



## TECHNIQUES OF GRIEF THERAPY CREATIVE PRACTICES FOR COUNSELING THE BEREAVED

### DESCRIPTION

As contemporary models of bereavement have become more nuanced and empirically informed, so too have the practices available to grief counselors and therapists. This two-day workshop offers in-depth training in several of these techniques, nesting them both within the therapy relationship and in the context of current theories and research that provide flexible frameworks for intervention. Making extensive use of actual clinical videos as well as *how-to* instruction in the use a numerous therapeutic tools, we will discuss and practice several methods for helping clients integrate the reality of the loss into the ongoing story of their lives, while also reconstructing their continuing bond to their loved one.

#### **Day 1: Processing the Event Story of the Death**

Beginning with a discussion of the power of presence as a fundamental dimension of the therapeutic “holding environment,” we will consider how we can quickly assess our clients’ needs, particularly when they struggle with complicated, prolonged grief symptomatology. We will then discuss how to foster a safe relational container for a healing “re-telling” of the loss experience, anchoring such work in both contemporary meaning reconstruction and dual process models and related research. Drawing on clinical videos of clients contending with losses through cancer, sudden accident and suicide, we will learn to listen between the lines of the stories clients tell themselves and others about the death to grasp more fully the unvoiced meaning of their grief, and how we can help them integrate the event story of the death into the larger narrative of their lives. Participants should conclude the session with sharpened skills for clinical assessment, a clearer appreciation for the challenge to meaning and spirituality associated with violent death bereavement, and an expanded toolbox for using metaphor, body work and a variety of narrative procedures for helping clients make sense of the loss and their response to it.

#### **Day 2: Accessing the Back Story of the Relationship**

Death may end a life, but not necessarily a relationship. Drawing on attachment-informed and two-track models of bereavement, we will begin by considering grieving as a process of reconstructing rather than relinquishing our bonds with those who have died, and the circumstances that can interfere with this natural process. Clinical videos bearing on the death of parents, children and spouses will sensitize participants to various impediments to revisiting and reorganizing the “back story” of the ongoing relationship with the deceased, as well as to several techniques that can help move such work forward. Creative narrative, emotion-focused and performative methods will be presented and practiced 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. Participants will leave with several tools for assessing “pro-symptom positions” that complicate grieving, helping clients appreciate the role of the loved one in their construction of their own identities, and re-accessing and revising frozen dialogues with the deceased that hamper post-loss adaptation.

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### PROGRAM DETAILS

This 2-day experiential workshop offers in-depth, hands-on training in several techniques, nesting them within the therapy relationship and in the context of current theories and research that provide

flexible frameworks for intervention. You will learn how to help clients integrate the reality of loss into the ongoing story of their lives and reconstruct a continuing bond to their loved one.

**LIVE DATE:** January 31, 2019 to February 1, 2019  
**TIME:** 9:00 am - 4:30 pm ET (each day)  
**LOCATION:** TAPS Institute for Hope and Healing®  
3033 Wilson Boulevard, Third Floor  
Arlington, Virginia 22201  
**CEs:** 12 hours for a variety of professional boards  
**CE FEE:** Included with registration  
**TARGET AUDIENCE:** Health care clinicians, social service clinicians, counselors and others working in or providing counseling in the hospice, palliative care, counseling, hospital, or nursing home environments.

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### **CONTINUING EDUCATION (CE) CREDITS**

This program is valid for 12 hours of CE credit for the following anticipated professional boards. The CE cost is included with registration.

- **National Association of Social Workers (NASW)**  
*Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved* is approved by the National Association of Social Workers for 12 Social Work continuing education contact hours. Accepted/recognized in all states except ID, MI, NJ, NY, OR, and WV.
- **American Psychological Association (APA)**  
This workshop has been reviewed and approved by the American Psychological Association's (APA) Office Continuing Education in Psychology (CEP) to offer Continuing Education (CE) credit for psychologists. Full attendance is required at the workshop to receive CE credit. Partial credit is not awarded. The CEP Office maintains responsibility for the delivery of the workshop.  
To qualify for APA credit, you must attend the full workshop (both days) **and** complete the CE process (at [educate.hospicefoundation.org](http://educate.hospicefoundation.org)) by Noon ET on 2/15/19. If you have questions regarding CE credits or APA approval, email [institute@taps.org](mailto:institute@taps.org).
- **Alabama State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation**  
This continuing nursing education activity was approved by the Alabama State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.  
*Note: Alabama nurses are responsible for reporting their hours to the Alabama Board of Nursing. When doing so, please leave the "provider number" field blank on your individual transcript; however all other information must be completed.*
- **National Board for Certified Counselors**  
*Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved*, a course by TAPS Institute for Hope and Healing®, has been approved by NBCC for NBCC credit. TAPS Institute for Hope and Healing® is solely responsible for all aspects of the program.
- **Commission for Case Manager Certification (CCMC)**  
This program has been pre-approved by the Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).
- **Association of Death Education and Counseling (ADEC)**  
Pre-approval for *Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved* is granted by the Association for Death Education and Counseling's (ADEC) Distance Education Committee for 12 contact hours to count toward certification/re-certification for ADEC's Certified Thanatologist (CT) and Fellow in Thanatology (FT).

- **The American institute of Health Care Professionals, Inc. and the American Academy of Grief Counseling**

This continuing education program has been approved by The American Institute of Health Care Professionals, Inc. & The American Academy of Grief Counseling for 12 contact hours of continuing education credits.

