

Day	Afternoon	Evening (7-8)	Notes
<b>Mon</b> <b>11/9</b>	<p style="text-align: center;"> <b>(12:00pm-1:30)</b>  <b>Keynote</b>  <b>“When Grief Goes Viral: Navigating Grief and Loss Through the Pandemic and the Holidays”</b>            Robert A. Neimeyer, PhD         </p> <p>           With the global pandemic of COVID-19 sweeping the planet has come the loss of a world of once familiar routines, relationships and resources that previously conferred on our lives a sense of security and meaning. This program provides carefully validated screening tools for both Coronavirus anxiety as the contagion spreads and the complicated bereavement it will leave in its wake and suggests evidence informed interventions for dealing with these disturbances constructively. New research data point to the crucial role of meaning in buffering the effects of the pandemic, suggesting the importance of working with issues of meaning and belief in grief therapy.         </p>		

<p><b>Tues</b> <b>11/10</b></p>	<p style="text-align: center;"><b>(12:00pm-1:00)</b> <b>Tending To What Hurts With Self-Compassion &amp; Self-Care</b> <b>(RAIN meditation practice)</b></p> <p style="text-align: center;">Heather Stang, MA, C-IAYT</p> <p>This presentation will supply real skills and techniques to be with and tend to your grief with self-compassion. Heather will teach the RAIN Meditation Practice as a tool for coping with grief and loss. Visit her website at <a href="http://MindfulnessAndGrief.com">MindfulnessAndGrief.com</a> for more information and support.</p>	<p>Grief 101: Sharing Our Stories- Christopher M. Strom, Volunteer with Interim Hospice in grief support</p> <p style="text-align: center;">Session Description:</p> <p>In this session, Chris will help you identify at least 3 normal responses to grief. He will also take a dive into at least 2 of Dr. A. Wolfelt's 6 Needs of Mourning to begin to understand the way through and out of your grief and grief bursts.</p> <p>Finally, Chris will relate 4 ways to help yourself heal from loss.</p>	<p>turns suffering to hope by tending to the pain rather than turning away</p>
<p><b>Wed</b> <b>11/11</b></p>	<p style="text-align: center;">(12:00pm-1:00) Tamara Hanna</p> <p style="text-align: center;"><b>LOSING YOUR +1: LIFE AFTER THE DEATH OF A PARTNER</b></p>	<p>Grief Recovery Group (Tamara)</p>	

	<p>SESSION DESCRIPTION: GRIEVING IS NATURAL, BUT WHAT WE HAVE LEARNED ABOUT DEALING WITH GRIEF IS OFTEN UNHELPFUL. DURING THIS SESSION WE WILL DISCUSS HOW TO FILTER THE WELL-INTENDED YET HURTFUL THINGS PEOPLE SAY TO THE PERSON GRIEVING OR BEGINNING A NEW RELATIONSHIP. WE WILL EXPLORE THE 5 MYTHS ABOUT GRIEF THAT HINDER HEALING (SPECIFICALLY “REPLACE THE LOSS”). THROUGH THE LENS OF ATTACHMENT THEORY, WE’LL LEARN HOW THE UNIQUENESS OF THE RELATIONSHIP (QUALITY, QUANTITY OF TIME, ETC) AND THE NATURE OF THE DEATH (SUDDEN, NATURAL, AND TRAUMATIC) IMPACTS THE GRIEF EXPERIENCE. MAY YOU LEAVE LESS CONSTRICTED AND LESS CONFLICTED ABOUT YOUR GRIEF JOURNEY.</p>		
<p><b>Thur 11/12</b></p>	<p style="text-align: center;"><b>(12:00pm-1:00)</b> Scott Linnerud</p> <p style="text-align: center;"><b>"When It Hurts to Hope: Coping with Loss through the Lens of Faith"</b></p> <p>“It Hurts to Hope” will explore how faith can assist with finding hope. This session will provide a framework through which one can navigate the struggle between reality and promise. Many have a faith tradition they find comforting and provides help during times of loss and grieving. Those who desire to help using their faith tradition will explore the tools, identify the pitfalls, and be better informed and equipped to provide this help through faith.</p>	<p style="text-align: center;">A Time to Remember: <i>Honoring Those Who We’ve Lost</i></p>	<p style="text-align: center;">Can have attendees send in names &amp; photos throughout the week, send to google voice, text or email</p>

<b>Fri</b> <b>11/13</b>	<p style="text-align: center;"><b>(12:00-2:15)</b></p> <p style="text-align: center;">Robert A. Neimeyer, PhD</p> <p><b>Grief Therapy as Meaning Reconstruction: A Trauma Informed Approach</b></p> <p>As contemporary models of bereavement have become more nuanced and empirically informed, so too have the practices available to counselors and therapists who work with complicated, prolonged and debilitating forms of grief. This module offers in-depth training in several of these techniques, nesting them both within the therapy relationship and in the context of current theories and research that provide flexible, trauma-informed frameworks for intervention.</p> <p>Beginning with a discussion of the power of presence as a fundamental dimension of the therapeutic “holding environment,” we will consider how we can quickly assess our clients’ needs and readiness for change. We will then discuss how to create a safe relational container for a healing “re-telling” of the loss experience, anchoring such work in both contemporary Meaning Reconstruction and Dual Process models and</p>		<b>(Professional focus)</b>
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related research. Drawing on clinical videos of clients contending with losses through sudden natural death, accident and suicide, we will learn to listen between the lines of the stories clients tell themselves and others about the death to grasp more fully the unvoiced meaning of their grief, and how we can help them integrate the event story of the death into lives with less reactivity, and find a compassionate audience for its telling.