creative counseling interventions that engage the individual, couple or family in the process of grief.

LIVE SEMINAR SCHEDULE

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.



another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/ digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend



Shame Shields

BRENÉ BROWN, Ph.D.
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GRIEF TREATMENT

Current Evidence-Based
Approaches to Care
Across the Lifespan

Includes
1 CE
Hour of Ethics
Credit

WOBURN, MA
Wednesday
January 16, 2019

WALTHAM, MA
Thursday
January 17, 2019

DEDHAM, MA
Friday
January 18, 2019

Register now! pesi.com/express/66784

GRIEF TREATMENT

Current Evidence-Based Approaches to Care Across the Lifespan

Includes **1 CE** Hour of Ethics Credit

- Stay current with cutting-edge information on bereavement diagnosis
- Expand clinical interventions to address the range of therapeutic needs of grieving families
- Discover the latest treatment methods for supporting grieving clients of all ages
- Increase and utilize avenues for grief expression with creative interventions
- Address ethical considerations to identify pitfalls that may impede the therapeutic process and outcome

WOBURN, MA Wednesday January 16, 2019	WALTHAM, MA Thursday January 17, 2019	DEDHAM, MA Friday January 18, 2019
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A Non-Profit Organization Connecting Knowledge with Need Since 1979

OUTLINE

Grief Theory Beyond Kübler-Ross

Tasks of Mourning
Dual Process Model of Coping
Continuing Bonds Theory
Grief and Attachment Theory
Potential criteria for “Persistent Complex Bereavement Disorder”
Two creative interventions articulating these theories

Circumstances of Bereavement

Implications of Specific losses
Pre-loss factors
Relationship influence
Type of and proximity to death
Disenfranchised losses
Living losses

Grief Counseling Strategies Across the Lifespan

Childhood and adolescence
The occurrence of grief
Developmental understanding of death
Grief responses and adaptation to loss
Six creative age appropriate interventions
Young and middle adulthood
Grief circumstances
Life stages and individual needs
Assessments and interventions
Family Systems
The family narrative
Use the Internal Family Systems Approach
Six creative interventions appropriate for middle adulthood
Older adulthood
Type of loss
Grief responses and perception of death
Treatment strategies based on developmental needs
Six creative interventions specific for older adults

Grief Treatment - Current Evidence-Based Approach to Care

Typical Trajectory Griever
Limitations to grief counseling/assessing effectiveness
Assessment tools
Expressive arts
Companioning model
Therapeutic presence
Narrative therapy
Creating space for suffering
Limitations of the client-centered approach
Complicated Griever
Assessment tools
CBT
Complicated Grief Treatment Model
Grief and trauma intervention
Meaning reconstruction

Ethical Considerations
Socio-cultural context
Gender bias
Pitfalls in treating the family system
Grief in the digital universe
Spirituality and grief
Personal death anxiety
Countertransference
The wounded healer
Occupational stress
The grieving therapist
Self-care

TARGET AUDIENCE

Counselors • Social Workers • Psychologists
Case Managers • Marriage & Family Therapists • Nurses
Chaplains/Clergy • Nursing Home Administrators
Other Mental Health Professionals

SPEAKER



ALISSA DRESCHER, MA, LPC is a highly sought after speaker addressing topics related to grief and mourning, and is known for her creative, interactive and story-telling presentation style. She began working in the field of bereavement services in 2006, offering encouragement to grieving parents. Alissa’s passion for supporting people through the grief process led to counseling both grieving children and adults in individual and group settings.

At The Tristesse Grief Center in Tulsa, OK, she served as senior program director, overseeing a variety of programming including the Healing Hearts Camp, Oklahoma’s first overnight camp for grieving children and teens (now Camp Erin Tulsa). Alissa was an adjunct professor at Southern Nazarene University teaching several undergraduate counseling courses including Death, Grief and Loss. After relocating to Tennessee, Alissa became the founder/executive director of the Grief Center of Middle Tennessee, whose mission is to help children, teens and adults cope with loss and change.

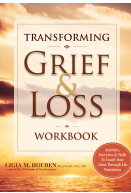
Alissa is a Fellow in Thanatology: Death, Dying & Bereavement and holds a Master of Arts in marriage and family therapy with a focus in play therapy. She is also a member of the Association of Death Education and Counseling and the National Alliance for Grieving Children.

Speaker Disclosure:

Financial: Alissa Drescher is the founder and executive director of the Grief Center of Middle Tennessee. She receives a speaking honorarium from PESI, Inc.

Non-financial: Alissa Drescher is a Fellow in Thanatology. She is a member of the Association of Death Education and Counseling; and the National Alliance for Grieving Children.

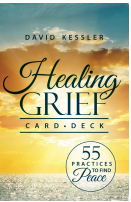
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Transforming Grief & Loss Workbook: Activities, Exercises & Skills to Coach Your Client Through Life Transitions

By Ligia M. Houben, MA, FT, FAAGC, CPC, CHT

Despite any loss your client may be experiencing, you can coach them to happiness again with this new workbook from Ligia M Houben. This interactive book guides the client through The 11 Principles of Transformation, derived from CBT, positive psychology, spirituality, mindfulness and meditation. By focusing on new beginnings, experiential exercises and meaningful activities, your client will be able to start the transformative journey to wellness and wellbeing.



Healing Grief Card Deck: 55 Practices to Find Peace

By David Kessler

David Kessler, one of the world’s foremost experts on grief and grieving, has created powerful coping strategies to heal and rebuild after loss. This easy-to-use card deck has 55 practices that focus on Your Response to Loss, Understanding Grief, and Healing - all remembering that grief is evidence of your love.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ETHICS: This seminar qualifies for 1.0 hours of state specific ethics instruction. If ethics is not specified within your licensing board’s approval statement below, please contact your board to determine the applicability and amount of ethics allowed.

CHAPLAINS/CLERGY: This activity is designed to qualify for 6.25 continuing education hours.

CERTIFICATION IN THANATOLOGY: This educational offering is recognized by the Association for Death Education and Counseling to meet the thanatology-related educational contact hour requirements to be Certified in Thanatology: Death, Dying and Bereavement. This course will award 6.25 contact hours to participants.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MASSACHUSETTS COUNSELORS: Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LMHC CE certification.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS: This course has been submitted for review for continuing education approval. Credit is pending.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

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SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 5.25 (Clinical) and 1.0 (Ethics) continuing education clock hours for completing this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. No more than 6.25 total CE hours may be awarded for this activity.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

How to Register

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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

• **FREE MILITARY TUITION:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Advance registration by phone required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form.

Go to www.pesi.com/students or call 800-844-8260 for details.

Advance registration required. Cannot be combined with other discounts.



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3 Check tuition:

TUITION WITH SEMINAR MANUAL

\$199.99 – choose one of the options below:

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☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$229.99** standard

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