

NYT! Complicated Grief Therapy (CGT) – A novel treatment for Prolonged Grief Disorder. Kurset er godkendt på en række specialistuddannelser

Undervisningen foregår på engelsk (language: English)



Katherine Shear



Mai-Britt Guldin

Speakers:

Katherine Shear, Professor and Director of Center for Complicated Grief, Columbia University, New York.

Mai-Britt Guldin, PhD, Clinical Psychology Specialist, Senior Researcher at Aarhus University Hospital

Read more about both speakers below.

Purpose

Prolonged Grief Disorder is a new ICD-11 diagnosis for a grief-related disorder also known as complicated grief. Complicated Grief Treatment (CGT) is the first of a group of treatments that have emerged in the past 10-15 years to alleviate symptoms of this disorder.

Professor Katherine Shear led the team that developed and tested this therapy. She now directs the Center for Complicated Grief where they have trained thousands of therapists and continue to conduct research. There is strong evidence supporting the efficacy of CGT for prolonged/complicated grief. (see references below). CGT has been conducted at Aarhus University Hospital by Mai-Britt Guldin for the past four years collecting the first Danish experiences and helping Danish clients with their grief reactions and teaching colleagues.

In the two-day workshop Professor Shear and Mai-Britt Guldin provide step-by-step training in CGT. A third workshop day with Mai-Britt Guldin provides a follow up opportunity to work with experiences doing this treatment and its implementation in a Danish context.

Thus, the goals of this three-day workshop are to

1. teach a basic model of grief and adapting to loss that guides CGT
2. present the specific procedures and the evidence base for this intervention.
3. provide step-by-step training in how to provide this state-of-the-science treatment method using simple instructions, video demonstrations and small group role play practicum

The workshop has the following learning objectives

1. Participants will be able to evaluate symptoms of complicated/prolonged grief
2. On an introductory level, participants will be able to conduct step-by-step Complicated Grief Therapy including using the seven core themes and novel, state of the art psychotherapy procedures
3. On an introductory level, participants will be able to conduct step-by-step implementation of the exposure-based procedure for living with reminders
4. Participants will be able to reflect on experiences doing the CGT treatment and its implementation in a Danish context

Teaching form

These goals and learning objectives will be achieved by presenting the rationale, instructions and case examples for a set of simple effective procedures, providing handouts to be used in clinical practice, video demonstrations as well as audience exercises to further reinforce the utility of the treatment.

Literature:

Please read the following 5 articles before the lecture. The articles are available in 'MitDP' 3 weeks before the workshop:

1. Shear, M. K. (2015). Complicated grief. *New England Journal of Medicine*, 372(2), 153-

160.

2. Shear, M. K., Wang, Y., Skritskaya, N., Duan, N., Mauro, C., & Ghesquiere, A. (2014). Treatment of complicated grief in elderly persons: a randomized clinical trial. *JAMA psychiatry*, 71(11), 1287-1295.
3. Shear, M. K., Reynolds, C. F., Simon, N. M., Zisook, S., Wang, Y., Mauro, C., ... & Skritskaya, N. (2016). Optimizing treatment of complicated grief: a randomized clinical trial. *JAMA psychiatry*, 73(7), 685-694.
4. Shear, M. K. (2012). Getting straight about grief. *Depression and anxiety*, 29(6), 461-464.
5. Shear, M. K., & Bloom, C. G. (2017). Complicated grief treatment: An evidence-based approach to grief therapy. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 35(1), 6-25.

The Center for Complicated Grief offers a free manual (pdf) to all participants.

About the speakers:

M. Katherine Shear, M.D., Professor and founding Director of the Center for Complicated Grief at Columbia University in New York City. Dr. Shear is a clinical researcher who first worked in anxiety and depression. For the last two decades she has focused on understanding and treating people who experience persistent intense grief. She developed and tested Complicated Grief Therapy, a short-term targeted intervention focused on fostering adaptation to loss and confirmed its efficacy in three large NIMH-funded studies. Dr. Shear is widely recognized for her work in bereavement, including both research and clinical awards from the Association for Death Education and Counseling and invited authorship of articles for *Uptodate* and the *New England Journal of Medicine*.

