Briana MacWilliam Inc.
ATTACHMENT IN ADULT RELATIONSHIPS

HEALING COMPLICATED GRIEF

8 Self-Study Contact Hours for LCAT & LMHC

Workshop Description
Lesson topics include:
1.Six myths about grief.
2. Dedication and four cornerstone questions.
3. Examining short-term escapes.
4. Examining a history of loss.
5. Shedding self-fulfilling prophecies.
6. Reconnecting to current relationships.
7. Working through forgiveness.
8. Connecting to the transcendent.

Lessons consist of...

- 8 Audio lectures
- 8 Guided Meditations
- 8 Written Articles
- 8 Video Tutorials
- 8 Session Directives

Learning Objectives

- Identify the correct descriptions of the reunion model and the detachment model for grief.
- Identify the definition of “spiritual bypassing.”
- Identify at least two mindfulness-based, creative arts therapies interventions for working with complicated grief.
- Identify at least two myths about grief.
- Identify two ways in which complicated grief differs from depression.

Location: New York, NY

Briana MacWilliam MPS, ATR, LCAT
Briana MacWilliam is an author, educator and licensed and board-certified creative arts therapist with more than 15 years in the field, helping adults struggling with insecure attachment attract and/or cultivate loving relationships. Additional certifications in Reiki healing, EFT Tapping, and integrative somatic trauma therapy, inform her trademarked method, which utilizes a psycho spiritual approach to healing mind body and spirit.

QUESTIONS? CONTACT SUPPORT@BRIANAMACWILLIAM.COM | (646) 600-5830

Briana MacWilliam, Inc. is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists; #CAT-0014, and is also an approved provider of continuing education for licensed mental health counselors; #MHC-0224.