

The Multilayers of Loss and Grief: How to Recognize, Name, and Welcome Them into Therapy

When:

Thursday, January 26, 2023

12:00 p.m. to 4:00 p.m.

Where:

Live online via Zoom

The link will be sent to the email
you use to register.

Registration:

www.bookeo.com/octraumainstitute

Cost: \$40

Continuing Education

This educational offering is acceptable for 4 continuing education contact hours for psychologists, social workers, and creative arts therapists. Full attendance at all sessions is required to receive credit; variable credit for partial attendance may not be awarded based on state board guidelines.

**Contact hours are NOT available at this time for psychoanalysts, mental health counselors, and marriage and family therapists **



Over the last few years, there has been more recognition of the significant impact that multiple types of loss have had on us and our clients. This often shows up for our clients as fatigue, depression, anxiety, panic attacks, somatic pain, sleeping problems and more.

There are many types of grief, such as anticipatory grief, disenfranchised grief, the grief from ambiguous and nonfinite loss, as well as complicated grief. We will discuss the new DSM 5-TR diagnosis of Prolonged Grief Disorder and factors that put our clients at risk.

Grief affects us all cognitively, physically, emotionally, socially, and spiritually. Once you know how it can specifically show up in your clients, you can begin to name and normalize this experience for them. In this workshop, you will learn which questions will help open up grief conversations, what to avoid saying, and resources that can help your clients. We will discuss how to consider these when planning treatment for our clients.

Learning Objectives

At the conclusion of this training, participants will be able to:

1. recognize at least 3 types of grief
2. identify 5 different types of loss
3. describe at least 5 symptoms of grief
4. explain 4 models of grief counseling theory
5. integrate 3 ways to address loss and grief directly with clients
6. list at least 5 questions to use in session to explore grief
7. identify the criteria for Prolonged Grief Disorder
8. recognize the risks for Prolonged Grief Disorder

Trainer Biography

Debi Jenkins Frankle, LMFT, Grief Therapy Specialist, has been working with clients suffering from lifetimes of loss for 30 years. She and husband, Mark Frankle LMFT, are the co-founders of the Calabasas Counseling and Grief Recovery Center. Debi is the founder and CE provider (CAMFT, NBCC) of Private Practice Grief Workshops and Trainings for Mental Health Clinicians. She is the founder of the Facebook group for therapists: Private Practice Grief. Debi is an adjunct professor at Pepperdine University in The Graduate School of Education and Psychology.

