

Outline

**Types of Grief & Their Implications for Treatment**  
Grief vs. mourning  
Depression & bereavement: A distinction  
Secondary losses after death  
Non-death losses  
The problem with “getting over it”  
Misconceptions about grief & mourning  
Limitations of the research & potential risks

**Assessment: Intake Considerations for Grieving Clients**  
Grief & coping models  
Factors that influence the mourning process  
Assessment of continuing bonds  
Loss line: The ultimate assessment tool  
Normal vs. complicated grief vs. prolonged grief  
Persistent Complex Bereavement Disorder

**Assessment of Grief & Loss in Children & Adolescents**  
How children, adolescents & adults cope differently  
Considerations for different age groups  
“De-code” the meanings of behaviors  
Six common questions following a death  
“Things we want adults to know about our grief”  
Signs of concern/red flags

**Interventions & Strategies for Anticipatory Grief**  
Normalize the dying process & grief experience  
Model healthy mourning behaviors  
Spot opportunities for memorialization  
Provide death education & practical support  
Strategies to prepare children & adults for the funeral

OVER 60 INTERVENTIONS TO PROMOTE HEALING WHEN IT’S TOO HARD TO TALK

**Therapeutic Games**  
*Preschool/Early Elementary*  
• Doll house scene depiction  
• Puppets & stuffed animals  
• Sand tray therapy

*Youth*  
• Therapy ball  
• Shades of feelings  
• Card games

*Youth & Adults*  
• Constructive use of punching bags/pillows  
• Topic starters  
• Questions games  
• sharing: Cards, web of feelings  
...and more!

Objectives

1. Analyze the differences in the clinical presentation of depression as compared to bereavement.
2. Evaluate developmentally appropriate grief symptomology across the lifespan and assess for clinical concerns.
3. Design individualized therapeutic interventions for bereaved children, adolescents, adults and families using various modalities.
4. Assess continuing bonds after death and their relevance to clinical practice with bereaved clients.
5. Demonstrate how to create a support group for bereaved children, adolescents, and/or adults with corresponding therapeutic activities.
6. Employ therapeutic techniques to address client grief associated with other forms of loss including divorce, chronic illness, military deployment and termination of parental rights.

**Art with Children, Adolescents & Adults**  
“I Am” board  
Colors of grief  
Support circles  
Memory peacock  
Photo flower pot  
Clay/Play-Doh  
Photography  
Memory boxes & stones  
...and more!

**Poetry, Writing & Music Interventions for All Ages**  
Bibliotherapy  
Journaling  
Poetry: “I am” exercise  
Letter writing  
Remembrance music  
Song/rap writing  
Sticky note regrets  
...and more!

**Memorialization Rituals**  
Candle-lighting  
“I remember” book  
Online memorial page  
Rice paper/balloon release  
Memory patio stones  
Tree planting  
...and more!

**Interactive Activities for Healing as a Family**  
Web of feelings  
Labyrinth with reflection stations  
Memorial service  
“Broken to whole”  
Bibliotherapy for families  
Holiday activities: Memory ornaments & stockings  
...and more!

**Grief & Loss Support Groups for Children, Adolescents & Adults**  
Grief camps for kids  
Support group considerations  
Family involvement  
Curriculum & session topics (for individual therapy too!)

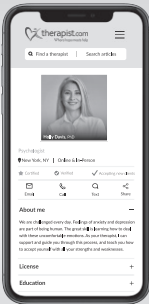
**Live Webinar Schedule**  
*(Times listed in Eastern)*

**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.

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The Ultimate Grief Treatment Toolbox

Over 60 Interventions to Promote Healing & Hope Among Grieving Children, Adolescents & Adults

- Interventions to help clients mourn, reconcile their losses & discover hope
- Assessment & treatment techniques for children, adolescents & adults
- Strategies for treating individuals, groups & families



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This seminar meets ALL requirements to become a Certified Grief Informed Professional (CGP) through Evergreen Certifications!  
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## Certification Course: The Ultimate Grief Treatment Toolbox

Grieving clients have some of the most heartbreaking stories that we see as clinicians. Your client's world has been toppled following the loss of a loved one, and in addition to missing that person, your client is now questioning what they know about themselves and the world. Paralyzing grief has made even the simplest tasks difficult for them, and you're overwhelmed because nothing that you do seems to help.

Join Erica Sirrine, PhD, LCSW, FT, as she walks you through over 60 interventions that you can use to help your grieving clients find hope and heal. Drawing on her expertise as a bereavement counselor and educator, Dr. Sirrine blends remarkable case studies with creative intervention strategies for an engaging and unforgettable workshop that will arm you with the skills you need to be an effective therapist for grieving clients.

Whether your client is experiencing feelings of premature grief due to the anticipated death of a loved one, pain and loss following a divorce, or feelings of disbelief and shock following a traumatic death, this workshop will prepare you to skillfully intervene.

Attend and discover:

- Over 60 interventions to help clients mourn, reconcile their losses & discover hope
- Assessment & treatment techniques for children, adolescents & adults
- Session topics & treatment approaches for individuals, groups & families
- Strategies to treat clients dealing with anticipatory grief
- Techniques & ideas for facilitating bereavement groups & grief camps

Best of all, upon completion of this live training, you'll be eligible to become a **Certified Grief Informed Professional (CGP)** 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 [www.evergreencertifications.com/cgp](http://www.evergreencertifications.com/cgp) for details.

**Register today** to discover the ultimate grief treatment toolbox and revolutionize your treatment of grieving clients!

### Target Audience:

Social Workers • Counselors • Psychologists • Chaplains/Clergy  
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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

**Erica H. Sirrine, PhD, LCSW, FT**, is a licensed clinical social worker with over 20 years of experience in the field of death, dying, and bereavement. She earned a PhD in social work and has been awarded the distinction of Fellow in Thanatology by the Association for Death Education and Counseling. Dr. Sirrine has conducted and published research on grief and bereavement, including a recent study on college student experiences of loss amid the COVID-19 pandemic that was featured in *TIME Magazine*. She maintains a blog on grief and is the author of *Sammy's Story*, an anticipatory grief counseling book for young children experiencing the serious illness of a parent.

Dr. Sirrine has extensive expertise providing individual and group therapy to children, adolescents, adults, and families experiencing illness and loss. She has implemented numerous interventions and programs aimed at improving the emotional health of clients and currently serves as the Director of Social Work at St. Jude Children's Research Hospital. Dr. Sirrine frequently presents seminars on bereavement and loss throughout the United States and is known for her interactive and engaging workshops. A former university dean and professor, she has been distinguished as "Professor of the Year" and the National Association of Social Workers Heartland, Florida Unit's "Social Worker of the Year."

#### Speaker Disclosures:

Financial: Dr. Erica Sirrine is the Director of Social Work at St. Jude Children's Research Hospital and has an employment relationship with Southeastern University. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Erica Sirrine is a member of the Association for Death Education and Counseling, the Association of Pediatric Oncology Social Workers, the National Alliance for Grieving Children, the National Association of Social Workers, and the Society for Social Work Leadership in Healthcare. She maintains a blog at [hopeandgrief.com](http://hopeandgrief.com).

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This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Marriage and Family Therapists, Nurses, 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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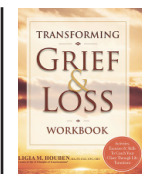


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