



Winter Program **Sunday, January 22, 2023—Zoom Webinar**
An Introduction to Prolonged (Complicated) Grief and Adaptation to Loss

Presented by: Bonnie Gorscak, Ph.D.

PROGRAM:

This presentation is an introduction to working with grief and loss, facilitating adaptation to loss, and recognizing complications in grief. Prolonged grief disorder can be understood as a condition that results from interference with adaptation to loss. Principles and themes derived from prolonged grief treatment (PGT), 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 PGT, which can be utilized when working with bereaved clients as an adaptive grief therapy approach.

PRESENTER:

Dr. Gorscak is a NJ, NY, and PA licensed psychologist, who trains clinicians worldwide through the Center for Prolonged 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 prolonged 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.

Learning Objectives: This workshop is designed to help participants:

- 1) Describe the difference between a typical course of grief and the development of prolonged 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 PGT to address emotion dysregulation when working with grieving clients

ZOOM WEBINAR: *Registration closes on 1/20/23. No new registrations will be accepted following that time. Zoom link to follow.*

10:45 --11:00 AM Welcome and Orientation

11:00 -- 1:00 PM Program

NCAP Members and Students – No Charge • Guests/Non-NCAP members \$30

2 CE credits available for psychologists (add'l. charge): Payment for CE is to be made online only, to NJPA after the program. NJPA members \$15; sustaining members N/C. NJPA non-members \$25. After the program, you can remit payment to NJPA online using a link to be distributed at the program, after which you will receive a confirmation email with a link to the CE evaluation form.

Guests/Non-NCAP members*: payment can be made through Zelle to NCAP and cell #201-218-0430, or by check made out to NCAP and mailed to: NCAP, 8 Cricket Lane, Woodcliff Lake, NJ 07677.

*Guests/Non-NCAP members, please include your email address with your payment so you can receive instructions for joining the Zoom webinar.

RSVP by 1/20/23. If payment is not received by January 20th, non-members will be blocked from attending the program on January 22nd.

This program is co-sponsored by NJPA and NCAP. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NJPA maintains responsibility for the program and its content. This program qualifies for 2 C.E. credit hours for psychologists.

*Intended audience: Psychologists, psychiatrists, educators, mental health professionals, graduate students. *Please note that due to issues of confidentiality, the presentation is open only to people in the field.*

Program sophistication: Intermediate—some basic knowledge of the specific content is required.

The presenter has no commercial support or conflict of interest for this program.

NJPA does not endorse the presented material as the only approach to a given area of study or therapeutic approach.

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