



Grief and Its Complications

Presented by

Robert Neimeyer, Ph.D.

Friday April 8, 2022

LIVE INTERACTIVE WEBINAR 10 a.m. - 5:15 p.m. ET

Overview

For a significant subset of the bereaved, grieving may become a protracted and life-limiting ordeal. Beyond identifying mourners who are suffering from prolonged grief, we will explore the role of meaning as a mediator of evidence-based risk factors for this disorder. We will also introduce two carefully validated and clinically useful measures that assess challenges griever's family and community have in making meaning of their losses.

In the afternoon, we will discuss the reality of resistance in grief therapy and how the meaning of mourning can create invisible impediments to substantial and lasting change. We will then consider analogical listening and symptom dialogues techniques by which clinicians and their clients can discover and ultimately transform hidden "pro-symptom positions" that work against the client's own positive goals.

Objectives

Participants will be able to :

- Identify two key dimensions of adaptive grieving viewed through a narrative lens.
- Recognize features of complicated grief in the context of clinical interviews and discuss evidence for the clinical utility of this conceptualization.
- Review current criteria for a diagnosis of Prolonged Grief Disorder included in the *ICD-11* and *DSM 5-TR* and apply these to a case example.
- Summarize research on the role of meaning making in mediating the impact of evidence-based risk factors on bereavement outcome.
- Summarize research linking symptom coherence with complicated grief outcomes
- Spot the emergence of "immunity to change" processes in order to befriend resistance and overcome unconscious roadblocks to therapeutic progress
- Adapt analogical listening to reveal sources of reluctance to release painful symptoms and struggles
- Utilize symptom dialogues to discover and transform the client's hidden problem-sustaining positions.

AGENDA

Friday Morning - 10 a.m.—1:15 p.m. ET

- The "Staging" of Grief: Abstract Theory and Empirical Reality
- Dual Process, Two Tracks: Contemporary Models of Loss
- Mourning and Meaning: Grief and Its Complications
- Prolonged Grief Disorder: Conceptualization and Diagnosis

Friday Afternoon - 2 p.m.—5:15 p.m. ET

- Symptom Coherence: Identifying Immunity to Change in Grief Therapy
- The Coherence In Grief Scale: Measuring Pro-Symptom Positions (PSPs)
- Dialogue with Suffering: A Grief Observed
- From Discovery to Integration: Processing PSPs in Grief Therapy



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Robert A. Neimeyer, Ph.D., is Professor Emeritus of the Department of Psychology, University of Memphis, and maintains an active consulting and coaching practice. He also directs the *Portland Institute for Loss and Transition*, which provides online training internationally in grief therapy. Dr. Neimeyer has published 30 books, including *Techniques of Grief Therapy: Assessment and Intervention* and *Grief and the Expressive Arts: Practices for Creating Meaning*, the latter with Barbara Thompson, and serves as Editor of the journal *Death Studies*. The author of over 500 articles and book chapters and a frequent workshop presenter, he is currently working to advance a more adequate theory of grieving as a meaning-making process.

Dr. Neimeyer served as President of the Association for Death Education and Counseling (ADEC) and Chair of the International Work Group for Death, Dying, & Bereavement. In recognition of his scholarly contributions, he has been granted the Eminent Faculty Award by the University of Memphis, made a Fellow of the Clinical Psychology Division of the American Psychological Association, and given Lifetime Achievement Awards by both the Association for Death Education and Counseling and the International Network on Personal Meaning.

Audience

Human Service Professionals

- psychologists
- social workers
- licensed professional counselors
- school counselors and psychologists
- drug & alcohol counselors
- marriage & family therapists
- music therapists
- case managers
- psychiatric nurses
- occupational therapists
- rehabilitation counselors
- graduate students

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Two or more together at the same time (by March 4) _____	\$135 per person
Regular Registration (March 5– April 1) _____	\$160 per person
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