

# **Grief, Complicated Grief, Divorce, Breakup and other Losses: Best Practice Based Techniques to Assist Your Clients in Recovering from Loss and Reinventing Their Lives.**

**Presented by David Kessler**

## **OBJECTIVES**

- Utilize contemporary models of bereavement to intervene with individuals, couples, and families
- Learn healthy and supportive ways to respond to all types of grief including complicated grief.
- Know how to respond to guilt, helplessness or denial
- New supportive strategies for dealing with loss
- Describe complicating factors in grief and tools for effective interventions
- 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.
- Recognize why children are often the forgotten grievers and how to help them.

## **PROGRAM**

### **New Perspectives on an Old Story**

Stages, phases, tasks, or needs-making sense of grief models  
Practical strategies that "bridge" research to practice  
New resilience and strength-based approaches to grief counselling  
Dealing with "secrets" that may be revealed after loss  
Kübler-Ross' Stages by her co-author -Revisited and Updated for 2015  
The possibility of a sixth stage?

### **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

### **Anticipatory Grief**

Role of "denial" and why it can be a misleading term  
Prior loss can help or hinder the grief process  
Tools for normalizing anticipatory grief

### **Strategies for Traumatic Loss**

Re-telling strategies  
Restorative narrative  
Maintaining empathy  
Rituals and memorializing  
Creative interventions (poetry, memoiring, gratitude journaling)  
Anticipating and diffusing personal triggers

### **Divorce and Break-Ups**

Reinterpreting old distorted patterns 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 with others?  
Taking responsibility for actions  
New forms of betrayal (online, internet addiction)  
How to move on and learn to trust again

### **Other Losses**

Cancer and loss of health  
Job loss and home loss  
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