

## 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 Mountain)

**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



Featuring **Tiffani Dilworth, LCPC, CAGCS, FT,**  
psychotherapist, author, and sought-after speaker



### BECOME A CERTIFIED GRIEF INFORMED PROFESSIONAL!

This seminar meets ALL requirements to become a Certified Grief Informed Professional (CGP) through Evergreen Certifications!  
Professional standards apply, visit [www.evergreencertifications.com/cgp](https://www.evergreencertifications.com/cgp) for full certification details.

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

## Meet Your Speaker

**Tiffani Dilworth, LCPC, CAGCS, FT,** is a successful psychotherapist, author, and sought-after speaker on topics related to grief, PTSD, and sexual assault. Ms. Dilworth received her master's in community counseling from Oklahoma State University. She's a licensed clinical professional counselor who specializes in PTSD, Grief, and Sexual Trauma. She's a Fellow in Thanatology and a Certified Advanced Grief Counseling Specialist.

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. She's the author of the books *11 Tools to Help Manage the Aftermath of Trauma* and *Types of Grief*, and the host of Managing My Grief Podcast.

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.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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This program is Approved by the National Association of Social Workers (Approval #886759332-6253) for 6.0 Social Work continuing education contact hours.

This course has been awarded 6.25 clock hours by the Commission for Case Manager Certification. Full attendance is required.

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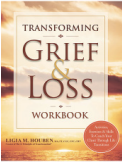


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