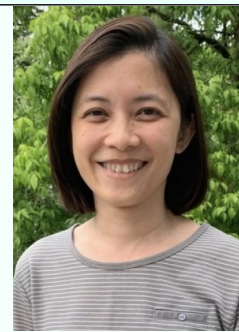




Loss of Another, Loss of the Self: *A Clinical Toolbox for Reconstructing Identity in Grief*

Presented by
Robert A. Neimeyer, PhD
& **Carolyn Ng, PsyD**



Thursday & Friday, November 14 & 15, 2024
LIVE INTERACTIVE WEBINAR 10 a.m. - 5:15 p.m. ET

Overview

Grieving entails not only acknowledging the significance of a valued past, but also embracing an indefinite future. Grief therapy therefore requires a framework that validates both movements, and that integrates them into an ongoing process of self-reconstruction, as we review a potentially traumatic experience of loss, reorganize our attachment to the deceased, and struggle with frequently anguishing questions of who we now are in their absence. This 2-day webinar will first consider how to assess client needs in terms of the *Tripartite Model of Meaning Reconstruction in Loss*, conceptualizing obstacles to processing the event story of the death, securing the back story of the relationship with the deceased, and revising the personal story of the mourner's own sense of identity in the shadow of bereavement.

Illustrating these themes through video recordings of clients dealing with sudden natural death as well as the violent death of loved ones to suicide or overdose, we will then introduce and practice a range of creative clinical procedures to help clients reconstruct their lives as they grow through grief. Participants should leave with a well-stocked toolbox of techniques for facilitating self-change arising from unwelcome life transitions.

Objectives - Participants will be able to:

- Describe the Sudden Bereavement Needs Inventory and its implications for grief therapy
- Summarize the Tripartite Model of Meaning Reconstruction in Loss and its use in identifying targets of intervention
- Use the *Self-Portrait* technique to help clients examine the grieving self
- Implement *Chapters of Our Lives* to process life losses and transitions
- Apply *Virtual Dream Stories* to safely explore difficult themes of loss and self-change
- Conduct a *Future Self Interview* to foster self-compassion balanced with self-reconstruction

Robert A. Neimeyer, PhD, is Professor Emeritus of the Department of Psychology, University of Memphis, maintains an active consulting practice, and also directs the *Portland Institute for Loss and Transition*, which provides global online training in grief therapy. Neimeyer has published 35 books, including *The Handbook of Grief Therapies* and *New Techniques of Grief Therapy*, and serves as Editor of *Death Studies*. The author of over 600 articles and chapters and a popular workshop presenter, he is currently working to advance a more adequate theory of grieving as a meaning-making process. In recognition of his contributions, he has been made a Fellow 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.

Carolyn Ng, PsyD, FT, MMSAC, RegCLR maintains a private practice, Anchorage for Loss and Transition, for training, supervision and therapy in Singapore, while also serving as an Associate Director of the Portland Institute. Previously she served as Principal Counsellor with the Children's Cancer Foundation in Singapore, specialising in cancer-related palliative care and bereavement counselling. She is a master clinical member and approved supervisor with the Singapore Association for Counselling (SAC) and a Fellow in Thanatology with the Association of Death Education and Counselling (ADEC), USA, as well as a consultant to a cancer support and bereavement ministry in Sydney, Australia. She is certified in Solution-Focused Brief Therapy and Narrative Therapy, and holds an MA in Pastoral Ministry from Trinity Theological Seminary in the USA. She is also a trained end-of-life doula and advanced care planning facilitator. Find out more at: www.anchorage-for-loss.org.

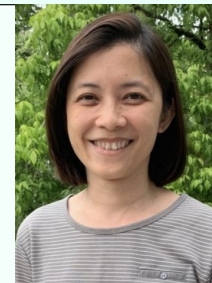


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Audience: Human Service Professionals

- 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

Day One

10:00 am Tragic Bereavement as a Crisis of Meaning

- Assessing clients' needs through the *Sudden Bereavement Needs Inventory (SBNI)*
- The Tripartite Model of Meaning Reconstruction as a roadmap for intervention

10:30 am Break

11:45am Trauma and Transition

- Case illustration: A sudden illness
- Case Illustration: Suicide of a partner

1:15 pm Lunch

2:00 pm The Wheel of Change

- Attachment and the Transition Cycle
- The *Who am I Now?* technique

3:30 pm Break

3:45 In the Looking Glass: Reflecting on the Self

- Case Illustration: A piercing grief
- A *Self-Portrait* of grief

5:15 pm Adjournment

Day Two

10:00 am Our Stories, Ourselves

- The *Chapters of Our Lives* exercise
- Interviewing the Author

11:30 am Break

11:45 am Imaginative Retelling

- *Virtual Dream Stories*
- Variations and Extensions

1:15 pm Lunch

2:00 pm Envisioning Change

- The Dialogical Self
- The *Future Self Interview*

3:30 pm Break

3:45 pm Lessons of Loss

- The *Grief & Meaning Reconstruction Inventory (GMRI)*
- Case Illustration: Posttraumatic growth

5:15 pm Adjournment

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