



Treating Acute & Complicated Grief*

Jan 11, 2014 (Sat. 9:00am-5:00pm)

Newton MA

This workshop will provide clinicians with an understanding of the factors contributing to complicated bereavement. The seminar is primarily treatment-focused, with an emphasis on: accurate assessment of grief symptoms; identifying the type of grief reaction and best approach, learning the variety of effective treatments available; and following a step-by-step psychotherapeutic or hypnotherapeutic treatment protocol specific to each of the varieties of grief reactions—both acute and complicated (inhibited, distorted, conflictual, and disorganized types). Teaching through lecture, demonstration of methods, and case illustration. Hypnosis training recommended, not required.

Treatment of Acute & Complicated Grief

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Jan. 11, 2014

Course Outline

Jan 11, 2014

9:00-10:30am

Defining grief & mourning

Theories of grief

Freud's mourning & melancholia

Klein's depressive position

Attachment, loss, & mourning (Bowlby)

Stages of information processing (Engel; Horowitz)

Types of pathological grief syndromes (Parkes)

Self- & object representational pathology & grief (Volkan)

Stages of grieving (Kubler-Ross)

Phases of mourning (Parkes)

Tasks of mourning (Worden)

6 Rs (Rando)

Symptoms of grief & temporary upsurges

Type of grief reactions

Acute vs. complicated

8 types of complicated mourning

Predictors of complicated bereavement

Unresolved states of mind re: loss

Morbidity & mortality

10:30-10:45 Break

10:45-12:00 Noon

Assessing risk of complicated mourning

Assessment

Self report inventories TIG

Structured interviews

AAI

GAMSII

Main approaches to treatment

Information-processing (Horowitz)
Grief counseling & grief therapy (Worden)
Recovery from bereavement (Parkes)
Focal grief therapy (Raphael)
The 6 R model (Rando)
Behavioral therapy (Ramsay)
CBT (Gauthier)
Re-grief therapy (Volkan)
Guided mourning (Mawson)
Forced mourning (Lieberman)
Cathartic therapy (Hodgkinson)
Grief resolution therapy (Melges & DeMaso)
Re-grief work (Volkan)
Gestalt therapy (Smith)
Hypnotherapeutic protocol (Manthorpe; Brown)
Therapeutic rituals (van der Hart)

12:00-1:00 pm Lunch Break

1:00-3:00pm

Demonstration of Melges & DeMaso grief protocol
Demonstration of modified Manthorpe hypnotherapy grief protocol
Video tape: chronic grief & multiple losses

Case illustrations
Absent & delayed grief
Unanticipated grief

3:00-3:15pm Break

3:15-5:00

Case illustrations
Conflicted grief
Disguised grief

Treatment of grief in special populations

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Course Objectives

Review the main types of grief reactions and their clinical manifestations

Give an overview of the main approaches to treatment

Present the most efficacious, detailed treatment protocols for different types of grief reactions, with an emphasis on:

treatment of complicated bereavement

treatment of grief in special populations

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Selected Bibliography

Bowlby, J. (1980). *Loss, sadness and depression*. New York: Basic.

Manthorpe, D. (1990). The management of unresolved grief. *Australian Journal of Clinical & Experimental Hypnosis*, 18(1): 35-43.

Mawson, D., Marks, I., Ramm, L. & Stern, R. (1981). Guided mourning for morbid grief: A controlled study, *British Journal of Psychiatry*, 138, 185-193.

Melges, F. & DeMaso, D. (1980). Grief resolution therapy: Reliving, revising, and revisiting, *American Journal of Psychotherapy*, 34, 51-61.

Rando, T.A. (1993). *Treatment of complicated mourning*. Champaign, IL: Research Press.

van der Hart, O. (1983). *Rituals in psychotherapy: Transition and continuity*. New York: Irvington.