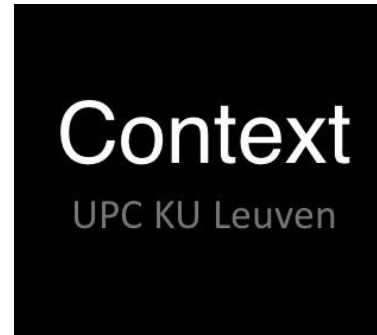


Portland Institute
For Loss and Transition



New Techniques of Grief Therapy: Meaning Making in Research and Practice

20 February, 2019

Leuven, Belgium

Robert A. Neimeyer, PhD

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Director, Portland Institute for Loss and Transition*

Note: *This course satisfies requirements for one Core Course toward the Portland Institute's Certification in Meaning Reconstruction in Loss.*

Viewed through a narrative lens, the attempt to reaffirm or reconstruct a world of meaning that has been challenged by loss lies at the heart of both grieving and grief therapy. This interactive training begins by acquainting participants with trauma-informed interventions focusing on helping clients process the “event story” of the loss itself, offering updates on the latest research on meaning reconstruction in bereavement. It then turns to attachment-informed strategies to assist mourners in accessing the “back story” of their relationship to the deceased to re-establish a secure base and resolve unfinished business, introducing new means of assessing these issues in the clinical context. Blending *how-to* instruction in the use of a new set of intervention techniques with videos of actual sessions, the workshop presents practical tools for working with clients who present complex death-related and non-death losses.

Learning outcomes:

- Describe features of Prolonged Grief Disorder newly recognized by the World Health Organization and its clinical utility for practicing therapists
- Discuss the latest evidence that meaning making both mediates the impact of various risk factors for complicated grief and is amenable to modification in brief therapy
- Identify critical features of complicated grief that could activate other symptoms, and the pivotal role of belief systems in bridging from grief to growth
- Utilize new measures of key client issues such as closeness and conflict with the deceased and unfinished business
- Practice procedures for exploring both death-related and non-death-related, ambiguous losses
- Summarize six novel discursive, narrative and expressive techniques for voicing and transforming problems in integrating loss and living beyond it

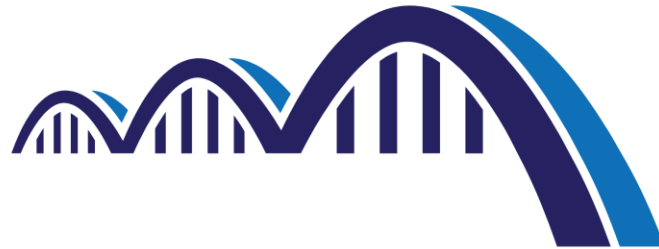
Schedule:

9:00-10:30	Grief and its Complications: The Role of Meaning
10:30-11:00	Break
11:00-1:00	Processing the Loss: The Art of Grief Therapy
1:00-2:00	Lunch
2:00-3:30	Accessing the Relationship: Assessment and Intervention
3:30-4:00	Break
4:00-5:00	Immunity to Change: The Challenge of Coherence



About the presenter:

Robert A. Neimeyer, Ph.D., is Professor in the Department of Psychology, University of Memphis, where he also maintains an active clinical practice. Since completing his doctoral training at the University of Nebraska in 1982, he has published 30 books, including *Techniques of Grief Therapy* and *Grief and the Expressive Arts: Practices for Creating Meaning* (both with Routledge), and serves as Editor of the journal *Death Studies*. The author of nearly 500 articles and book chapters, he is currently working to advance a more adequate theory of grieving as a meaning-making process, both in his published work and through his frequent professional workshops for national and international audiences. The founder and Director of the Portland Institute for Loss and Transition, Neimeyer also has served as Chair of the International Work Group for Death, Dying, & Bereavement and President of the Association for Death Education and Counseling. In recognition of his scholarly contributions, he has been granted the Eminent Faculty Award by the University of Memphis, made a Fellow of the Clinical Psychology Division of the American Psychological Association, and given Lifetime Achievement Awards by both the Association for Death Education and Counseling and the International Network on Personal Meaning. For more information, see: www.robertneimeyerphd.com



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For more information about training and
Certification in Meaning Reconstruction in Loss,
navigate to:

www.portlandinstitute.org

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