# Outline

**DAY 1**

**Assessment of Grieving Clients:**
***Uncover Grief Intensity, Depression, Substance Use and Suicidal Ideation***
Grief intensity scale
Hogan grief reaction checklist
Assessment to uncover trauma, depression, substance use and anxiety
QPR and S-SSRS to assess for suicidal ideation or substance use
Isolation, sleep and nutrition concerns for grieving clients

**Assessment and Treatment of Persistent Complex Bereavement Disorder**
How to diagnose using the DSM-5
Assessment resources
Complicated Grief Treatment Model
Meaning Reconstruction

**Grief Therapy and Counseling in Action:**
***Clinical Tools and Treatment Approaches to Facilitate Healthy Grieving***
Grief counseling vs. grief treatment – what's the difference?
CBT techniques for guilt, blame and other maladaptive cognitions following loss
Mindfulness interventions for anticipatory grief and anxiety symptoms
Narrative approaches to process grief by putting words to the pain
Exercises to help clients better face uncertainty
Creative tools to support emotional regulation and expression
Tools to manage regret and facilitate forgiveness and reconciliation
Alternative ways to honor deceased loved ones and find closure
How to make virtual sessions as effective as in-person ones

**Non-Death and Abstract Losses:**
***How to Effectively Work with Clients Who've Experienced "Living Losses"***
Abstract losses – how to work with loss of connection, routine, normalcy and identity
Divorce
Substance use
Natural disasters
Life-limiting and mental Illnesses
Developmental disabilities
Military or incarceration
Symbolic Losses

**Live Webinar Schedule - both days**
*(Times listed in Eastern)*
**8:00** Program begins
**11:50-1:00** Lunch Break
**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.

**DAY 2**

**The Traumatic Grief Treatment Toolkit:**
***Build Clients' Resiliency and Move Them Toward Post-Traumatic Growth***
Assess for PTSD symptoms
Emotional regulation techniques for clients who've had a traumatic loss
DBT techniques to decrease avoidance and manage suicidal ideation
CBT coping skills for traumatic memories and rumination
Clinical strategies to reduce fear responses
How to work with the unique challenges of suicide survivors
Exercises to help clients overcome guilt and shame
Employing a strengths-based approach to build resiliency

**The Clinician's Guide to Grief and Loss Groups:**
***How to Successfully Structure and Facilitate Grief Support or Treatment Groups***
Differences between:
- Psychoeducational groups or therapeutic process groups
- Peer or clinician led groups
- Loss-specific or general grief groups
- Open and closed groups

Participant screening
Keys to effective facilitation
Program evaluation

**Grief Work with Clients of Diverse Race, Backgrounds, Cultures and Beliefs**
How culture impacts length of mourning and continuing relationships with the deceased
Spiritual impacts of grief
How inequalities in race, gender, sexual orientation and age impact support of grief and loss
Personal assessment activity
Cultural competence vs. culturally and difference intentioned/aware practice
Cultural & difference-focused engagement ideas and strategies

**Ethical Considerations in Grief Counseling and Treatment**
Boundaries of professional competence
Research and treatment risks
Working with the terminally ill, minors, families and end-of-life decisions
Vicarious trauma, compassion fatigue and self-care

**Learning Objectives can be viewed at pesi.com/webcast/88950**


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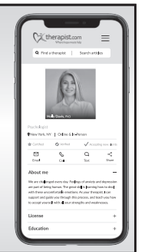
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2 DAY

# GRIEF TREATMENT Certification Course

Clinical Tools for Building Resiliency and Moving Toward Post-Traumatic Growth

## LIVE Interactive Webinar

**Tuesday & Wednesday, May 23 & 24, 2023**

**BONUS! –** Registration includes FREE on-demand access for 3 months.

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2 DAY

# GRIEF TREATMENT Certification Course

Clinical Tools for Building Resiliency and Moving Toward Post-Traumatic Growth

Earn your CERTIFICATION Today!

## BECOME CERTIFIED IN GRIEF COUNSELING!

*This seminar meets ALL requirements to become a Certified Grief Informed Professional through Evergreen Certifications!*

**Professional standards apply, visit evergreencertifications.com/CGP for full certification details.**

- Transformational interventions and strategies to help your clients heal from the impact of loss
- In-depth treatment methods that address grief with clients of all ages
- Strategies and tools to tailor interventions to each client's individual situation and grieving style

## LIVE Interactive Webinar

**Tuesday & Wednesday, May 23 & 24, 2023**

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# 2 DAY GRIEF TREATMENT Certification Course

Your clients have spent two years besieged by death, loss and uncertainty.

