

# Outline

## Types of Grief & Their Implications for Treatment

Grief vs. mourning  
Depression & bereavement: A distinction  
Secondary losses after death  
Non-death losses  
The problem with “getting over it”  
Misconceptions about grief & mourning  
Limitations of the research & potential risks

## Assessment: Intake Considerations for Grieving Clients

Grief & coping models  
Factors that influence the mourning process  
Assessment of continuing bonds  
Loss line: The ultimate assessment tool  
Normal vs. complicated grief vs. prolonged grief  
Persistent Complex Bereavement Disorder

## Assessment of Grief & Loss in Children & Adolescents

How children, adolescents & adults cope differently  
Considerations for different age groups  
“De-code” the meanings of behaviors  
Six common questions following a death  
“Things we want adults to know about our grief”

Signs of concern/red flags

## Interventions & Strategies for Anticipatory Grief

Normalize the dying process & grief experience  
Model healthy mourning behaviors  
Spot opportunities for memorialization  
Provide death education & practical support  
Strategies to prepare children & adults for the funeral

## OVER 60 INTERVENTIONS TO PROMOTE HEALING WHEN IT’S TOO HARD TO TALK

### Therapeutic Games

Preschool/Early Elementary

- Doll house scene depiction
- Puppets & stuffed animals
- Sand tray therapy

Youth

- Therapy ball
- Shades of feelings
- Card games

Youth & Adults

- Constructive use of punching bags/pillows
- Topic starters
- Questions games
- sharing: Cards, web of feelings
- ...and more!

## Art with Children, Adolescents & Adults

“I Am” board  
Colors of grief  
Support circles  
Memory peacock  
Photo flower pot  
Clay/Play-Doh  
Photography  
Memory boxes & stones  
...and more!

## Poetry, Writing & Music Interventions for All Ages

Bibliotherapy  
Journaling  
Poetry: “I am” exercise  
Letter writing  
Remembrance music  
Song/rap writing  
Sticky note regrets  
...and more!

## Memorialization Rituals

Candle-lighting  
“I remember” book  
Online memorial page  
Rice paper/balloon release  
Memory patio stones  
Tree planting  
...and more!

## Interactive Activities for Healing as a Family

Web of feelings  
Labyrinth with reflection stations  
Memorial service  
“Broken to whole”  
Bibliotherapy for families  
Holiday activities: Memory ornaments & stockings  
...and more!

## Grief & Loss Support Groups for Children, Adolescents & Adults

Grief camps for kids  
Support group considerations  
Family involvement  
Curriculum & session topics (for individual therapy tool)

## Live Webcast Schedule

(Times listed in Mountain)

8:00 Program begins

11:50-1:00 Lunch Break

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.



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# The Ultimate Grief Treatment Toolbox

Over 60 Interventions to Promote Healing & Hope Among Grieving Children, Adolescents & Adults

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Monday, August 3, 2020

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## Certification Course

# The Ultimate Grief Treatment Toolbox

Over 60 Interventions to Promote Healing & Hope Among Grieving Children, Adolescents & Adults

- Interventions to help clients mourn, reconcile their losses & discover hope
- Assessment & treatment techniques for children, adolescents & adults
- Strategies for treating individuals, groups & families

## BECOME CERTIFIED IN GRIEF COUNSELING!

This seminar meets ALL requirements to become a Certified Grief Counseling Specialist through the International Association of Trauma Professionals!

Professional standards apply, see [www.traumapro.net/griefcert](http://www.traumapro.net/griefcert) for full certification details.

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Target Audience

Social Workers • Counselors • Psychologists • Chaplains/Clergy  
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Other Mental Health Professionals • Child Life Specialists



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## Certification Course: The Ultimate Grief Treatment Toolbox

Grieving clients have some of the most heartbreaking stories that we see as clinicians. Your client's world has been toppled following the loss of a loved one, and in addition to missing that person, your client is now questioning what they know about themselves and the world. Paralyzing grief has made even the simplest tasks difficult for them, and you're overwhelmed because nothing that you do seems to help.

