

## Outline

### Types of Grief & Their Implications for Treatment

Grief vs. mourning  
 Depression & bereavement: A distinction  
 Secondary losses after death  
 Non-death losses  
 The problem with "getting over it"  
 Misconceptions about grief & mourning  
 Limitations of the research & potential risks

### Assessment: Intake Considerations for Grieving Clients

Grief & coping models  
 Factors that influence the mourning process  
 Assessment of continuing bonds  
 Loss line: The ultimate assessment tool  
 Normal vs. complicated grief vs. prolonged grief  
 Persistent Complex Bereavement Disorder

### Assessment of Grief & Loss in Children & Adolescents

How children, adolescents & adults cope differently  
 Considerations for different age groups  
 "De-code" the meanings of behaviors  
 Six common questions following a death  
 "Things we want adults to know about our grief"  
 Signs of concern/red flags

### Interventions & Strategies for Anticipatory Grief

Normalize the dying process & grief experience  
 Model healthy mourning behaviors  
 Spot opportunities for memorialization  
 Provide death education & practical support  
 Strategies to prepare children & adults for the funeral

### OVER 60 INTERVENTIONS TO PROMOTE HEALING WHEN IT'S TOO HARD TO TALK

#### Therapeutic Games

##### Preschool/Early Elementary

- Doll house scene depiction
- Puppets & stuffed animals
- Sand tray therapy

##### Youth

- Therapy ball
- Shades of feelings
- Card games

##### Youth & Adults

- Constructive use of punching bags/pillows
- Topic starters
- Questions games
- Group sharing: Cards, web of feelings
- ...and more!

### Art with Children, Adolescents & Adults

"I Am" board  
 Colors of grief  
 Support circles  
 Memory peacock  
 Photo flower pot  
 Clay/Play-Doh  
 Photography  
 Memory boxes & stones  
 ...and more!

### Poetry, Writing & Music Interventions for All Ages

Bibliotherapy  
 Journaling  
 Poetry: "I am" exercise  
 Letter writing  
 Remembrance music  
 Song/rap writing  
 Sticky note regrets  
 ...and more!

### Memorialization Rituals

Candle-lighting  
 "I remember" book  
 Online memorial page  
 Rice paper/balloon release  
 Memory patio stones  
 Tree planting  
 ...and more!

### Interactive Activities for Healing as a Family

Web of feelings  
 Labyrinth with reflection stations  
 Memorial service  
 "Broken to whole"  
 Bibliotherapy for families  
 Holiday activities: Memory ornaments & stockings  
 ...and more!

### Grief & Loss Support Groups for Children, Adolescents & Adults

Grief camps for kids  
 Support group considerations  
 Family involvement  
 Curriculum & session topics (for individual therapy too!)



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. *Limited seats available; advance online registration required.*

## Target Audience

Social Workers • Counselors • Psychologists • Chaplains/Clergy  
 Marriage & Family Therapists • Nurses • Thanatologists • Case Managers  
 Other Mental Health Professionals • Child Life Specialists

## Live Seminar and Webcast Schedule (Times in Eastern)

**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.



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**The Ultimate Grief Treatment Toolbox**

Over 60 Interventions to Promote Healing & Hope Among Grieving Children, Adolescents & Adults

### Independence, OH

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# The Ultimate Grief

# Treatment Toolbox

Over 60 Interventions to Promote Healing & Hope Among Grieving Children, Adolescents & Adults

- Interventions to help clients mourn, reconcile their losses & discover hope
- Assessment & treatment techniques for children, adolescents & adults
- Strategies for treating individuals, groups & families

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# The Ultimate Grief Treatment Toolbox

Over 60 Interventions to Promote Healing & Hope Among Grieving Children, Adolescents & Adults

Grieving clients have some of the most heartbreaking stories that we see as clinicians. Your client's world has been toppled following the loss of a loved one, and in addition to missing that person, your client is now questioning what they know about themselves and the world. Paralyzing grief has made even the simplest tasks difficult for them, and you're overwhelmed because nothing that you do seems to help.