For many there will be no "return to normal" -- driving more grieving clients than ever before into the care of professionals.

But for far too long graduate school grief education has neglected to cover assessment, complex grief, non-death grief and clinical interventions. The result? Therapists like you often feel unprepared to provide grief-related services.

It's time to change all that.

Dr. Christina Zampitella is a clinical psychologist and recognized grief expert who's trained thousands of professionals on grief work. In this all NEW live 2-day certification training she'll show you how you can confidently counsel and treat grieving clients and help them integrate loss into their lives.

Complete evidence-based tools, proven strategies you can use right away, and case studies that make the work understandable, relevant and attainable you'll leave able to:

- Tailor clinical interventions to the uniqueness of each client's grief
- Counsel and treat clients who experienced different types of losses
- Build clients' resilience and help them make meaning
- Reduce symptoms of complicated grief
- Walk with clients on the path toward post-traumatic growth
- And much more!

Best of all, upon completion of this training, you'll be eligible to become a **Certified Grief Informed Professional** (CGP) through Evergreen Certifications letting colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of grief.

Don't wait. The grief pandemic is one of the greatest mental health crises of our time and clients need your help now.

**Register today!**

## Target Audience:

Psychologists • Psychiatrists • Counselors • Addiction Counselors • Case Managers
Social Workers • Pastoral Counselors • Chaplains/Clergy • Funeral Directors
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- **No hidden fees – PESI pays for your application fee (a $99 value)*!**
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*Attendees will receive documentation of CGP designation from Evergreen Certifications 4 to 6 weeks following the program.*

**Professional standards apply. Visit www.evergreencertifications.com/CGP for professional requirements.*

## Meet Your Speaker

**Dr. Christina Zampitella, PsyD, FT,** is a licensed clinical psychologist and a Fellow of Thanatology through the Association for Death Education and Counseling (ADEC). She is the founder and owner of The Center for Grief and Trauma Therapy, co-owner and Director of Clinical Services at Integrative Psychology Group, and a professional speaker. She teaches in undergraduate and graduate level psychology programs for several universities, focusing her courses and publications on death, loss, grief, and trauma. She served as the chair for the Continuing Education Committee for the San Diego Psychological Association from 2007-2009 and the Delaware Psychological Association from 2018-2019. Dr. Zampitella specializes in death, loss, bereavement, integrative psychology, and nature-based therapy. She is the former resident psychologist on Fox 5 News in San Diego and often appeared on NBC News in California and Philadelphia. She has been featured in *Elle Magazine, BuzzFeed, Washington Post*, and *The Huffington Post*.

Speaker Disclosure:

Financial: Christina Zampitella is the owner of The Center for Grief and Trauma Therapy and co-owner of Integrative Psychology Group and has an employment relationships with Goldey-Beacom College. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Christina Zampitella serves on the advisory committee for the Tragedy Assistance Program for Survivors, is on the exam writing committee for the Association for Death Education and Counseling, and is an advisory board member for the National University Integrative Psychology Program. She is a member of the American Psychological Association, Delaware Psychological Association, and the American Federation for Suicide Prevention.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Case Managers, Counselors, Marriage and Family Therapists, Nurses, Nursing Home Administrators, Physicians, Psychologists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 12.5 clock hours and 12.5 participant hours. Full attendance is required; no partial credits will be offered for partial attendance.

**Self-study credit:** To check availability for your profession, go to www.pesi.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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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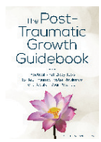
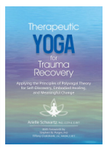
## Recommended Reading:



***The Post-Traumatic Growth Guidebook***
*Practical Mind-Body Tools to Heal Trauma, Foster Resilience and Awaken Your Potential*
Arielle Schwartz, PhD
PUB086280 ~~$24.99~~ $19.99*



***Therapeutic Yoga for Trauma Recovery***
*Applying the Principles of Polyvagal Theory for Self-Discovery, Embodied Healing, and Meaningful Change*
Arielle Schwartz, PhD, CCTP-II, E-RYT
PUB087285 ~~$29.99~~ $22.99*

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