Outline

The Many Faces of Grief:
Types, Presentations and Clinical Implications
Kübler Ross' Stages of Grief
Normal grief and acute reactions
Complicated or prolonged grief
Persistent Complex Bereavement Disorder – chronic, masked, distorted
Ambiguous grief in the face of changes in the living
Traumatic grief following sudden or violent loss
Anticipatory and disenfranchised grief
Delayed, inhibited, abbreviated other types of commonly overlooked grief

Assessment Tools for Grieving Clients:
Identify Grief Intensity, Suicidality, Depression and Other Co-Occurring Disorders
Grief intensity scale
Hogan grief reaction checklist
Uncover trauma, depression, and anxiety
How to assess for suicidal thoughts or ideation
Isolation, sleep, and nutrition concerns for grieving clients
The caregiver grief inventory

Culture, Spirituality and Mourning:
The Clinicians' Quick Guide to Grief Work with Clients of Diverse Cultures and Beliefs
Continuing relationships with the deceased
How culture impacts length of mourning
Spiritual impacts of grief
Cultural expectations of grief to be aware of

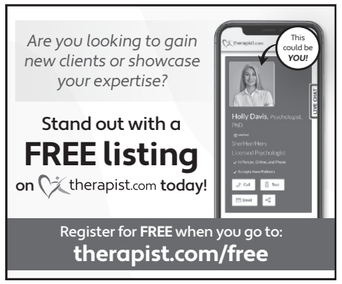
Grief Counseling and Treatment Approaches:
Promote Healthy Grieving for Clients Across the Lifespan
Grief counseling vs. grief treatment – what's the difference?
Working with grief in kids, adults, and the elderly
Dual Process Model – loss and restoration
Companioning Model – being present for the mourner
Task Based Model - accommodating a new life
The ATTEND Model for increased attunement
Complicated Grief Treatment Model
Ethical and professional boundary issues

The Grief and Bereavement Toolbox:
Enhance Emotional Regulation, Build Connection and Support Adaptation to Loss
How to use narrative interventions in complicated grief counseling
CBT techniques for guilt, blame and other maladaptive cognitions following loss
Family sculpting techniques for grief
Creative tools to support emotional regulation and expression
Ways to build social support
Research and treatment risks
Case studies

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. Analyze how types of grief and grief reactions inform clinicians' choice of counseling or treatment.
2. Investigate appropriate grief symptomology and employ assessment tools to uncover clinical concerns like trauma, depression, and suicidality.
3. Utilize best practices to enhance grief counseling and treatment with clients from diverse cultures and with diverse beliefs.
4. Investigate the needs of bereaved children, families, and the elderly to individualize treatment and promote healthy adaptation following loss.
5. Apply CBT techniques to help clients manage guilt, blame, and other maladaptive cognitions following loss.
6. Apply narrative approaches to help clients cope and empower them to construct meaning following loss.



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Grief Counseling and Treatment Certification Training

- Confidently handle the most intimidating elements of grief work
- Assessments to identify grief intensity and uncover suicidality
- Specific interventions to manage guilt, blame and other maladaptive cognitions following loss
- Creative tools to support emotional regulation and expression

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Grief Counseling and Treatment Certification Training:

Assessments and Interventions to Support Healthy Grieving and Adaptation to Death and Loss

It has always been your calling to help the suffering.

And today a growing wave of grieving clients is looking to professionals like you for assistance as dramatic rises in death and loss have left millions in anguish.

You're eager to lead those in pain out of their dark places and give them a glimmer of hope, but working with death and loss can be intimidating. One wrong step can break the therapeutic alliance and some forms of grief are easy to overlook, preventing you from pursuing the most beneficial treatment path.

How can you ensure you're prepared?

This one-day certification training will give you step-by-step guidance on identifying specific manifestations of grief and individualizing counseling and treatment so you can normalize clients' pain, listen in a way their family and friends cannot, and help them rebuild fulfilling lives!

Full of ready to use assessment tools, therapeutic approaches and specific clinical interventions, you'll finish this training feeling ready and capable to improve grieving clients' ability to express their emotions, build support, and process their grief in a healthy way.

Best of all, you can add a valuable certification to your resume and become a **Certified Grief Informed Professional (CGP) through Evergreen Certifications upon completion of this training at no additional cost to you!**

Sign up today!

Target Audience:

Counselors • Social Workers • Marriage and Family Therapists • Psychologists • Psychiatrists
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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 Informed Professional through Evergreen Certifications is complete.***

Attendees will receive documentation of CGP designation from Evergreen Certifications 4 to 6 weeks following the program.
**Professional standards apply. Visit www.evergreencertifications.com/cgp for professional requirements.*

Meet Your Speaker

Tiffani Dilworth, MA, LCPC, is a successful psychotherapist, author, and sought-after speaker on topics related to grief, PTSD, and sexual assault. She has worked across the US with various organizations, schools, universities, and corporations to bring awareness to the grieving process and to teach countless people how to live alongside their grief. In addition to maintaining a private practice, Ms. Dilworth is an affiliate of PsychExperts & Associates Inc, located in Baltimore, MD.

Drawing on her rich clinical experience, Ms. Dilworth incorporates the most current information on the process of grieving with evidence-based and innovative treatment techniques that clinicians can immediately use in their practice. The author of the books *11 Tools to Help Manage the Aftermath of Trauma* and *Types of Grief* she is also the founder and executive director of the non-profit organization, Inspirational Hope Inc. Ms. Dilworth also hosts the Managing My Grief Podcast, to provide support to individuals who want to learn more about ways to manage their own grief.

Speaker Disclosure:
Financial: Tiffani Dilworth has employment relationships with Pristine Advancements LLC and PsychExperts & Associates. She receives royalties as a published author. Tiffani Dilworth receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Tiffani Dilworth has no relevant non-financial relationships to disclose.

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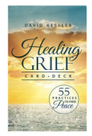
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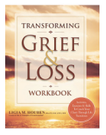
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Recommended Reading:



Healing Grief Card Deck
55 Practices to Find Peace
Ligia M. Houben, MA, FT, FAAGC, CPC, CHT
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