Join Dr. Erica Serrine, Ph.D., LCSW, FT, as she walks you through over 60 interventions that you can use to help your grieving clients find hope and heal. Drawing on her expertise as a bereavement counselor and educator, Dr. Serrine blends remarkable case studies with creative intervention strategies for an engaging and unforgettable workshop that will arm you with the skills you need to be an effective therapist for grieving clients.

Whether your client is experiencing feelings of premature grief due to the anticipated death of a loved one, pain and loss following a divorce, or feelings of disbelief and shock following a traumatic death, this workshop will prepare you to skillfully intervene.

## Attend and discover:

- Over 60 interventions to help clients mourn, reconcile their losses & discover hope
- Assessment & treatment techniques for children, adolescents & adults
- Session topics & treatment approaches for individuals, groups & families
- Strategies to treat clients dealing with anticipatory grief
- Techniques & ideas for facilitating bereavement groups & grief camps

**Register today** to discover the ultimate grief treatment toolbox and revolutionize your treatment of grieving clients!

## Speaker

**Erica H. Serrine, Ph.D., LCSW, FT**, is a licensed clinical social worker, qualified clinical supervisor and an associate professor of social work at Southeastern University. She has over 17 years of experience in the field of death, dying and bereavement and has been awarded the distinction of Fellow in Thanatology by the Association for Death Education and Counseling. She has conducted and published research on the continuing bonds maintained by survivors following a death, and she recently authored and published *Sammy's Story*, an anticipatory grief counseling book for young children experiencing the serious illness of a loved one.

Dr. Serrine has extensive expertise providing individual and group therapy to bereaved children, adolescents, adults and families. She has implemented numerous interventions and programs aimed at improving the emotional health of clients experiencing loss. Dr. Serrine presents seminars on bereavement and loss throughout the United States and is known for her interactive and engaging workshops. She has been distinguished as "Professor of the Year" and the National Association of Social Workers Heartland, Florida Unit's "Social Worker of the Year."

Dr. Serrine is passionate about equipping professionals with the tools necessary to help clients reconcile their losses, move toward healing, and regain meaning and purpose in their lives.

### Speaker Disclosures:

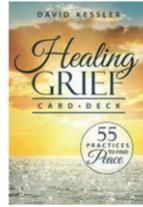
Financial: Erica Serrine receives compensation as an Associate Professor at Southeastern University. She receives a speaking honorarium from PESI, Inc. Non-financial: Erica Serrine is a member of the National Association of Social Workers, The Association of Baccalaureate Program Directors, the National Alliance for Grieving Children, and the Florida Association of Deans and Directors. She does not receive compensation.

## Objectives

1. Analyze the differences in the clinical presentation of depression as compared to bereavement.
2. Evaluate developmentally appropriate grief symptomology across the lifespan and assess for clinical concerns.
3. Design individualized therapeutic interventions for bereaved children, adolescents, adults and families using various modalities.
4. Explore continuing bonds after death and their relevance to clinical practice with bereaved clients.
5. Create a support group for bereaved children, adolescents, and/or adults with corresponding therapeutic activities.
6. Incorporate therapeutic techniques to address client grief associated with other forms of loss including divorce, chronic illness, military deployment and termination of parental rights.

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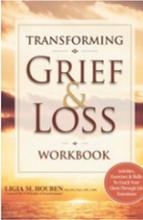
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**Healing Grief Card Deck: 55 Practices to Find Peace**

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.



**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.

## Live Webcast Details and Live Webcast Continuing Education Credit Information

**Join us on October 30, 2019, for this live, interactive webcast!**

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/74064](http://www.pesi.com/webcast/74064)

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**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 in 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.

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**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.

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**NEW YORK COUNSELORS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Health Counselors. #MH-C-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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**NURSES, NURSE PRACTITIONERS, AND 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.

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**PENNSYLVANIA PSYCHOLOGISTS:** PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. PESI maintains responsibility for the program(s). This program qualifies for 6.25 continuing education hours.

**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 this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**NEW YORK SOCIAL WORKERS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**OHIO SOCIAL WORKERS:** PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #RCST071001. Full attendance at this course meets the qualifications for 6.25 clock hours of continuing education credit.

**PENNSYLVANIA SOCIAL WORKERS:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

**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.

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