

## Program

# Traumatic Grief and Complicated Loss, New breakthroughs and Reliable Tools to Help Clients after Death, Divorce and other Losses: Best Practice to Restore Your Clients Lives after Loss

Presented by

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## Learning Objectives

- Learn cutting-edge strategies for working with normal, complicated and traumatic grief
- Learn healthy and supportive ways to respond to all types of grief including complicated grief and trauma
- Know how to respond to guilt, despair, helplessness or denial
- New supportive strategies for dealing with loss
- Become confident in your ability to foster hope and healing
- Describe complicating factors in grief and tools for effective interventions
- Assess for complicated bereavement and make a plan to intervene
- Describe cultural components of bereavement and use a simple assessment strategy to provide effective care
- Apply proven strategies for organising and managing bereavement support groups
- Compassion fatigue for those working in caring and service fields – Don't take clients sadness and problems home with you
- Demonstrate dozens of tools and interventions to be used by marriage and family therapists, counsellors, clinicians, hospitals, palliative care services and hospices when working with grief and loss
- Describe strategies to help clients cope with a breakup of a relationship
- Identify ways to heal old love patterns
- Explain how to help the client release the pain of betrayal
- Learn how to use meaning making and new techniques of positive psychology
- Recognize why children are often the forgotten grievers and how to help them

## Program Outline

### New Perspectives on an Old Story

- Stages, phases, tasks, or needs-making sense of grief models
- "I don't want to talk about it" and what to do about it
- Practical strategies that "bridge" research to practice
- New resilience and strength-based approaches to grief counseling
- Dealing with "secrets" that may be revealed after loss
- Kübler Ross' Stages updated for 2018
- The possibility of a sixth stage?
- Interpreting the relevancy of the stages today

### Complicated Grief

- Isn't everybody's grief complicated?
- Five complicators of grief and how to intervene
- Warning signs and treatment of complicated grief
- Chronic, delayed or absent grief
- Differentiate trauma responses and typical grief
- DSM-5<sup>®</sup> and Prolonged Grief Disorder
- Simplifying the model

### Tramatic Grief

- Death and grief can often result in trauma
- How to make death more meaningful
- Tools for helping clients heal trauma

### Special Populations

- Working with bereaved people from other cultures
- Address the grieving needs of the developmentally disabled.

### Strategies For Traumatic Loss

- Re-telling Strategies
- Restorative Narrative
- Maintaining Empathy
- Rituals and Memorializing
- Creative Interventions (Music, Memoiring, Gratitude Journaling, trauma writing)
- Anticipating and Diffusing personal triggers

## **Divorce and Break-Ups**

- Reinterpreting and reframing divorce
- Healing shame around divorce
- Children and divorce
- Help your client understand, interpret and break his/her love patterns

## **Betrayal and Loss of Friendship**

- How much information is good to share?
- Taking responsibility for actions
- How to move on and learn to trust again

## **Loss of Health / Recovering from Cancer and Other life threatening diseases**

- Strategies to help clients heal mentally after medical recovery
- Helping clients deal with fears of reoccurrence
- Ways to find peace again with one's own body

## **Other Losses**

- Job loss
- Parental Losses
- Cancer
- Helping clients heal after a pet's death
- Murder, multiple losses, sudden death, suicide, Alzheimer's

## **Deathbed Visions and Their Impact on Grief**

- Effective and ineffective models for family coping and integration
- Clinical/palliative care studies, research of near death awareness

## **Children in Grief**

- Tools for preparing for the loss
- Intervention for coping enhancement for funerals

### **Responding to Loss due to Disasters**

- Floods/fires /earthquakes and terrorists attack threats
- Techniques for approaching disaster scenes
- Helping survivors coping with suffering

### **Tools for the Clinician to Help Clients Cope with:**

- Anniversaries
- Holidays
- Birthdays