Join Dr. Erica Sirrine, Ph.D., LCSW, FT, as she walks you through over 60 interventions that you can use to help your grieving clients find hope and heal. Drawing on her expertise as a bereavement counselor and educator, Dr. Sirrine blends remarkable case studies with creative intervention strategies for an engaging and unforgettable workshop that will arm you with the skills you need to be an effective therapist for grieving clients.

Whether your client is experiencing feelings of premature grief due to the anticipated death of a loved one, pain and loss following a divorce, or feelings of disbelief and shock following a traumatic death, this workshop will prepare you to skillfully intervene.

Attend and discover:

- Over 60 interventions to help clients mourn, reconcile their losses & discover hope

- Assessment & treatment techniques for children, adolescents & adults
- Session topics & treatment approaches for individuals, groups & families
- Strategies to treat clients dealing with anticipatory grief
- Techniques & ideas for facilitating bereavement groups & grief camps

**Upon completion of this live training, you'll become a Certified Grief Counseling Specialist (CGCS)** through the International Association of Trauma Professionals. Certification lets colleagues, employers, and caregivers know that you've invested the extra time and effort necessary to understand the complexities of grief counseling. Professional standards apply. Visit [www.traumapro.net/griefcert](http://www.traumapro.net/griefcert) for details.

**Register today** to discover the ultimate grief treatment toolbox and revolutionize your treatment of grieving clients!

## Speaker

**Erica H. Sirrine, Ph.D., LCSW, FT**, is a licensed clinical social worker, qualified clinical supervisor and an associate professor of social work at Southeastern University. She has over 17 years of experience in the field of death, dying and bereavement and has been awarded the distinction of Fellow in Thanatology by the Association for Death Education and Counseling. She has conducted and published research on the continuing bonds maintained by survivors following a death, and she recently authored and published *Sammy's Story*, an anticipatory grief counseling book for young children experiencing the serious illness of a loved one.

Dr. Sirrine has extensive expertise providing individual and group therapy to bereaved children, adolescents, adults and families. She has implemented numerous interventions and programs aimed at improving the emotional health of clients experiencing loss. Dr. Sirrine presents seminars on bereavement and loss throughout the United States and is known for her interactive and engaging workshops. She has been distinguished as "Professor of the Year" and the National Association of Social Workers Heartland, Florida Unit's "Social Worker of the Year."

Dr. Sirrine is passionate about equipping professionals with the tools necessary to help clients reconcile their losses, move toward healing, and regain meaning and purpose in their lives.

Speaker Disclosures:

Financial: Erica Sirrine receives compensation as an Associate Professor at Southeastern University. She receives a speaking honorarium from PESI, Inc. Non-financial: Erica Sirrine is a member of the National Association of Social Workers, The Association of Baccalaureate Program Directors, the National Alliance for Grieving Children, and the Florida Association of Deans and Directors. She does not receive compensation.

## Objectives

1. Analyze the differences in the clinical presentation of depression as compared to bereavement.
2. Evaluate developmentally appropriate grief symptomology across the lifespan and assess for clinical concerns.
3. Design individualized therapeutic interventions for bereaved children, adolescents, adults and families using various modalities.
4. Explore continuing bonds after death and their relevance to clinical practice with bereaved clients.
5. Create a support group for bereaved children, adolescents, and/or adults with corresponding therapeutic activities.
6. Incorporate therapeutic techniques to address client grief associated with other forms of loss including divorce, chronic illness, military deployment and termination of parental rights.



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*Attendees will receive documentation of CGCS certification from The International Association of Trauma Professionals 4 to 6 weeks following the program. Professional standards apply. Visit [www.traumapro.net/griefcert/customerccare/faq](http://www.traumapro.net/griefcert/customerccare/faq) for answers to frequently asked certification questions.*

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**Marriage and Family Therapists:** AK, AL, AR, AZ, CA, CO, FL, IA, IL, IN, KS, ME, MI, MO, MT, NC, NH, NJ, NM, NV, NY, OH, PA, RI, SC, SD, TN, TX, UT, WY

**Nurses:** All States

### National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$49.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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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