

# OUTLINE

## THE JOURNEY OF GRIEF

- Models for understanding grief
  - Older, familiar models
  - Current theories and approaches
- Grief expressions
  - Emotional and cognitive
  - Physical manifestations
  - Behavioral
  - Social behaviors and societal reactions
- Predictors and mediators of the experience
  - Background: grief is highly individual
  - Personality and other vulnerability factors
  - Who died; quality of relationship
  - Social, contextual and cultural influences
  - Mode of death
  - Other influences
- Non-death losses

## ASSESSMENT AND DIAGNOSIS OF GRIEF-RELATED SYMPTOMS

- Differential diagnosis between depression, grief and PTSD
- Persistent complex bereavement disorder
- Use of adjustment disorder diagnosis with grief clients
- Measurement/assessment of grief symptoms

## WHEN GRIEF BECOMES COMPLICATED

- Common trajectories for grief
- What is “complicated” grief and how do you recognize it?
- Treatment interventions for complicated grief

### Target Audience:

Psychologists • Psychiatrists • Counselors  
Marriage and Family Therapists • Social Workers  
Pastoral Counselors • Chaplains/Clergy  
Psychiatric Nurse Practitioners • Mental Health Nurses  
Alcoholism and Drug Abuse Counselors

## TREATMENT STRATEGIES AND FUNCTIONAL INTERVENTIONS

- Grief counseling
  - How is it different from other types of counseling?
  - Who often benefits (and who may not)?
- Components of a general approach
  - The 3 Rogerian conditions
  - Power of presence
  - Being a companion/therapist for your grief clients
- Cross-cultural and other diversity considerations
- Dealing with emotional intensity
- Grief vs. trauma
- When clients’ grief is disenfranchised
- Working with couples or families who have experienced the “same” loss
- Preparing for grief “spikes”
- Post-traumatic growth

## BEING A GRIEF COUNSELOR

- The risks and joys of this work
- Self-awareness
- Self-care
- Training opportunities in this field

## LIMITATIONS OF THE RESEARCH AND POTENTIAL RISKS

- Disparity in results across studies for grief
- Risk factors for complicated grief

### Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (*on your own*)  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

# OBJECTIVES

1. Articulate current models for conceptualizing grief and how these influence treatment planning.
2. Analyze and differentiate clinical symptoms to diagnose grief clients appropriately.
3. Implement functional interventions for grief counseling adaptable to use with any clients.
4. Demonstrate three new interventions to use with bereaved clients.
5. Determine when grief has become “complicated” and develop an appropriate treatment strategy.
6. Develop strategies of self-awareness and self-care for grief counselors as it relates to clinical practice.

The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Kay Friske** at [kfriske@pesi.com](mailto:kfriske@pesi.com) or call 715-855-6362.

FREE

Cognitive Behavioral Therapy (CBT) for Anxiety

CE Seminar & Worksheet

John Ludgate, PhD

[pesi.com/CBTWorksheet](http://pesi.com/CBTWorksheet)

Bring any training in-house!

Convenient • Cost-Effective • Customizable

for more information visit [www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT  
ORGANIZATION  
US POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO 32729

PESI Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A Division of PESI, Inc.

# COUNSELING GRIEF CLIENTS

FUNCTIONAL INTERVENTIONS  
FOR EVERYDAY USE

**Trumbull, CT**  
Wednesday, July 17, 2019

**Cromwell, CT**  
Thursday, July 18, 2019

**Warwick, RI**  
Friday, July 19, 2019

REGISTER NOW [pesi.com/express/71463](http://pesi.com/express/71463)



# COUNSELING GRIEF CLIENTS

FUNCTIONAL INTERVENTIONS  
FOR EVERYDAY USE

- Discover recent research that upends everything we thought we knew about grief
- Differentiate between complicated grief, disenfranchised grief and non-death losses
- Explore factors influencing grief severity
- Identify whether symptoms indicate grief, PTSD, depression, or persistent complex bereavement disorder
- Apply a counseling approach adaptable for use with any grief client

**Trumbull, CT**  
Wednesday, July 17, 2019

**Cromwell, CT**  
Thursday, July 18, 2019

**Warwick, RI**  
Friday, July 19, 2019

**PESI®**  
A NON-PROFIT ORGANIZATION CONNECTING  
KNOWLEDGE WITH NEED SINCE 1979  
[www.pesi.com](http://www.pesi.com)

REGISTER NOW  
[pesi.com/express/71463](http://pesi.com/express/71463)





# COUNSELING GRIEF CLIENTS:

## FUNCTIONAL INTERVENTIONS FOR EVERYDAY USE

Clinicians often struggle to develop an effective approach to counseling grief clients due to the uniqueness of each individual's grief. The last 10-15 years have seen an explosion of new research in the field and many new studies have turned what we thought we knew on its head.

Explore this new research about appropriate diagnosis of grief clients, ideas for how to assess grief severity and related constructs, and clarification about what is meant by "complicated grief." Review the most commonly used current models for understanding grief and leave with tools, including 20 interventions, to more confidently assist clients in navigating the adaptive, yet confusing and difficult, grief process. The seminar will end with a focus on self-care, discussing how to appropriately manage and care for ourselves in this demanding, yet fulfilling, work.

## SPEAKER

**JOY R. SAMUELS, D.MIN., LPC-MHSP, NCC**, has over 25 years' experience as a licensed professional counselor, a Fellow in Thanatology, chaplain, and ordained minister. She teaches in the graduate clinical mental health psychology department at Lipscomb University and at Candler School of Theology at Emory University. She maintains a private counseling practice and supervises those seeking licensure as LPC-MHSP.

