

# An Introduction to Complicated Grief and Adaptation to Loss

Sunday, February 23, 2020 from 11:00 to 3:00. Includes lunch from 12:30 to 1:30.

Middletown Township Public Library  
55 New Monmouth Road, Middletown NJ 07748  
732.671.3700 | [www.mtpl.org](http://www.mtpl.org)

WORKSHOP WILL BE HELD IN THE COMMUNITY ROOM

**Presented by:** Bonnie J. Gorscak, PhD

3 CEs Available

## Program Narrative:

This presentation is an introduction to working with grief and loss, facilitating adaptation to loss, and recognizing complications in grief. Complicated grief, or prolonged grief disorder, can be understood as a condition that results from interference with adaptation to loss. Principles and themes derived from complicated grief treatment (CGT), a 16-session targeted treatment shown to be effective in three NIMH-funded clinical trials, will be reviewed. Participants will be introduced to the model and several strategies used in CGT, which can be utilized when working with bereaved clients as an adaptive grief therapy approach.

## Learning Objectives:

- 1) Describe the difference between a typical course of grief and the development of complicated grief
- 2) Utilize Bowlby's three biobehavioral systems to provide psychoeducation for grieving clients
- 3) Describe two factors involved in successful adaptation to loss
- 4) Discuss three themes that are useful in working with bereaved clients
- 5) Describe and utilize two strategies from CGT to address emotion dysregulation when working with grieving clients

**Target Audience:** Psychologists, Social Workers, Counselors, and other Mental Health Clinicians

**Program Sophistication:** Introductory - no prior knowledge of subject required.

**Speaker Biography:** Dr. Gorscak is a NJ and PA licensed psychologist, who serves as the lead trainer and supervisor for the Center for Complicated Grief at the Columbia University School of Social Work. She has trained and supervised clinicians since 2001, in three NIMH-funded clinical trials that supported the efficacy of complicated grief treatment, and she has provided training workshops nationally and internationally to teach about the syndrome and how to offer this evidence-based treatment. Additionally, she has provided outpatient psychotherapy to grieving adults and families for more than 25 years.

**Conflicts of Interest and Commercial Support:** No known conflicts of interest or commercial support are present.

**Proprietary Information:** NJPA ensures that permission to use proprietary information, and steps to safeguard such information, are discussed with presenters at NJPA co-sponsored programs. No materials (physical or electronic) provided to attendees at such programs may be shared.

**Americans with Disabilities Act:** Accommodations are available upon request. Requests must be made at least 14 days prior to the event. Please contact Tamara Latawiec, PsyD at [mocpa.njpa@aol.com](mailto:mocpa.njpa@aol.com) for more details.

## Cost of Program, Refund Policy, and any Additional Fees:

**PROGRAM FEES:** MOCPA Members: \$35.00. Non-MOCPA Members: \$45.00. Register at [www.mocpa-njpa.org/events](http://www.mocpa-njpa.org/events).

**CE CERTIFICATE FEES:** NJPA Sustaining Members: Free. NJPA Members: \$15. Non-NJPA Members: \$25.

**Program fees and certificate fees are paid separately. *Program fees must be paid by 2/14/20. No refunds will be issued.***

This workshop is sponsored by NJPA and MOCPA. NJPA is approved by the American Psychological Association to offer continuing education for psychologists. NJPA maintains responsibility for this program and its content.