



Interventions for Complicated Mourning Created By Sudden Death

Presented by

Therese A. Rando, Ph.D., BCETS, BCBT

Overview

This course will identify the psychological dynamics in contending with the sudden death of a loved one, which naturally predispose the survivor to complicated mourning for varying periods of time. We will examine, among other things, the phenomenon of sudden death bereavement and why research demonstrates that it causes higher prevalence of PTSD than any other event; creates traumatic bereavement; triggers mental health issues in adults with no history of psychiatric conditions; and has a different and slower trajectory of recovery. In treatment, more than mere grief facilitation is required.

Dr. Rando will provide therapists cutting-edge information and practical strategies for dealing with the volatile mixture of trauma and loss that presents after sudden death.

Objectives: Participants will be able to:

- Describe the four types of sudden death and their treatment implications
- Describe why a sudden death is always a traumatic death
- Describe how mourners discuss complicated mourning
- Identify the trauma and loss challenges posed to the mourner that complicate mourning after sudden death bereavement
- Identify the high-risk elements associated with sudden death that present extra problems
- List effective strategies for intervention after sudden death loss

Sudden death is complicated (1:30)

- Four types of sudden death and their treatment implications
- A sudden death is always a traumatic death
- Research and clinical findings regarding sudden death

Underlying Concepts Related to Loss in Sudden Death Bereavement (1:05)

- Types of loss
- 6 “R” Processes of mourning
- Complicated mourning

Underlying Concepts Related to Trauma in Sudden Death Bereavement (1:41)

- Trauma and traumatic stress
- Traumatic bereavement
- The “triad of troubles” in traumatic bereavement

Complicating Impacts and Elements Associated with Sudden Death Bereavement (2:56)

- Five impacts of sudden death challenges
- High-risk elements associated with sudden deaths
- Selected clinical challenges of different sudden deaths
- Sudden death bereavement over time

Strategies for Intervention After Sudden Death Bereavement (1:48)

Therese A. Rando, Ph.D., BCETS, BCBT is a clinical psychologist, traumatologist, and thanatologist. She is the Clinical Director of The Institute for the Study and Treatment of Loss in Rhode Island. In matters related to loss and grief, illness, injury, dying, trauma, disaster, and stress reactions of first responders and medical personnel, she provides services through psychotherapy; consultation; supervision; training/education; expert witness consultation; media commentary; research; and writing.

The recipient of numerous professional awards, she is a national media resource expert for the American Psychological Association and in that capacity has appeared extensively on television, radio, and online. Current professional foci include treatment of complicated mourning, interventions for traumatic bereavement, self-help after sudden death of a loved one, loss of a child, the interface between posttraumatic stress and grief, anticipatory mourning, and stress reactions of first responders.

6 CE Hours for Psychologists Counselors Social Workers MFT

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Practice Level—Intermediate

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