

## Who Should Attend This 3-Day Training

These workshops are suitable for psychotherapists, mental health counselors, social workers, psychologists, psychiatrists, physicians, nurses, health care providers, funeral directors, clergy, hospice workers and volunteers, bereavement coordinators, Employee Assistance Program clinicians, law enforcement and other first responders' peer support team members, support group facilitators, and anyone in a helping relationship with bereaved persons. It is also extremely relevant to individuals working with posttraumatic stress associated with critical incidents and war.

## About the Speaker

Therese A. Rando, Ph.D., BCETS, BCBT is a clinical psychologist in Warwick, Rhode Island. She is the Clinical Director of The Institute for the Study and Treatment of Loss, which provides mental health services through psychotherapy, training, supervision, and consultation, and specializes in: loss and grief; traumatic stress; and the psychosocial care of persons with chronic, life-threatening, or terminal illness, and their loved ones. Since 1970, she has consulted, conducted research, provided therapy, written, and lectured internationally in areas related to loss, grief, illness, dying, and trauma. Current professional foci include treatment of complicated mourning, loss of a child, the interface between posttraumatic stress and grief, anticipatory mourning, specialized intervention techniques in the treatment of traumatic bereavement, and the integration of EMDR into intervention with grief and mourning.

Dr. Rando holds a doctoral degree in Psychology from the University of Rhode Island and has received advanced training in psychotherapy and in medical consultation-liaison psychiatry at Case Western Reserve University Medical School and University Hospitals of Cleveland. A former consultant to the U.S. Department of Health

and Human Services' Hospice Education Program for Nurses, she developed its program for training hospice nurses to cope with loss, grief, and terminal illness. Her current research interests focus on the operations and courses

of anticipatory and postdeath mourning; development of an integrated treatment protocol for survivors of traumatic loss; construction of a self-help program for coping with the sudden death of a loved one; and integrating EMDR with group intervention for traumatic loss survivors. Dr. Rando has published over 80 works pertaining to the clinical aspects of thanatology. She is the author of *Treatment of Complicated Mourning* (Research Press, 1993), *How To Go On Living When Someone You Love Dies* (Bantam Books, 1991), and *Grief, Dying, and Death: Clinical Interventions for Caregivers* (Research Press, 1984); she is the editor of *Clinical Dimensions of Anticipatory Mourning: Theory and Practice in Working with the Dying, Their Loved Ones, and Their Caregivers* (Research Press, 2000), *Loss and Anticipatory Grief* (Lexington Books, 1986), and *Parental Loss of a Child* (Research Press, 1986). She has been the Co-Editor of the Trauma and Loss Book Series for Brunner-Routledge Publishers. Currently, she is completing a book for the general public on coping with sudden, traumatic death; co-authoring a book on an integrated model of intervention after traumatic loss; and co-authoring a book on utilizing EMDR in treatment of traumatic bereavement. Dr. Rando also serves on the Editorial Boards of *Death Studies and Omega*.



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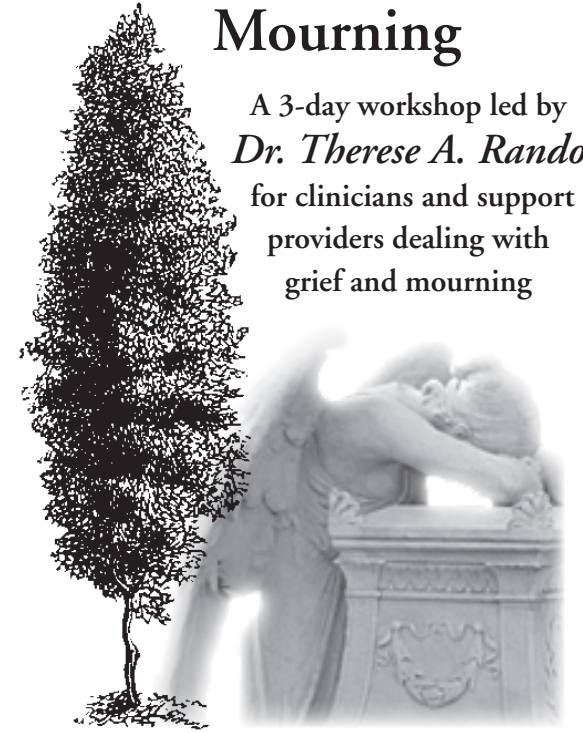
ISTL- Rando Training  
C/O LECSC  
P.O. Box 6426  
Columbia, South Carolina 29260

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(Pre-Registration Due By March 2, 2012)

# Responding to Bereavement: Foundational and Advanced Techniques for Grief and Mourning

A 3-day workshop led by  
*Dr. Therese A. Rando*  
for clinicians and support  
providers dealing with  
grief and mourning



March 9-11, 2012  
Lexington, South Carolina

For More Information Contact  
Beverly Coates  
803-606-3120  
[bcoates@scleap.org](mailto:bcoates@scleap.org)

For Registration and Course Materials  
Go To:  
[www.scleap.org/rando\\_training](http://www.scleap.org/rando_training)

