

# Strategies of Grief Therapy: A Meaning Reconstruction Approach

## Personal Information:

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Work Phone: ( ) \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_

Fax: ( ) \_\_\_\_\_

E-mail: \_\_\_\_\_

Organization Name: \_\_\_\_\_

Are you a certified Social Worker?  Yes  No

May we add your email address to the Alliance listserv, which will be used only to update you about our activities and programs?  Yes  No

## To Register

Online: [www.uwgb.edu/outreach/profed](http://www.uwgb.edu/outreach/profed)

By Mail: Send registration form with payment to:

Outreach-CPE - UW-Green Bay  
2420 Nicolet Drive - Green Bay, WI 54311-7001

In Person: Register daily in the Outreach Office:  
Cofrin Library 206, UW-Green Bay,  
7:45 AM - 4:30 PM, Monday through Friday

By Phone: (Credit Card Only): 920.465.2642 or toll free 800.621-2313

By Fax: (24-hour): 920.465.2643

## Payment

\$109 Fee Enclosed

Check No.: \_\_\_\_\_ Check Amount: \$ \_\_\_\_\_

Credit Card:  Visa  MasterCard

Card No: \_\_\_\_\_

Exp. Date: \_\_\_\_/\_\_\_\_

Cardholder Name: \_\_\_\_\_

Signature: \_\_\_\_\_

*The following demographic information will be used to enhance our programming efforts.*

Gender:  Female  Male

Age:  18-34  35-49  50-64  65+

Heritage:  Black  Caucasian  Hispanic  
 Asian/Pacific Islander  Native American/Alaskan Native

An EEO Affirmative Action employer, UW-Green Bay provides equal opportunity in employment and programming. Please advise us at least two weeks before the program if you have a disability and desire special accommodations.

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**Strategies of Grief Therapy:**  
A Meaning Reconstruction Approach  
Friday, December 4, 2009  
Register online:  
[www.uwgb.edu/outreach/ddb/](http://www.uwgb.edu/outreach/ddb/)

## The UW-Green Bay Institute on *Dying, Death and Bereavement* Annual Symposium

# Strategies of Grief Therapy: A Meaning Reconstruction Approach

Friday, December 4, 2009

9:00am-4:30pm

University Union, UW-Green Bay



### Keynote Presenter: Robert A. Neimeyer

Internationally recognized author and researcher in the field of dying, death and bereavement and past President, Association for Death Education and Counseling (ADEC)

A symposium designed for social workers, licensed professional counselors, funeral directors, pastoral associates, clergy, nurses, and other human services professionals.

*Sponsored by the Northeast Wisconsin Alliance for  
Social Worker Continuing Education*



UNIVERSITY of WISCONSIN  
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Connecting learning to life



# Strategies of Grief Therapy: A Meaning Reconstruction Approach

University Union, UW-Green Bay Campus - Friday, December 4, 2009 9:00-4:30



**Robert A. Neimeyer, Ph.D.**, is a professor in the Psychotherapy Research Area, Department of Psychology, University of Memphis, where he also maintains an active clinical practice. Since completing his doctoral training at the University of Nebraska in 1982, he has conducted extensive research on the topics of death, grief, loss, and suicide intervention.

Neimeyer has published 21 books, including *Meaning Reconstruction and the Experience of Loss*, *Constructivist Psychotherapy*, and *Rainbow in the Stone*, a book of contemporary poetry. He is currently working on a more adequate theory of grieving as a meaning-making process, both in his published work and through his frequent professional workshops for national and international audiences.

Neimeyer is the editor of two international journals, *Death Studies* and the *Journal of Constructivist Psychology*, and served as President of the Association for Death Education and Counseling. In recognition of his scholarly contributions, he has been elected Chair of the International Work Group on Death, Dying, and Bereavement, and designated Psychologist of the Year by the Tennessee Psychological Association. Most recently, he has received the Robert Fulton Founder's Award for Outstanding Teaching, Research and Service by the Center for Death Education and Bioethics and ADEC's Clinical Practice Award for his contributions to grief therapy.

*The UW-Green Bay Institute on Dying, Death and Bereavement gratefully acknowledges the support of this cosponsor whose contribution partially underwrites workshop costs: Heartland Home Health and Hospice*

## Overview

As grief theory and research have grown to include emotion-focused, attachment and meaning-oriented approaches, so too has the range of methods available to grief therapists. This workshop will focus on four types of strategies, including: (1) narrative work, (2) continuing bonds work, (3) imagery work, and (4) position work. Each type of therapeutic strategy engages a client's words and images to reconstruct their relationship to the deceased, and to reveal obstacles to reconstruction.

## Darla's Dilemma: Symptoms, Suffering, and the Search for Significance.

A centerpiece of this workshop will be extensive viewing of a videotaped psychotherapy of Deborah, who is struggling with deep and debilitating grief over the death of her mother in a way that constrains her relationships with significant people in her life. Throughout the workshop, segments of Deborah's therapy will show how theoretical principles can be put into practice, illustrating the synergy of therapeutic strategies in fostering rapid change. The result is a collaborative and healing "performance" of new meaning by client and therapist, developing a renewed bond between the client and her mother, and a revitalized sense of the client's own life.

Cutting edge theory and research will reinforce the relevance of the four core intervention strategies, and we will make use of videos, demonstrations and exercises to convey how these methods work and feel in the context of practice. As a result, participants will leave with a clearer understanding of processes available for constructive meaning-making in bereavement, as well as an expanded skills toolbox.

## Learning Objectives:

- Identify the defining characteristics of successful and complicated accommodation of loss
- Distinguish between two major forms of narrative work and identify strategies for working with each
- Describe two methods for working with the continuing bond to promote bereavement adaptation
- Practice two uses of imagery and metaphor to foster the articulation and reconstruction of loss experiences

## Continuing Education Credits

Programs sponsored by the Northeast Wisconsin Alliance for Social Worker Continuing Education are accepted by the State of Wisconsin as continuing education hours.

Applied for:

Social Workers, Licensed Professional Counselors, Funeral Directors: 7 CEHs/.6 CEUs

## Agenda:

- 8:30 Registration
- 9:00 Grief work: Successful and Complicated
- 10:30 Narrative work: Integrating the Loss
- 12:00 Lunch
- 1:00 Continuing Bonds Work: Restoring the Connection
- 2:45 Imagery work: Envisioning the Possible
- 4:30 Close

Conference Fee: \$109

Includes registration, lunch, refreshment breaks, materials, CEU/CEH certificate

Cancellation Policy: A full refund, minus a \$25 processing charge, is given when cancelling 7 days or more before the event; an 80% refund, minus the \$25 processing charge is given when cancelling within 4-6 days of the event. No refund is issued 3 or fewer days prior to the event. A substitute may attend in your place. In case of low enrollments we reserve the right to cancel programs and return a full refund.