

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 Webinar Schedule

(Times listed in Pacific)

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

LIVE Interactive Webinar Wednesday, February 24, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



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Live Online 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

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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. Investigate 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. Employ therapeutic techniques to address client grief associated with other forms of loss including divorce, chronic illness, military deployment and termination of parental rights.

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

Best of all, upon completion of this live training, you'll be eligible to become a **Certified Grief Counseling Specialist (CGCS)** through Evergreen Certifications. Certification lets colleagues, employers, and caregivers know that you've invested the extra time and effort necessary to understand the complexities of grief counselling. Professional standards apply. Visit www.evergreencertifications.com/grief for details.

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

Target Audience:

Social Workers • Counselors • Psychologists • Chaplains/Clergy
Marriage & Family Therapists • Nurses • Thanatologists • Case Managers
Other Mental Health Professionals • Child Life Specialists



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- **No hidden fees – PESI pays for your application fee (a \$99 value)*!**
- **Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Grief Counseling Specialist through Evergreen Certifications is complete.***

Attendees will receive documentation of CGCS designation from Evergreen Certifications 4 to 6 weeks following the program.

**Professional standards apply. Visit www.evergreencertifications.com/grief for professional requirements.*

Meet Your 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.

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This continuing education activity is designed to meet state board requirements for the following professionals: **Case Managers, Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit www.pesi.com/webcast/84343

National CE Credit Approvals For Live Webinar

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). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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This activity is pending approval from the National Association of Social Workers.



PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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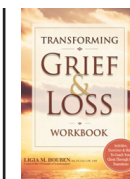
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Ligia M. Houben, MA, FT, FAAGC, CPC, CHT)

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