



Course: mourning and meaning: the model of grief therapy

Address: <https://asadis.net/en/course/mourning-and-meaning-the-tripartite-model-of-grief-therapy/>

Duration: 3h

Type of course: continuing education

Location: online course

Individual price: \$120.00

Overview:

Many clients come to therapy seeking support for recent or anticipated losses and their lasting effects - difficulties forming attachments, a tendency toward excessive self-reliance, or other disruptions to relational and emotional life. After all, loss is intrinsic to the human experience, and it offers opportunities to cultivate wisdom, growth, and resilience.

In this workshop - designed by Professor Emeritus Robert Neimeyer, a leading psychologist and grief specialist - you will:

- Examine advanced grief-therapy techniques within robust therapeutic relationships and contemporary theoretical frameworks, focusing on how to help clients reconstruct their worlds of meaning after loss.- Learn tools and interventions that facilitate active engagement with grief both in session and between sessions. Techniques such as dimensional dialogues with the deceased provide practical, reflective pathways for integration.- Develop skills for creating a safe therapeutic environment that supports emotional regulation, perspective-taking, and the weaving of loss into clients' broader life narratives.- Explore grief as a process of reconstructing (rather than relinquishing) bonds with the deceased, employing creative narrative, arts-assisted, and performative approaches.

Key topics will be covered in detail: 1. Understanding prolonged grief disorder and its clinical implications 2. Reviewing research on traumatic loss and the crisis of meaning 3. Identifying attachment-related bereavement complications 4. Discussing evidence for resilience and post-traumatic growth 5. Examining outcomes in meaning-focused grief therapy

Learning objectives:

1. Distinguish between adaptive and complicated forms of grief
2. Apply restorative retelling procedures for mastering the event story of the loss
3. Outline narrative techniques for accommodating loss in literal and figurative ways into the changed narrative of the client's life
4. Implement two techniques for consolidating a constructive bond with the deceased as the client transitions toward a changed future

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This course is intended for mental health professionals.

The expert, Dr. Robert Neimeyer

Dr. Robert A. Neimeyer, PhD, is Professor Emeritus of the University of Memphis, maintains an active consulting practice, and directs the Portland Institute for Loss and Transition, which provides global online training in grief therapy. Prof. Neimeyer has published 37 books, including *Living Beyond Loss: Questions and Answers about Grief and Bereavement* and *New Techniques of Grief Therapy*, and serves as Editor of *Death Studies*. The author of over 600 publications, he has been listed in the Stanford University/Elsevier roster of Top 2% Scientists, with 57,968 citations to his work according to Google Scholar. Dr. Neimeyer is currently working to advance a more adequate theory of grieving as a meaning-making process. In recognition of his contributions, he has been made a Fellow of the American Psychological Association and given Lifetime Achievement Awards by the Association for Death Education and Counseling and the International Network on Personal Meaning.

Syllabus

PowerPoint

Introduction

Laying the Foundation

Wired for Attachment

Prolonged Grief Disorder in the ICD-II

Analyzing PGD Research

Risks of Complicated Grief

A Trauma-Informed Perspective

Meaning-Focused Grief Therapy First Part

Search for Meaning

Needs of Bereaved Following Suicide and Overdose

Relation of Bereavement Needs to Prolonged Grief

Integration of Stressful Life Experiences Scale

Risk Factors for Prolonged Grief

Restorative Retelling

An Attachment-Informed Perspective

Meaning-Focused Grief Therapy Second Part

Unfinished Business

Unfinished Business in Covid Bereavement

Imaginal Dialogues

Meaning-Focused Grief Therapy: A Resilience-Informed Perspective

Meaning-Focused Grief Therapy Third Part

Different Network Analysis

Shedding and Rebirth of Identity

Loss as a Catalyst for Growth

Meaning In Loss- A Clinical Trial

Conclusion

Bibliography