

Outline

THRUST INTO A VULNERABLE PLACE: How Anxiety Sneaks into Your Clients Lives during Grief

- The link between grief and anxiety
- Anxiety, loss and life's unpredictability
- Polyvagal Theory – how our bodies react to fear and sadness
- Panic attacks, hypochondria and social anxiety following loss
- Why anxiety surrounding death is unexpected
- Complicated grief

TOOLS FOR ASSESSING GRIEF-RELATED ANXIETY

- Where the traditional 5-stage model fails
- How to measure intensity and duration
- Identify grief and anxiety triggers
- Recognize clients who mask anxiety symptoms

MINDFULNESS AND MEDITATION TECHNIQUES: Calm Your Clients' Anxiety and Open Them to Healing

- Awareness techniques – identify where fear starts in the body
- Mindful breathing to restore a sense of calm and peace
- Simple mantras to rewire anxiety and grief
- Exercises that free clients from pervasive thoughts
- Reduce anxiety with present moment immersion

PRACTICAL COGNITIVE INTERVENTIONS: Relieve Anxiety to Move Clients Forward

- Strategies to normalize anxiety and panic attacks
- CBT techniques for reducing anxious rumination
- Exercises to break fearful thought-spirals
- Make amends to overcome guilt driven anxiety
- Replace fear with anchor thoughts

DEATH IS NOT THE END OF LOVE: Creative Grief Processing Techniques to Rewrite Stories of Loss

- Personal narratives to overcome anxiety and grief
- Grief recovery letters
- Exercises to overcome the fear of losing more
- Maintain connection – death is not the end of love

WORKING WITH SPECIFIC POPULATIONS

- Sudden deaths, violent deaths, and chronic illnesses
- Loss of partner or child
- Children's grief strategies
- Research limitations and treatment risks

Live Webinar Schedule *(Times listed in Eastern)*

- 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

- Explore the connection between grief and anxiety and the implications for grief treatment.
- Establish how clinicians can better recognize grieving clients who mask their anxiety.
- Specify how mindfulness and meditation techniques can restore a sense of calm and interrupt pervasive anxious thoughts.
- Characterize how techniques that help clients make amends with lost loved ones can help them overcome guilt driven anxiety.
- Specify how personal narratives and grief recovery letters can be utilized in the treatment of grief and anxiety.
- Communicate how clinicians can prepare themselves to work with anxiety in a variety of grieving client populations.

Free Video



David Kessler on
How Death
Shapes Your
Clients' Grief

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The Missing Stage of Grief

Clinical Strategies to Overcome Anxiety
in the Wake of Loss

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The Missing Stage of Grief

Clinical Strategies to Overcome Anxiety
in the Wake of Loss



Claire Bidwell Smith, LCPC

Expert grief therapist and acclaimed
bestselling author of *Anxiety: The Missing
Stage of Grief* and *The Rules of Inheritance*

- Get the new rules of working with grief
- Concrete strategies to bring relief to clients suffering with anxiety following loss
- Tools to help clients process their grief on a deeper level

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The Missing Stage of *Grief*

Clinical Strategies to Overcome Anxiety in the Wake of Loss

Anxiety is common, but the fear and anxiety brought on by grief is its own breed and needs to be treated as such.

Yet in the famous five stages of grief, anxiety has never been part of the equation. And traditional grief therapy has often failed to take the uniqueness of anxieties caused by loss into account. You're left feeling out of your depth, unsure of the best way to move anxious and grieving clients forward.

Claire Bidwell Smith, LCPC is an acclaimed bestselling author and expert grief therapist whose memoir *The Rules of Inheritance* has been published in 18 countries and is being adapted for film. **Her latest pioneering book *Anxiety: The Missing Stage of Grief*** combines experiences from her therapy practice, research, and personal life to give concrete strategies to help people heal the anxiety caused by loss.

Join her at this groundbreaking seminar as she shares the practical techniques, skills and tools you need to take your practice beyond Kübler-Ross' five stages and help your clients process their grief on a deeper level, manage their anxiety, find relief, and reclaim their lives. Step-by-step guidance will have you fully prepared to employ a combination of cognitive behavioral therapy, deep grief processing, and meditation techniques so you can help your clients unpack their fears about mortality, better bare vulnerability, and get their anxiety under control so they can come to terms with their losses.

Sign up today and breathe a sigh of relief knowing you'll be prepared to treat anxiety following loss, and bring greater healing to clients facing one of the most difficult things they'll experience in their lifetime.



Target Audience:
Counselors • Social Workers • Psychologists • Marriage & Family Therapists
Case Managers • Nurses • Chaplains/Clergy • Addiction Counselors
Physicians • Nursing Home Administrators • Other Mental Health Professionals

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Meet Your Speaker



Claire Bidwell Smith, LCPC, is a therapist specializing in grief and the critically acclaimed author of three books of nonfiction: *The Rules of Inheritance* (Penguin 2012), *After This: When Life is Over Where Do We Go?* (Penguin, 2015) and *Anxiety: The Missing Stage of Grief* (Da Capo, 2018).

The Rules of Inheritance is a coming-of-age memoir of a young woman forging ahead on a journey of loss that humbled, strengthened, and ultimately healed her. It has been published in 18 countries and is being adapted for film. Claire's work has been celebrated by mental health advocates like Maria Shriver and *New York Times* Bestselling Author Cheryl Strayed.

Claire has written for various publications including *The New York Times*, *The Huffington Post*, *Salon.com*, *Slate*, Chicago Public Radio, *The Guardian*, *Psychology Today* and *Yoga Journal*. She has made many media appearances on television and radio, lectures at numerous events, and regularly leads dozens of workshops and retreats on grief.

Claire earned her master's degree from Antioch University and works with clients around the globe, including her online grief programs.

Speaker Disclosures:
Financial: Claire Bidwell Smith is an author for Penguin Books; and Da Capo Press and receives royalties. She receives a speaking honorarium from PESI, Inc.
Non-financial: Claire Bidwell Smith has no relevant non-financial relationship to disclose.

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

For specific credit approvals and details, visit www.pesi.com/webcast/86260

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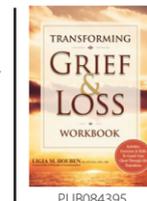
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Recommended Reading:



ACT with Anxiety
An Acceptance and Commitment Therapy Workbook to Get You Unstuck from Anxiety and Enrich Your Life
Richard Sears PsyD, PhD, MBA, ABPP
~~\$29.99~~ **\$22.99***



Transforming Grief & Loss Workbook
Activities, Exercises & Skills to Coach Your Client Through Life Transitions
Ligia M. Houben, MA, FT, FAAGC, CPC, CHT
~~\$29.99~~ **\$22.99***

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