

Outline

Client Grief Education:

How Pet Loss Grief Differs from Other Grief

How pet loss is often minimized by others
Why typical support systems may be unavailable
Unrealistic expectations about the grief process

The Role of Attachment in Pet Loss Grief:

Why Understanding Pet Bonding is Key to Compassionate Counseling

History of the human animal bond
Three types of pet bonds counselors need to know
The economics of pet bonds
Cultural and familial norms of pet relationships

The Disenfranchised Grief of Pet Loss:

Strategies to Help Clients Grieve Without Fear of Judgement

How to help clients understand the nature of a disenfranchised grief
Strategies to help clients externalize grief thoughts and feelings
How to find like-minded supports for clients
Techniques for educating clients and others on what is appropriate in grief

Anticipatory Grief:

Helping Clients with Pets Nearing the End

Understanding anticipatory grief
The role of pet parent and caregiver
How to help clients develop a trusting relationship with their veterinarian
Palliative care vs. Hospice care issues

Euthanasia in Pet Loss Grief:

Effective Interventions for Anger and Guilt

Strategies to help clients cope with anger, guilt and regret
Teach clients to use a caregiver journal to name and express feelings
Positive self-talk exercises to help clients heal

Mourning Rituals to Help Clients Cope with Pet Loss

Role of religion and belief in spirit
How clients can make a special place to honor and remember pets
The role of the veterinarian or pet memorial park
Continuing bonds to provide comfort and support
Use linking objects exercises to reduce the impact of loss

Group Therapy:

How to Create and Lead Pet Loss Support Groups

Group types -- closed or open, self-help or educational
Implementation and marketing strategies for your group
3 ways to quickly build trust and rapport with group members
How to ensure group safety

Live Webinar Schedule (Times listed in Pacific)

8:00 Program begins

11:50-1:00 Lunch Break

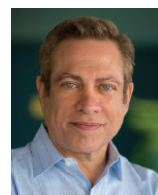
4:00 Program ends

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.

Objectives

1. Investigate how pet loss grief is often minimized by others and determine how this can impact a client's symptomology.
2. Apply psychoeducation approaches with clients to help normalize the grief experienced following the death of a pet.
3. Demonstrate to clients how mourning rituals can be used to help them better cope with the loss of a pet.
4. Formulate a plan to help clients better understand the nature of disenfranchised grief so they can grieve the loss of a pet without fear of judgement.
5. Evaluate how the complex decisions involved in saying goodbye to a pet, including euthanasia, can lead to guilt and self-blame in clients.
6. Integrate expectations about anticipatory grief and end of life issues into sessions with clients to help them better prepare for an upcoming loss.

Free Video



David Kessler on
How Death
Shapes Your
Clients' Grief

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Pet Loss Grief Counseling Trained Professional

Expand your grief practice in the growing
field of pet loss bereavement counseling!

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Friday, June 11, 2021

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Pet Loss Grief Counseling Trained Professional

Expand your grief practice in the growing
field of pet loss bereavement counseling!

- Make clients comfortable grieving for the loss of a pet without fear of judgement
- Skillfully work through anticipatory grief with clients with terminally ill pets
- Tools for diminishing the guilt associated with euthanasia
- Guide clients in grief rituals that honor their pet and move them forward
- Get a displayable certificate of recognition upon completion



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PET LOSS GRIEF COUNSELING TRAINED PROFESSIONAL

Expand your grief practice in
the growing field of pet loss
bereavement counseling!

The grief that accompanies a pet's death can be overwhelming. Guilt inducing decisions surrounding euthanasia are common; and friends and family may minimize the loss, isolating the griever and prolonging their symptoms.

When grieving pet owners feel like they can't go on, they can find themselves in need of a mental health professional. But clinicians with training specific to pet loss can be difficult to find...

This webcast will allow you to add a new dimension to your practice as a Pet Loss Grief Counseling Trained Professional and fill a critical gap in the therapeutic landscape!

In just one day, you'll get detailed guidance on how you can skillfully work with clients grieving the loss of their pet and confidently handle the specific issues that arise in pet loss grief work.

Discover how you can:

- Help clients grieve openly for the loss of their pet without fear of judgement or having their loss minimized
- Skillfully work through anticipatory grief with clients who have pets with a terminal diagnosis
- Diminish the guilt associated with euthanasia
- Guide clients in grief rituals that honor their pet and help move them forward in bereavement

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Psychiatric Nurse Practitioners • Thanatologists



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Meet Your Speaker

Diana Sebzda, LPC, FT, is the director of bereavement at the Joseph T. Quinlan Bereavement Center where she provides both individual counseling and support groups for those coping with grief, anticipatory grief, and pet loss.

In addition to 17 years of grief counseling experience, Diana also has over 15 years of experience as a veterinary technician where she's witnessed the impacts of pet loss first hand.

Diana has been published in *Healthy Pet Magazine* and is a Fellow in Thanatology (FT) with the Association for Death Education and Counseling (where she is co-chair of their Pet Loss Networking Group). She is also a member of the Traumatic Loss Coalition of New Jersey, the American Counseling Association, and the Association for Pet Loss and Bereavement. Diana earned her M.A. degree in Applied Clinical Psychology from William Patterson University.

Speaker Disclosure:

Financial: Diana Sebzda is the director of bereavement at the Joseph T. Quinlan Bereavement Center. She receives a speaking honorarium from PESI, Inc.

Non-financial: Diana Sebzda is a Fellow in Thanatology with the Association for Death Education and Counseling. She is a member of the Traumatic Loss Coalition of New Jersey; the American Counseling Association; and the Association for Pet Loss and Bereavement.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit www.pesi.com/webcast/85023

National CE Credit Approvals For Live Webinar

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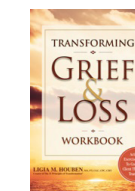
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Recommended Reading:



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

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

~~\$29.99~~ **\$19.99***

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**Discount Included with purchase of the Webinar*

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QUESTIONS

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