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.

This advanced workshop will provide you with a systematic, evidence-based framework for grief therapy grounded in over three decades of empirical research by Dr. Robert Neimeyer. His work on meaning reconstruction in bereavement has generated nearly 58,000 citations and established him among the top 2% of scientists globally.
You will acquire a comprehensive clinical model that integrates trauma-informed, attachment-informed, and resilience-informed perspectives. This model addresses the multidimensional nature of complicated grief across diverse loss circumstances.

Throughout this training, you will learn how to:

• Implement validated assessment protocols that identify specific disruptions in meaning-making, unmet bereavement needs, and attachment-related complications to guide targeted intervention selection
• Master restorative retelling procedures for trauma processing, imaginal dialogue techniques for resolving unfinished business, and narrative reconstruction methods for accommodating loss into clients' revised life stories
• Utilize creative interventions—including correspondence with the deceased, virtual dream house

construction, life imprint exploration, and designed rituals—that facilitate active grief engagement both within and between sessions

The therapeutic techniques presented rest on robust empirical foundations. These include clinical trials demonstrating that increases in meaning-making in one session predict decreases in prolonged grief symptoms in the next. They also draw on network analyses revealing the intersection of complicated grief and post-traumatic growth, as well as longitudinal studies identifying the processes through which sense-making promotes adaptation.

You will gain a deeper understanding of how to work with three integrated domains: the event story of dying, the back story of relationship, and the personal story of self. Each requires differentiated yet coordinated clinical attention.

This systematic approach will enable you to address the deepest sources of fixation in bereavement—whether traumatic distress, separation distress, or identity disruption. Ultimately, you will support clients in reconstructing rather than relinquishing bonds with the deceased as they transition toward lives of renewed coherence and purpose.

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 A. Neimeyer is Professor Emeritus at the University of Memphis and directs the Portland Institute for Loss and Transition, providing global online training in grief therapy. Recognized among the top 2% of scientists worldwide, his research on meaning reconstruction in bereavement has generated over 58,000 citations according to Google Scholar.

Dr. Neimeyer has authored 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. His publications span over 600 articles advancing the theory and practice of grief therapy as a meaning-making process.

Dr. Neimeyer maintains an active consulting practice and has received Lifetime Achievement Awards from

both the Association for Death Education and Counseling and the International Network on Personal Meaning. He is a Fellow of the American Psychological Association. His clinical trials demonstrate that increases in meaning-making in therapy sessions predict measurable decreases in prolonged grief symptoms, establishing an evidence base for targeted grief interventions across diverse loss circumstances.

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

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time,

independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*