Mai-Britt Guldin, PhD., Clinical Psychology Specialist, Senior Researcher at Aarhus University Hospital. Mai-Britt Guldin is running a research program "Tab & Sorg" providing research on loss, bereavement and grief in Denmark. She has more than 15 years of experience with grief therapy and provides training for doctors, psychologists, pastors etc. She is the author of a range of research articles as well as three books: *Tab og Sorg – En grundbog for professionelle*; *Sorg Tænkepauser samt Sorgterapi – Evidens og metoder I praksis*.

You can be further inspired by the following citations of Published Works

1. Shear, K., & Shair, H. (2005). Attachment, loss, and complicated grief. *Developmental Psychobiology: The Journal of the International Society for Developmental Psychobiology*, 47(3), 253-267.
2. Skritskaya, N. A., Mauro, C., Olonoff, M., Qiu, X., Duncan, S., Wang, Y., ... & Zisook, S. (2017). Measuring maladaptive cognitions in complicated grief: introducing the Typical Beliefs Questionnaire. *The American Journal of Geriatric Psychiatry*, 25(5), 541-550.
3. Glickman, K., Shear, M. K., & Wall, M. M. (2017). Mediators of outcome in complicated grief treatment. *Journal of clinical psychology*, 73(7), 817-828.
4. Sung, S. C., Dryman, M. T., Marks, E., Shear, M. K., Ghesquiere, A., Fava, M., & Simon, N. M. (2011). Complicated grief among individuals with major depression: prevalence, comorbidity, and associated features. *Journal of affective disorders*, 134(1-3), 453-458.
5. Marques, L., Bui, E., LeBlanc, N., Porter, E., Robinaugh, D., Dryman, M. T., ... & Simon, N. (2013). Complicated grief symptoms in anxiety disorders: prevalence and associated impairment. *Depression and anxiety*, 30(12), 1211-1216.
6. Schut, M. S. H. (1999). The dual process model of coping with bereavement: Rationale and description. *Death studies*, 23(3), 197-224.
7. Supiano, K. P., & Luptak, M. (2013). Complicated grief in older adults: A randomized controlled trial of complicated grief group therapy. *The Gerontologist*, 54(5), 840-856.
8. Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American psychologist*, 55(1),

68.

9. Neff, K. D. (2009). The role of self-compassion in development: A healthier way to relate to oneself. *Human development*, 52(4), 211-214.
10. Maccallum, F., & Bryant, R. A. (2011). Imagining the future in complicated grief. *Depression and Anxiety*, 28(8), 658-665.
11. Folkman, S., & Moskowitz, J. T. (2000). Positive affect and the other side of coping. *American psychologist*, 55(6), 647.
12. Asukai, N., Tsuruta, N., & Saito, A. (2011). Pilot study on traumatic grief treatment program for Japanese women bereaved by violent death. *Journal of traumatic stress*, 24(4), 470-473.

Godkendt til

Specialiseringsmodul i Psykoterapi voksne: 12.4.4.2.3. Anden teoretisk referenceramme med 18 timer

Specialiseringsmodul i Psykopatologi: 13.4.4.2.3. Behandling med 18 timer

Specialiseringsmodul i Kliniske Neuropsykologi med voksne: 15.4.4.2.5. Valgfri kursussemner med 18 timer

Specialiseringsmodul i Sundhedspsykologi: 11.4.4.2.1. Generel klinisk viden inden for det sundhedspsykologiske område med 18 timer

Specialiseringsmodul i Gerontopsykologi: 16.4.4.2.2.3. Intervention med 18 timer

Specialiseringsmodul i Psykotraumatologi: 14.4.4.2.4. Valgfri del med 18 timer

For de øvrige specialluddannelser kan kurset godkendes iht. retningslinjerne for fleksibelt valg med 18 timer

FAKTA

Navn

Kurser uden forhåndsgodkendelse – NYT! Complicated Grief Therapy (CGT) – A novel treatment for Prolonged Grief Disorder. Kurset er godkendt på en række specialluddannelser

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