

Outline

Models and Types of Grief

- The uniqueness of grief
- Mapping the journey
- Grief as a spiral staircase
- Diagnostic criteria
- How to identify and adapt to individual grief styles

Mindfulness Strategies to Address Grief Avoidance

- Resolve ambivalence in grief with “find middle ground exercises”
- A sacred memory walk – combine talk therapy with mindful movement
- Move beyond the waterfall of grief with compassionate non-judging
- The Mustard Seed – metaphors for loss

Mindful Body Awareness and Body-Based Approaches:

Shift Clients from High-Alert and Shut Down Responses Following Traumatic Loss

- The neurophysiology of grief
- How grief interrupts normal brain functioning
- How to serve as a safety and connection anchor
- Exercises to strengthen resiliency
 - A Heart-Opening Playlist
 - Precious Memories Altar
 - Colors for Grounding and Calm
 - Muscle tension releasing – exercises to counter fight or flight responses

Objectives

1. Investigate how the impact of mindfulness-based interventions on emotional regulation can facilitate client coping.
2. Assess grief treatment implications of positive correlations between mindfulness practices and increases in non-reactivity and self-compassion.
3. Evaluate how the non-judgmental focus on the present moment of mindfulness practices can help grieving clients with experiential avoidance issues.
4. Analyze the neurological mechanisms contributing to various outcomes in grief.
5. Evaluate the clinical implications of reduced trauma symptomology following mindfulness-based interventions on the treatment of traumatic grief.
6. Investigate how the demonstrated efficacy of mindfulness-based interventions in reducing anxiety symptoms can inform the treatment plan of clinicians working with bereaved clients experiencing grief related anxieties.

Calming and Grounding Techniques for Grief Related Anxieties

- A grief triggers chart
- Grounding exercises and sample scripts
- Guided meditations to disempower intrusive thoughts following loss
- Self-soothe with calming words and imagery
- 5 effective exercises to help clients breathe through anxiety

Finding Meaning After Loss

- Find new meaning and purpose with “to-be” lists
- Grief as love - continuing the relational bond after death
- Help clients find meaning through traditions

The Mindful Grief Practitioner

- The latest research on therapists who practice mindfulness
- Cultural sensitivity and individualizing your approach
- Compassion fatigue resiliency strategies
- When practitioner grief arises – body/ mind cues for presence
- Research, limitations and treatment risks

Live Webinar Schedule

(Times listed in Central)

8:00 Program begins

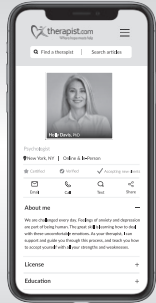
11:50-1:00 Lunch Break

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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Mindful Grief

Mindfulness Techniques to Address Avoidance and Improve Emotional Regulation in Grief Treatment

Live Interactive Webinar
Wednesday, August 16, 2023

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Mindful Grief

Mindfulness Techniques to Address Avoidance and Improve Emotional Regulation in Grief Treatment

Includes scripts and clear instructions!

- Tools to help your clients better accept loss and overcome grief avoidance
- Disempower intrusive thoughts and feelings of self-judgement and blame
- Open clients to experience the painful emotions that need to be felt
- Calming and grounding techniques for grief related anxieties

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Mindful Grief

Mindfulness Techniques to Address Avoidance and Improve Emotional Regulation in Grief Treatment

For grieving clients, the present moment can be terrifying. Painful and uncomfortable emotions push them to avoid their grief or rush past it without truly feeling it.

But when your clients can't accept being with their grief in the now, they don't just "get over it." Those emotions keep coming back. Each time a little more powerful, a little more painful, and with a little more self-judgement.

Without sitting with their grief, willingly experiencing and processing it, healing can't begin.

Mindfulness-based interventions give you the tools you need to help clients be with their grief – allowing them to better accept loss, experience their' feelings without judgement, and transform their perspective so they can discover glimmers of joy amidst the sadness and open themselves to new possibilities, meaning and purpose.

Join international mindfulness expert and trainer Dr. Debra Alvis as she shares the exercises and techniques she's found most effective in over 25 years of practice so you can help your grieving clients:

- Summon the courage to sit with grief and overcome avoidance
- Open themselves to uncomfortable and painful emotions
- Recognize and manage the physical symptoms of grief that manifest in the body
- Disempower intrusive thoughts and feelings of self-judgement and blame

PLUS you'll get scripts and clear instructions on guided meditations making it easy for you to incorporate these strategies into your grief work and use them right away!

Don't miss this chance to add these valuable tools to your treatment toolbox so you can help clients be present with their grief, fully process it, and rediscover a life worth living!

Register today!

Target Audience:

Counselors • Social Workers • Marriage and Family Therapists • Psychologists • Psychiatrists
Case Managers • Addiction Counselors • Nursing Home Administrators • Pastoral Counselors
Chaplains/Clergy • Psychiatric Nurse Practitioners • Mental Health Nurses • Thanatologists



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Meet Your Speaker

Debra Alvis, PhD, a licensed psychologist, developed the Mind/Body Program at the University of Georgia providing clinician training on the integration of mindfulness and contemplative practices into psychotherapy. Her work as a professor at the University of Georgia included the supervision of doctoral students and co-leading a research team investigating mindfulness.

In addition to teaching, Dr. Alvis maintains a private practice and has more than 25 years of clinical experience in treating clients with a variety of conditions by combining mindfulness principles, body-oriented principles and traditional psychotherapeutic approaches. She also has an over 30-year personal contemplative practice.

Dr. Alvis lectures and leads retreats around the world. Her trainings have helped thousands of clinicians to integrate the richness of mindfulness, neuroscience and somatic psychotherapies with cognitive approaches for greater clinical effectiveness.

Speaker Disclosure:

Financial: Debra Alvis maintains a private practice and has employment relationships with the University of Georgia, PSlvet, Mountain Area Health Education Center, Twin Lakes Recovery Center, and Ridgeview Institute. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-financial: Debra Alvis has no relevant non-financial relationships.

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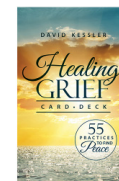
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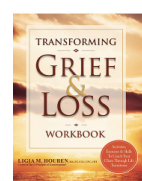


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