

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

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
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COUNSELING GRIEF CLIENTS

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- 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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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

DR. CHRISTINA ZAMPITELLA, PSY.D., FT, is a licensed clinical psychologist in both Delaware and California and a Fellow of Thanatology (expert in death, loss, and bereavement) through the Association for Death Education and Counseling (ADEC). She is the owner of The Center for Grief Therapy and Education, co-owner and director of clinical services at Integrative Psychology Group, and a professional speaker. She works as an adjunct faculty member at Marian University’s Master’s in Thanatology program, National University, and Goldey-Beacom College, focusing her research, course development and teaching on Bereavement Studies and Integrative Psychology. She served as the chair for the Continuing Education Committee for the San Diego Psychological Association from 2007-2009 and the Delaware Psychological Association from 2018-2019. Dr. Zampitella specializes in death, loss, bereavement, integrative psychology, spirituality and nature-based therapy. She is the former resident psychologist on Fox 5 News in San Diego and often appeared on *NBC News*. She has been featured in *Elle Magazine*, *BuzzFeed*, and *The Huffington Post*.

Speaker Disclosures:

Financial: Christina Zampitella is co-owner and director of Clinical Services at Integrative Psychology Group. She receives a speaking honorarium from PESI, Inc.
Non-financial: Christina Zampitella is a Fellow of Thanatology.

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.

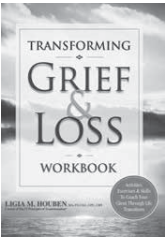
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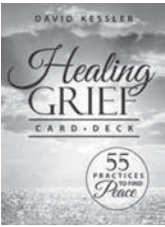
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By Ligia M. Houben, MA, FT, FAAGC, CPC, CHT

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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.

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" on this brochure for full attendance start and end times. **NOTE:** Boards do not allow credit for breaks or lunch.

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Michigan Addiction Counselors: This course has been submitted to the Michigan Certification Board for Addiction Professionals (MCBAP). Credit is pending.

Case Managers: This course has been submitted to the Commission for Case Manager Certification for approval. Full attendance is required.

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.

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