## Workshop Information

### Training Site:

National HQ of Southeastern Freight Lines  
420 Davega Road Lexington, SC 29073

### CEU Hours: Applications Submitted/Pending

NBCC, South Carolina Psychological  
Association and S.C. Department of Labor,  
Licensing and Regulation (LLR)

### Course Fee

(Participants may elect to attend One Day  
Two Days or Three Days of Training)

March 9th Only .....\$150.00  
March 9th and 10th .....\$275.00  
March 10th and 11th .....\$275.00  
March 9th, 10th and 11th .....\$375.00

### Print out Registration from Website and Mail with Check to:

ISTL - Rando Training  
2501 Heyward Street  
Columbia, South Carolina 29205

### Recommended Hotel

(Intersection of I-20 and Hwy 378)  
The Wingate Inn, 108 Saluda Pointe Court,  
Lexington, SC 29072, (803) 957-5000  
Special Rate: \$94.35 per night (block of  
rooms reserved through 2/17/12)  
Breakfast Included - 100% Smoke Free

### Sponsors

The Institute for the Study and Treatment of  
Loss  
South Carolina Law Enforcement  
Assistance Program  
American Foundation for Suicide Prevention  
(SC Chapter)  
The Law Enforcement Chaplaincy for South  
Carolina

## Overview of Training

Drawing on cutting-edge information from the fields of clinical psychology, thanatology, and traumatology, these practically-oriented workshops are designed as a “1+2 day” training. The first day serves as an introductory workshop on treating grief and mourning. The second two days, built upon information provided in the first day, focus specifically on enabling the 11 core strategies that comprise an integrative model of self-help after sudden, traumatic loss of a loved one. It is a more in-depth workshop and is geared to the intermediate to advanced level clinician or service provider. An individual could register for either the first introductory workshop, the two-day more advanced workshop, or both. The appeal of this format is that it allows for training of individuals at all different levels of expertise and permits exploration in greater depth for those who want more specialized training. Participants may receive Continuing Education Credits from the following organizations: National Board for Certified Counselors, South Carolina Psychological Association, and S.C. Department of Labor, Licensing and Regulation

## Day One

### “Therapeutic Interventions in Grief & Mourning: Responding to Uncomplicated and Complicated Bereavement”

#### Description of Day One

The first day of this workshop focuses on therapeutic strategies and intervention techniques for facilitating uncomplicated grief and mourning, and responding therapeutically when it becomes complicated. While most examples will pertain to the death of a loved one, the workshop will be of interest to those who work with individuals experiencing loss of any kind: physical (e.g., amputation, chronic illness, theft, assault) or psychosocial (e.g., divorce, loss of a dream, infertility, downsizing).

## Objectives of Day One

- Differentiate between *grief and mourning* and their clinical implications
- Identify the six “R” processes of mourning
- Define complicated mourning and delineate its two attempts, four forms, and seven high-risk factors
- Discuss why sudden death is traumatic and distinct from anticipated death, and identify at least five challenges it presents
- Identify at least seven generic guidelines for the treatment of complicated mourning
- Construct a Comprehensive Bereavement Treatment Package
- Outline the Standard Treatment Protocol for Intervention in Complicated Mourning

## Days Two & Three

### “Enabling Eleven Core Strategies for Self-Help After Sudden, Traumatic Death”

#### Description of Days Two & Three

The second two days of the workshop integrate two realities for professional counselors and support providers working with those bereaved from accident, disaster, suicide, homicide (including terrorism and war), or acute natural death (from medical events, such as heart attack or stroke, or from acute illness, such as bacterial meningitis or bird flu). First, sudden, traumatic death of a loved one poses the mourner with challenges creating vastly different experiences and demands than if the death had been anticipated and natural. Second, contemporary realities of service delivery problems - such as time constraints, geographical impediments, scarcity of resources, inability to access care, social stigma, insurance limitations, economic prohibitions, and separation from the military - mean that mourners might be unable to avail themselves of professional treatment (often unable to receive the length or depth of treatment desired), mutual support groups, and/or educational opportunities. The purpose of the workshop is to

present an integrative model of self-help following traumatic bereavement. Eleven core areas of intervention created by sudden, traumatic death are identified and strategies are outlined for addressing them. Emphasis is placed on helping attendees enable mourners to work with these core issues independently of treatment. The workshop is also suitable for those wanting essential intervention strategies that can be incorporated into ongoing treatment with traumatized mourners.

#### Objectives of Days Two & Three

- Explain the twin tasks in coping with traumatic loss – trauma mastery and loss accommodation
- List the eleven core areas of intervention demanded after sudden death
- Outline the protocol for developing a self-help plan for traumatic bereavement
- Challenge distorted thinking about the loss
- Identify the steps to processing feelings constructively
- Describe at least four essential courses of action to promote healthy coping
- Delineate the process for addressing unfinished business and unanswered questions
- Specify at least two ways to manage anxiety in each of the four areas (physiologically, psychologically, socially, and behaviorally)
- List at least three self-help interventions for sudden death repercussions of avoidance, reexperiencing, and guilt
- Delineate at least three unique issues associated with each type of traumatic death
- Explain the usefulness of personal bereavement rituals
- List at least two strategies for navigating the outside world in terms of social relationships and work
- Discuss self-help strategies associated with the four avenues for reconstructing personal meaning