



Attachment-Informed Grief Therapy

Presented by

Robert Neimeyer, Ph.D.

Friday May 13, 2022

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

Overview

Whether they are striving to restore a sense of secure attachment to a loved one lost to death or to resolve lingering relational issues with the deceased, mourners frequently need to reengage those they have lost rather than relinquish the bond and “move on.” In this module, we will explore and practice several creative narrative, emotion-focused and conversational methods for re-introducing the deceased into the social and psychological world of the bereaved, fostering a sustaining sense of connection and alliance with the loved one in embracing a changed future, and working through issues of guilt, anger and abandonment triggered by the death and the shared life that preceded it. Learners will leave with tools for assessing factors that complicate grieving, helping clients appreciate the role of the loved one in their construction of their own identities, and re-access and revise frozen dialogues with the deceased that interfere with post-loss adaptation.

Objectives - Participants will be able to:

- Identify dimensions of insecure attachment that complicate adaptation to the death.
- Summarize the Two-Track Model of bereavement and its use in identifying problems meriting clinical attention.
- Utilize a validated measure of the quality of the relationship with the deceased to pinpoint a focus for intervention.
- Apply *Secure Base Mapping* to trace sustaining bonds over time to identify internal and external resources to promote adaptation to life transitions.
- Discuss the concept of continuing bonds with the deceased and identify how it can both support and interfere with adaptive grieving.
- Practice two techniques for consolidating a constructive bond with the deceased as the client transitions toward a changed future.
- Summarize the use of the *Unfinished Business in Bereavement Scale (UBBS)* for assessing residual conflicts and disappointments in the relationship with the deceased that invite therapeutic work.
- Use the *Life Imprint* technique to recognize the living legacy of the deceased for the survivor at both concrete and abstract levels.

Robert Neimeyer, Ph. D.

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.



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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

AGENDA

Friday Morning - 10 a.m.—1:15 p.m. ET

- Attachment and Impermanence: The Role of Internal Working Models
- Caring and Daring: Drawing the Secure Base Map
- Object Stories: Reaffirming the Continuing Bond
- Working with the Relationship: The Two-Track Model of Bereavement

Friday Afternoon –2 p.m.—5:15 p.m. ET

- Presence within Absence: Reconstructing the Continuing Bond
- Restorative Realignment of the Relationship: Addressing Unfinished Business
- Writing through Bereavement: A Case Study of Complicated Grief
- Stepping into Self: Re-writing the Terms of Attachment

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Individual Early Registration (received by April 8)	\$145 per person
Two or more together at the same time (by April 8)	\$135 per person
Regular Registration (April 9– May 6)	\$160 per person
Late Registration - (No Registrations After Noon May 12)	\$175 per person

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