Dr. Samuels holds D. MIN. and MDIV. degrees from Wesley Theological Seminary, Washington, DC. Additionally, she holds an M.S. degree in counseling psychology from California State University, Northridge, CA, and a counseling certificate in substance abuse from the Northern Virginia Community College, Annadale, VA. Among her areas of expertise are: individual, couples and family counseling, trauma and bereavement and post-masters supervision.

Speaker Disclosures:

Financial: Joy Samuels is in private practice. She is an adjunct faculty at Lipscomb University. Dr. Samuels receives a speaking honorarium from PESI, Inc.

Non-financial: Joy Samuels is a Fellow in Thanatology.

*"Dr. Samuels beautifully holds a balance between extensive knowledge and deep compassion. I grew as a professional and as a human being as a result of my work with her. She draws out the best."*

**Vanessa, LPC-MHSP**

*"Dr. Samuels' presentation and guidance during the class helped me navigate difficult ministry challenges with my grieving parishioners."*

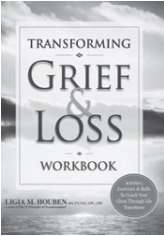
**Rev. Sandra**

**Seminar on DVD or CD Package:** If you cannot attend this seminar, you can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



### **Transforming Grief & Loss Workbook: Activities, Exercises & Skills to Coach Your Client Through Life Transitions**

By Ligia M. Houben, MA, FT, FAAGC, CPC, CHT

Despite any loss your client may be experiencing, you can coach them to happiness again with this new workbook from Ligia M Houben. This interactive book guides the client through The 11 Principles of Transformation, derived from CBT, positive psychology, spirituality, mindfulness and meditation. By focusing on new beginnings, experiential exercises and meaningful activities, your client will be able to start the transformative journey to wellness and wellbeing.



### **Healing Grief Card Deck: 55 Practices to Find Peace**

By David Kessler

David Kessler, one of the world's foremost experts on grief and grieving, has created powerful coping strategies to heal and rebuild after loss. This easy-to-use card deck has 55 practices that focus on Your Response to Loss, Understanding Grief, and Healing - all remembering that grief is evidence of your love.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

**Questions? Call Customer Service 800-844-8260**

## Live Seminar Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**ADDICTION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**CONNECTICUT ADDICTION COUNSELORS:** Provider #120924. This course has been approved as a CCB approved training and has been awarded 6.25 hours by the Connecticut Certification Board.

**CHAPLAINS/CLERGY:** This activity is designed to qualify for 6.25 continuing education hours.

**CERTIFICATION IN THANATOLOGY:** This educational offering is recognized by the Association for Death Education and Counseling to meet the thanatology-related educational contact hour requirements to be Certified in Thanatology: Death, Dying and Bereavement. This course will award 6.25 contact hours to participants.

**COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**CONNECTICUT COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**RHODE ISLAND COUNSELORS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/71463](http://www.pesi.com/events/detail/71463).

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**PSYCHOLOGISTS:** This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**SOCIAL WORKERS:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

## How to Register

COUNSELING GRIEF CLIENTS:  
FUNCTIONAL INTERVENTIONS FOR EVERYDAY USE

QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

### ONLINE

**pesi.com/express/71463**

### PHONE

**800-844-8260**

Please have credit card available

### FAX

**800-554-9775**

### MAIL

PESI, Inc.  
PO BOX 1000  
Eau Claire, WI  
54702-1000

### ② Check location: (make copy of locations)

☐ **TRUMBULL, CT**  
**July 17, 2019**

71463TRU

Trumbull Marriott  
180 Hawley Ln • 06611  
(203) 378-1400

☐ **CROMWELL, CT**  
**July 18, 2019**

71463CRO

Courtyard By Marriott  
4 Sebeth Dr • 06416  
(860) 635-1001

☐ **WARWICK, RI**  
**July 19, 2019**

71463WAR

Crowne Plaza  
801 Greenwich Ave • 02886  
(401) 732-6000

**REGISTER NOW**  
**pesi.com/express/71463**

### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### TUITION OPTIONS

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesi.com/students](http://www.pesi.com/students) or call 800-844-8260 for details. **Advance registration required.** *Cannot be combined with other discounts.*



FOR OFFICE USE ONLY

Fed ID # 26-3896894  
© 2019 PESI, Inc.

### ③ Check tuition:

#### TUITION WITH SEMINAR MANUAL

**\$199.99** – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—  
☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$229.99** standard

#### ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- ☐ **\$29.99\*** *Transforming Grief & Loss Workbook*  
☐ **\$16.99\*** *Healing Grief Card Deck*

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

### ④ Indicate method of payment:

**ALL REGISTRATIONS MUST BE PREPAID.**  
**Purchase orders welcome (attach copy).**

☐ Check enclosed payable to **PESI, Inc.**

☐ MC ☐ VISA ☐ AE ☐ Discover Novus  
16 digits 13-16 digits 15 digits 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ V-Code #: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(\*American Express: 4-digit # above account # on face of card.)

#### CAN'T ATTEND THE SEMINAR?

See below for individual product orders

#### **Counseling Grief Clients: Functional Interventions for Everyday Use**

- \_\_\_ Seminar on DVD\* (video) \$199.99 (RNV053920)  
\_\_\_ Seminar on CD\* (audio) \$169.99 (RNA053920)  
\_\_\_ **Transforming Grief & Loss Workbook\*** \$29.99 (PUB084395)  
\_\_\_ **Healing Grief Card Deck\*** \$16.99 (PUB084295)

CE hours and approvals on products may differ from live CE approvals.

\*Shipping is \$6.95 first item  
+ \$2.00 each add'l item.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Product total \$ \_\_\_\_\_  
\*Shipping \_\_\_\_\_  
Subtotal \_\_\_\_\_  
\*\*Tax \_\_\_\_\_  
TOTAL \_\_\_\_\_