- **Academy of Professional Funeral Service Practice (APFSP)**

Approved for 12 Contact Hours (APFSP Category A, 1.2 CEUs, Instructor Led).

- **Association of Professional Chaplains**

Continuing Chaplaincy Education Credits (CCEs) are no longer required; a Certificate of Attendance will be issued for use in reporting continuing education hours

- **Certificate of Attendance**

\*Approval numbers will be provided on CE certificate

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## REGISTRATION

Seating is limited. Registration is \$150 and includes continuing education fees and lunch both days.

Register directly online at <https://grieftherapy.eventbrite.com>, or contact TAPS Institute for Hope and Healing® at 202-588-TAPS (8277) or email [Institute@taps.org](mailto:Institute@taps.org).

**Refund Policy:** Cancellations must be received via email to [institute@taps.org](mailto:institute@taps.org) and are eligible for a refund according to the terms below. Substitutions are allowed. Refunds cannot be credited towards future Institute events or programs.

- Before January 1: 100% refund
- January 1-14: 50% refund
- January 15-24: 25% refund
- After January 24 and no-shows: no refund

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## LEARNING OBJECTIVES

### Day 1: Processing the Event Story of the Death

- Distinguish between therapeutic “presence” and “absence” in the process of therapy
- Recognize empirical risk factors associated with complicated grief reactions
- Implement rTechestorative retelling and situational revisiting procedures for mastering the event story of the loss
- Differentiate between forms of directed journaling that foster self-immersion and self-distancing to modulate emotions evoked by the death
- Outline metaphoric and body-oriented procedures for exploring the sensed meanings of the client’s grief
- Describe narrative techniques for accommodating loss in literal and figurative ways into the changed narrative of the client’s life

### Day 2: Accessing the Back Story of the Relationship

- Identify dimensions of insecure attachment that complicate adaptation to the death
- Distinguish between healthy and unhealthy features of continuing bonds with the deceased
- Describe two procedures for detecting obstacles to accommodating the loss deriving from invisible loyalties to the loved one
- Practice two techniques for consolidating a constructive bond with the deceased as the client transitions toward a changed future
- Choreograph imaginal dialogues between the client and the deceased to reaffirm love and resolve residual conflicts and disappointments

- Direct experiential work to access and restructure problematic emotions linked to the loss and its aftermath
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## PROGRAM OUTLINE

### Day 1: Processing the Event Story of the Death

9:00-10:30	The Power of Presence: Orienting to Client Needs and Resources
10:30-10:45	Break
10:45-12:15	Restorative Retelling: Mastering the Narrative of the Death
12:15-1:15	Lunch
1:15-2:45	Analogical Listening: Exploring Sensed Meanings of Grief
2:45-3:00	Break
3:00-4:30	Chapters of Our Lives: Rewriting Stories of Loss

### Day 2: Accessing the Back Story of the Relationship

9:00-10:30	Continuing Bonds: Tracking Through Bereavement
10:30-10:45	Break
10:45-12:15	Remembering Conversations: Re-introducing the Deceased
12:15-1:15	Lunch
1:15-2:45	Encountering Resistance: Working with Pro-symptom Positions
2:45-3:00	Break
3:00-4:30	Enacting Emotion: Reopening Dialogues with the Dead

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## COURSE COMPLETION REQUIREMENTS

Participants must attend the entire 2-day (12 hour) workshop. Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline (see above for specific CE deadlines). In order to go online, attendees will need to enter in a Course Code, which is only provided at the end of the program. The online CE process includes a required evaluation form and exam. The exam must be completed at 80% or above (the exam may be re-taken, if necessary). Attendees will be able to choose the board they wish to receive credit from (from the approved list of boards\*) and will then be able to print their CE certificate immediately after completing all CE requirements online (on the TAPS Institute for Hope and Healing® CE site at [educate.hospicefoundation.org](http://educate.hospicefoundation.org)).

\*A complete list of board approvals for this webinar program will be posted to this document (see above). Please check back for updates on the approval status for each board.

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## EXPERT PRESENTER

**Robert A. Neimeyer, PhD**, is Professor in the Department of Psychology, University of Memphis, where he also maintains an active clinical practice. Since completing his doctoral training at the University of Nebraska in 1982, he has published 30 books, including *Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved* and *Grief and the Expressive Arts: Practices for Creating Meaning* (both with Routledge), and serves as Editor of the journal *Death Studies*. The author of nearly 500 articles and book chapters, he is currently working to advance a more adequate theory of grieving as a meaning-making process, both in his published work and through his frequent professional workshops for national and international audiences. The recipient of the MISS Foundation's *Phoenix Award: Rising to the Service of Humanity*, Neimeyer served as Chair of the International Work Group for Death, Dying, & Bereavement and President of the Association for Death Education and Counseling. 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.

### REVIEWER

**Lynda Shand, CHPN, CNE, RN, PhD**, *Associate Professor*, The College of New Rochelle

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### COPYRIGHT NOTICE

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**CE Credits for this program may only be obtained through TAPS Institute for Hope and Healing®.** CE instructions will be provided prior to the live air date and to attendees at the end of the program.

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### SPECIAL ACCOMMODATIONS FOR DISABILITY (ADA)

This is based on individual viewing location(s). For program organizers, please post all ADA instructions when advertising the program.

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### CONFLICT OF INTEREST

Planners (Panelists and Review Committee Members) disclose no conflict of interest relative to this educational activity.

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### FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

**Please contact TAPS Institute for Hope and Healing®**

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*Presented by Boeing*

