1) Fundamental Concepts of Loss, Grief, and Mourning
   - Three Types of Loss
   - Clinical Definitions, Implications, and Distinctions (Grief, Mourning, & Bereavement)
   - Acute Grief - Common Responses & Influencing Factors

2) The Six “R” Processes of Mourning
   - Recognize—React—Recollect—Relinquish
   - Readjust—Reinvest

3) Complicated Mourning
   - Definition
   - Two Attempts
   - Five Possible Outcomes
     Seven Syndromes of Complicated Mourning
   - Seven Generic High-Risk Factors

4) Traumatic Stress in Postdeath Grief and Mourning
   - Acute Grief, Anxiety and Traumatic Stress Reaction
   - Nine Arguments Supporting Acute Grief as a Traumatic Stress Reaction
   - Rando’s 6 High-Risk Factors Making a Death Traumatic
   - Treatment Implications After Traumatic Death

5) Generic Interventions
   - Assessment - GAMSII (The Grief and Mourning Status Interview and Inventory: Rando, 1993)
   - Clinical Perspectives Necessary for Facilitation of Uncomplicated Mourning
   - Philosophical Perspectives on the Treatment of Complicated Mourning
   - Generic Guidelines for the Treatment of Complicated Mourning
   - Construction of a Comprehensive Bereavement Treatment Package
   - Standard Treatment Protocol for Intervention in Complicated Mourning

6) Interventions - Specific Cases
   - Guidelines for Intervention After Sudden, Unanticipated Death
   - Guidelines for Intervention in Guilt

7) Core Steps For Self-Help In Traumatic Bereavement
   - Teaching Traumatized Mourners How to Help Themselves
   - Selected Treatment Issues In High-Risk Deaths

8) Managing Treatment in 2003
   - Strategies For Contending With Managed Care
   - Care For the Caregiver

11 hours

Objectives: Participants will be able to describe

- The nature of loss, grief, and mourning
- The Six ‘R’ Processes of mourning
- Components of complicated mourning
- Traumatic stress reactions from acute grief
- Interventions to address uncomplicated grief
- Interventions following sudden death
- Ways to promote self-help through bereavement
- Ways to support caregivers

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Dr. Rando is the Clinical Director of the Institute for the Study and Treatment of Loss in Warwick, Rhode Island. She is also the Clinical Director of Therese A. Rando Associates, Ltd., a multidisciplinary team providing psychotherapy, training, and consultation with specialization in loss and grief, traumatic stress, and the psychosocial care of the chronically and terminally ill. She is part of a team researching a 20-week treatment for survivors of 9/11 World Trade Center victims.

Dr. Rando earned her doctoral degree in Psychology from the University of Rhode Island and received advanced training at Case Western Reserve University Medical School and the University Hospitals of Cleveland.

Dr. Rando has written over 65 publications pertaining to the clinical aspects of thanatology. She served as Co-Editor of the Trauma and Loss Book Series for Brunner-Routledge Publishers. Dr. Rando is the national media resource expert in dying, death, and loss for the American Psychological Association. She has appeared on numerous television programs. She has also been interviewed by and quoted in many national papers and magazines. Dr. Rando was the recipient of the Association for Death Education and Counseling’s 1987 award for Outstanding Contribution to the Study of Death, Dying, and Bereavement and the 1996 recipient of its Clinical Practice Award. She is also a 1990 grantee of its lifetime certification as Certified Death Educator. In 1997, Dr. Rando was among the initial group of international experts elected to membership in the Green Cross Foundation Academy of Traumatology. In 2013, she became a diplomate of the American Academy of Experts in Traumatic Stress. For more about Dr. Rando, visit www.thereserando.com