

OUTLINE

THE JOURNEY OF GRIEF

- Models for understanding grief
  - Older, familiar models
  - Current theories and approaches
- Grief expressions
  - Emotional and cognitive
  - Physical manifestations
  - Behavioral
  - Social behaviors and societal reactions
- Predictors and mediators of the experience
  - Background: grief is highly individual
  - Personality and other vulnerability factors
  - Who died; quality of relationship
  - Social, contextual and cultural influences
  - Mode of death
  - Other influences
- Non-death losses

ASSESSMENT AND DIAGNOSIS OF GRIEF-RELATED SYMPTOMS

- Differential diagnosis between depression, grief and PTSD
- Persistent complex bereavement disorder
- Use of adjustment disorder diagnosis with grief clients
- Measurement/assessment of grief symptoms

WHEN GRIEF BECOMES COMPLICATED

- Common trajectories for grief
- What is “complicated” grief and how do you recognize it?
- Treatment interventions for complicated grief

Target Audience:

Psychologists • Psychiatrists • Case Managers  
Addiction Counselors • Counselors  
Marriage and Family Therapists  
Social Workers • Nursing Home Administrators  
Pastoral Counselors • Chaplains/Clergy  
Psychiatric Nurse Practitioners • Mental Health Nurses  
Thanatologists • Funeral Directors

TREATMENT STRATEGIES AND FUNCTIONAL INTERVENTIONS

- Grief counseling
  - How is it different from other types of counseling?
  - Who often benefits (and who may not)?
- Components of a general approach
  - The 3 Rogerian conditions
  - Power of presence
  - Being a companion/therapist for your grief clients
- Cross-cultural and other diversity considerations
- Dealing with emotional intensity
- Grief vs. trauma
- When clients’ grief is disenfranchised
- Working with couples or families who have experienced the “same” loss
- Preparing for grief “spikes”
- Post-traumatic growth

BEING A GRIEF COUNSELOR

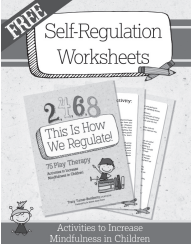
- The risks and joys of this work
- Self-awareness
- Self-care
- Training opportunities in this field

LIMITATIONS OF THE RESEARCH AND POTENTIAL RISKS

- Disparity in results across studies for grief
- Risk factors for complicated grief

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COUNSELING GRIEF CLIENTS

FUNCTIONAL INTERVENTIONS FOR EVERYDAY USE



San Jose, CA  
Wednesday  
November 20, 2019

Palo Alto, CA  
Thursday  
November 21, 2019

Oakland, CA  
Friday  
November 22, 2019

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COUNSELING GRIEF CLIENTS

FUNCTIONAL INTERVENTIONS FOR EVERYDAY USE



- Discover recent research that upends everything we thought we knew about grief
- Differentiate between complicated grief, disenfranchised grief and non-death losses
- Explore factors influencing grief severity
- Identify whether symptoms indicate grief, PTSD, depression, or persistent complex bereavement disorder
- Apply a counseling approach adaptable for use with any grief client

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OBJECTIVES

1. Articulate current models for conceptualizing grief and how these influence treatment planning.
2. Analyze and differentiate clinical symptoms to diagnose grief clients appropriately.
3. Implement functional interventions for grief counseling adaptable to use with any clients.
4. Demonstrate three new interventions to use with bereaved clients.
5. Determine when grief has become “complicated” and develop an appropriate treatment strategy.
6. Develop strategies of self-awareness and self-care for grief counselors as it relates to clinical practice.

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# COUNSELING GRIEF CLIENTS:

## FUNCTIONAL INTERVENTIONS FOR EVERYDAY USE

Clinicians often struggle to develop an effective approach to counseling grief clients due to the uniqueness of each individual's grief. The last 10-15 years have seen an explosion of new research in the field and many new studies have turned what we thought we knew on its head.

Explore this new research about appropriate diagnosis of grief clients, ideas for how to assess grief severity and related constructs, and clarification about what is meant by "complicated grief." Review the most commonly used current models for understanding grief and leave with tools, including 20 interventions, to more confidently assist clients in navigating the adaptive, yet confusing and difficult, grief process. The seminar will end with a focus on self-care, discussing how to appropriately manage and care for ourselves in this demanding, yet fulfilling, work.

## SPEAKER

**JOY R. SAMUELS, D.MIN., LPC-MHSP, NCC**, has over 25 years' experience as a licensed professional counselor, Fellow in Thanatology, chaplain, and ordained minister. She teaches in the graduate clinical mental health psychology department at Lipscomb University and at Candler School of Theology at Emory University in the United Methodist Church Course of Studies. She maintains a private counseling practice and supervises those seeking licensure as a LPC-MHSP.

Dr. Samuels holds D. MIN. and MDIV. degrees from Wesley Theological Seminary, Washington, DC. Additionally, she holds an M.S. degree in counseling psychology from California State University, Northridge, CA, and a counseling certificate in substance abuse from the Northern Virginia Community College, Annadale, VA. Among her areas of expertise are individual, couples and family counseling, trauma and bereavement and post-masters supervision.

Speaker Disclosures:  
Financial: Joy Samuels is in private practice. She is an adjunct faculty at Lipscomb University. Dr. Samuels receives a speaking honorarium from PESI, Inc.  
Non-financial: Joy Samuels is a Fellow in Thanatology.

*"Dr. Samuels beautifully holds a balance between extensive knowledge and deep compassion. I grew as a professional and as a human being as a result of my work with her. She draws out the best."*

**Vanessa, LPC-MHSP**

*"Dr. Samuels' presentation and guidance during the class helped me navigate difficult ministry challenges with my grieving parishioners."*

**Rev. Sandra**

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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 [cespesi@pesi.com](mailto:cespesi@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 profession's standards.

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**California Counselors:** The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at [www.bbs.ca.gov/licensees/cont\\_ed.html](http://www.bbs.ca.gov/licensees/cont_ed.html) under "Where to find CE Courses." This Intermediate level activity consists of 6.0 clock hours of continuing education instruction.

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