10:15-11:30am: A CLINICAL DAY IN THE LIFE OF A GRIEF THERAPIST

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Level of Instruction: Advanced

Presentation Summary: In the course of a regular “day at the office,” a grief therapist may be called upon to use many different aspects of one’s training/experience to handle a variety of death-related and bereavement-based patient situations. Using the vehicle of case study, the presenter will describe a series of four patient examples encountered in a single day and highlight how concepts such as traumatic loss, dual process model, complicated grief, meaning making, dying well, and “recovery” may be utilized. In addition, the presenter illustrates how elements of narrative therapy, restorative retelling, dignity therapy, spiritual transformation, metaphor, and family systems work may be creatively interwoven into a personally crafted psychotherapy experience for each patient.

Objectives: Upon completion of this lecture, the participant will be able to:
• Discuss the process of "working within the metaphor" in grief therapy.
• Describe the dual process model of grief.
• Differentiate intuitive and instrumental patterns of grieving.
• Identify three processes in narrative based grief therapy

References:
