



# Supporting Grief and Loss in the Context of PTSD Treatment

## Course Information Document

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**Target Audience:** This training is appropriate for mental health providers with clinical training and experience delivering interventions to populations experiencing traumatic stress but who may not have had any formal training in grief and bereavement. Licensed providers are invited to attend, as well as students, interns, residents, fellows, and other trainees practicing trauma-focused therapy.

**Instructional Level:** Introductory

### Course Description:

This interactive workshop provides training in grief-informed care within the context of posttraumatic stress disorder (PTSD) and other trauma-related clinical concerns. Participants will explore grief-related terminology, contemporary theories of grief and bereavement, assessment strategies, and key diagnostic distinctions in the context of bereavement. Learners will receive guidance on how grief theories can be translated into psychoeducation to support individuals grieving for both death and non-death losses. Evidence-based and evidence-informed interventions will be reviewed, with attention to their theoretical foundations and clinical applications. Practical strategies for supporting grieving individuals will be discussed and role played to help clinicians address diverse grief experiences in their work.

### Learning Objectives:

At the end of this workshop, participants will be able to:

1. Describe contemporary perspectives of grief
2. Discuss how grief-related theories can be translated into psychoeducation in practice
3. Identify distinguishing features of different grief responses and bereavement-related mental health challenges

4. Describe existing evidence-informed and evidence-based interventions and strategies for supporting grieving individuals

**Date and Time:** Friday, September 19, from 9:00 am - 4:00 pm **CT**

**Duration:** 7 hours

**Where:** Zoom

**Training Cost and Continuing Education Fee:** \$150

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# Meet the Presenter

Wendy G. Lichtenthal, PhD, FT, FAPOS

**Wendy G. Lichtenthal**, PhD, FT, FAPOS is Founding Director of the Center for the Advancement of Bereavement Care at the Sylvester Comprehensive Cancer Center and Professor in the Department of Public Health Sciences, Division of Prevention Science and Community Health at the University of Miami Miller School of Medicine\*. She is a licensed clinical psychologist and has worked as a grief specialist and psycho-oncologist for over 20 years. Since 2005, she has been at Memorial Sloan Kettering Cancer Center



(MSK) in New York City, where she was Founding Director of the Bereavement Clinic and Associate Attending Psychologist, and where she now serves as Consultant Faculty. She completed her undergraduate studies at The University of Chicago, her doctorate at the University of Pennsylvania, her clinical psychology internship at the Payne Whitney Clinic at Weill Cornell Medicine, and a postdoctoral research fellowship in psycho-oncology at MSK, where she was Chief Research Fellow. She was a recipient of the 2012 International Psycho-Oncology Society Kawano New Investigator Award, the 2019 Association for Death Education and Counseling (ADEC) Research Recognition Award, and the 2023 American Psychosocial Oncology Society (APOS) Outstanding Clinical Care Award. She is a Fellow in Thanatology and was elected to the ADEC Board of Directors in 2023 and to the Fellowship of the American Psychosocial Oncology Society in 2024. Funded by the National Institute of Mental Health, National Cancer Institute, National Institute of Nursing Research, American Cancer Society, T.J. Martell Foundation, MSK's Cycle for Survival, American Foundation for Suicide Prevention, and the Health Foundation of South Florida and Community Academic Collaborative, her research focuses on grief and bereavement, cancer survivorship, intervention development and evaluation, and finding meaning in the face of adversity.

**\*Potential Conflict of Interest:** Wendy Lichtenthal is an inventor of the Meaning-Centered Grief Therapy intervention manual and the EMPOWER intervention manual. She has an ongoing relationship with PsyOnc Partners LLC and Light in the Valley LLC.

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## Special Accommodations

If you require special accommodations due to a disability, please contact the STRONG STAR Training Initiative at [admin@strongstartraining.org](mailto:admin@strongstartraining.org) one week prior to the workshop so that we may provide you with appropriate service.

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## Continuing Education

The STRONG STAR Training Initiative offers attendees **5.5** Continuing Education (CE) Credits for participating in the 8-hour training. To obtain CE Credits, attendees must sign in at the start of the course and sign out after its conclusion. Inquiries regarding CE may be directed via email to [admin@strongstartraining.org](mailto:admin@strongstartraining.org).

Our continuing education credits have historically been recognized by most professional state licensing boards. *However, this is not guaranteed. Please check with your licensing board for verification.*

The University of Texas Health Science Center at San Antonio is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Texas Health Science Center at San Antonio maintains responsibility for this program and its content.

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## Cancellation, Substitutions, and Refunds

Registration fees, minus a \$50 service charge, will be refunded to participants who send a written cancellation via email to [admin@strongstartraining.org](mailto:admin@strongstartraining.org) postmarked no less than 15 days before the training. No refunds will be made thereafter. A colleague may be substituted for no extra charge if STRONG STAR Training Initiative is notified at least two business days before the training. In some cases, you may be able to reschedule to a future Learning Community with no additional cost.

*For additional information, please contact the STRONG STAR Training Initiative at [admin@strongstartraining.org](mailto:admin@strongstartraining.org).*

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## Agenda

Please note Agenda time is based on **Central Standard Time Zone**

9:00 am – 9:05 am	Opening Remarks
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9:05 am – 10:35 am	Contemporary Perspectives of Grief
<b>10:35 am – 10:45 am</b>	<b>Break</b>
10:45 am – 12:15 pm	Assessment in the Context of Grief and Bereavement (interactive)
<b>12:15 pm – 1:15 pm</b>	<b>Lunch</b>
1:15 pm – 2:45 pm	Evidence-informed grief interventions
<b>2:45 pm – 2:55 pm</b>	<b>Break</b>
2:55 pm – 3:55 pm	Applications of grief interventions and Q&A (interactive)
3:55 pm – 4:00 pm	Closing Remarks