

# Outline

## Types of Grief & Their Implications for Treatment

Disenfranchised grief  
Persistent Complex Bereavement Disorder  
Traumatic bereavement  
*Complicated Grief*

- Common trajectories for grief
- Recognize complicated grief
- Risk factors for complicated grief
- Treatment interventions

### Types of Loss & Their Impact on Grieving

- Parental loss
- Child loss
- Widowhood
- Non-death losses

## Assessment: Intake Considerations for Grieving Clients

Current conceptualization models  
Recognize different expressions of grief  
Factors impacting the grief experience  
Assess for depression and suicide ideation  
Differentiate between depression, grief & PTSD  
Use of Adjustment Disorder diagnosis with grief clients  
Determine how the client understands their grief narrative  
Persistent complex bereavement disorder  
DSM-5® changes to Major Depressive Disorder  
Take home assessment tools

## Cultural Considerations for Grief Treatment

Cultural factors affecting expression of grief  
Impact on mourning practices  
Culture's impact on death anxiety & meaning of life  
Determine where the identity emphasis lies  
Cultural values regarding emotional expression and disclosure  
The impact of society on grief

## Grief Treatment: Interventions & Strategies to Improve Clinical Outcomes

Assist clients with expressing their pain  
Integrate a new inner image of the deceased  
Client self-assessment strategies for coping  
Foster client relaxation skills  
Let the client lead: Starting point, story & stopping point  
Cultivate acceptance  
Elicit emotional availability in clients  
Give clients "permission" to not share stories  
Focus on planning--not positivity  
Develop healthy grief rituals

## Live Webinar Schedule - both days (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.

Target guilt due to stopping grief rituals

Build a bridge between memories, current behaviors, & underlying values  
Help clients accept the finality of the death  
Navigate the treatment of multiple losses

## In-Session Activities: On-the-Spot Interventions to Facilitate Healing

The client "influence of loss" chart  
Use loving kindness meditation to build self-compassion in clients  
"Who am I?" exercise  
Utilize client letters to self

## Grief Across the Lifespan: Help Your Clients Heal at Any Developmental Stage

Developmental considerations & milestones related to loss reactions for:

- Children
- Adolescents
- Early adulthood
- Middle adulthood
- Later adulthood

## Grief & the Family: Guide Families Through Healthy Grieving

Family systems theory: Family influences on individual grief  
Variables that complicate family adaptation  
Strategies to guide family adaptation to loss  
Develop respect for different grieving styles  
The role of gender norms  
"Family coat of arms" activity

## Professional Issues: Ethical Considerations for Working with Grieving Clients, Their Families & the Terminally Ill

Ethical dilemmas that confront the terminally ill  
Ethical principles of end-of-life decisions  
The clinician's role in addressing psychological suffering & needs of the terminally ill  
Impact of cause of death on social isolation  
Identify the core values and principles of professional ethical behavior  
Boundaries of professional competence

Learning Objectives can be viewed at [pesi.com/webcast/86588](http://pesi.com/webcast/86588)

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David Kessler on How Death Shapes Your Clients' Grief

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2 DAY

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Evidence-Based Strategies for Helping Clients Make Meaning After Loss



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Evidence-Based Strategies for Helping Clients Make Meaning After Loss

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## BECOME CERTIFIED IN GRIEF COUNSELING!

This seminar meets ALL requirements to become a Certified Grief Counseling Specialist through Evergreen Certifications!

Professional standards apply, visit [evergreencertifications.com/CGCS](http://evergreencertifications.com/CGCS) for full certification details.

- Transformational interventions and strategies to help your clients heal from the impact of loss
- In-depth treatment methods that address grief with clients of all ages
- Strategies and tools to tailor interventions to each client's individual situation and grieving style

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2 DAY

# GRIEF TREATMENT Certification Course

Evidence-Based Strategies for Helping Clients Make Meaning After Loss

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**You can transform the way you treat grieving clients with the tools and strategies you’ll learn in this 2-day Comprehensive Course!**

Join Rev. Dr. Joy Samuels, LPC-MHSP, NCC, as she leads you through the process of working with bereaved individuals and aiding them with making meaning after loss. You’ll learn evidence-based counseling strategies appropriate for the treatment of multiple types of losses, and you’ll acquire the skills you need to tailor clinical interventions to the uniqueness of each client’s grief experiences.

Attend this advanced course, and you’ll learn how to guide your clients through making meaning after loss—drastically increasing their well-being and reducing symptoms of complicated grief. You’ll walk away with the tools you need to help your clients live fulfilling lives after loss.

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 counseling. Professional standards apply. Visit [evergreencertifications.com/CGCS](http://evergreencertifications.com/CGCS) for details.

**Register today to revolutionize your work with grieving clients!**

Target Audience:

Psychologists • Psychiatrists • Counselors • Addiction Counselors • Case Managers  
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CERTIFICATIONS

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- 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/cgcs](http://www.evergreencertifications.com/cgcs) for professional requirements.*

## Meet Your Speaker

**Joy R. Samuels, D.MIN., LPC-MHSP, NCC**, has over 25 years’ experience as a licensed professional counselor, Fellow in Thanatology, chaplain, and ordained minister. She teaches in the graduate clinical mental health psychology department at Lipscomb University and at Candler School of Theology at Emory University in the United Methodist Church Course of Studies. She maintains a private counseling practice and supervises those seeking licensure as a LPC-MHSP.

Dr. Samuels holds D. MIN. and MDIV. degrees from Wesley Theological Seminary, Washington, DC. Additionally, she holds an M.S. degree in counseling psychology from California State University, Northridge, CA, and a counseling certificate in substance abuse from the Northern Virginia Community College, Annadale, VA. Among her areas of expertise are individual, couples and family counseling, trauma and bereavement and post-masters supervision.

Speaker Disclosure:  
Financial: Joy Samuels is in private practice. She is an adjunct faculty at Lipscomb University. Dr. Samuels receives a speaking honorarium from PESI, Inc.  
Non-financial: Joy Samuels is a Fellow in Thanatology.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

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## Recommended Reading:

**Healing Grief Card Deck**  
*55 Practices to Find Peace*  
David Kessler  
~~\$16.99~~ **\$12.99\***

PUB084295

**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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