



# 2022 SUPERVISOR TRAINING DAY

FRIDAY, OCTOBER 21, 2022 | 9:00AM - 12:00PM EST | LIVE WEBINAR

## + NORMATIVE AND PROLONGED GRIEF

Christina Zampitella, PsyD, FT

### PROGRAM DESCRIPTION:

This presentation will explore normative grief and prolonged grief disorder and how clinicians and health professionals work with bereft individuals. Topics covered will include definitions of normative grief and prolonged grief disorder, disenfranchised grief, mediators of the grieving process, cultural and spiritual influences, differential diagnosing, treatment planning, interventions, vicarious traumatization, caregiver burnout, and clinician self-care. The presenter will use the clinical and empirical literature as well as knowledge in this area to inform guidelines for best practice.

### EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- Describe and explain normative and prolonged grief disorder
- Discuss five types of disenfranchised grief
- Apply cultural and spiritual differences to treating grief
- Assess for caregiver vicarious traumatization, fatigue, and burnout

### ABOUT THE PRESENTER

Christina Zampitella, PsyD, FT, is a licensed clinical psychologist and a Fellow of Thanatology through the Association for Death Education and Counseling (ADEC). She is the founder and owner of the Center for Grief and Trauma Therapy, co-owner and director of clinical services at Integrative Psychology Group, and a professional speaker. She teaches in undergraduate and graduate level psychology programs focusing her courses and publications on death, loss, grief, and trauma. She served as the chair for the Continuing Education Committee for the San Diego Psychological Association from 2018-2019 and for the Delaware Psychological Association from 2015-2016. Dr. Zampitella specializes in death, loss, bereavement, integrative psychology, and nature-based therapy. She is the former resident psychologist on Fox 5 News in San Diego and often appeared on NBC News in California and Philadelphia. She has been interviewed for Elle Magazine, BuzzFeed, Washington Post, Houston Chronicle, Delaware News Journal, and The Huffington Post.

### SUGGESTED READINGS

- Bonnano, G., & Malgaroli, M. (2020). Trajectories of grief: Comparing symptoms from the DSM-5 and ICD-11 diagnoses. *Depression and Anxiety, 37*, 17-25.
- Bui, E., Nadal-Vicens, M., & Simon, N. (2021). Pharmacological approaches to the treatment of complicated grief: Rationale and a brief review of the literature. *Dialogues in Clinical Neuroscience, 14*(2), 149-157.
- Nakajima, S. (2018). Complicated grief: Recent developments in diagnostic criteria and treatment. *Philosophical Transactions B, 375*, 1-10.
- Neimeyer, R. (2016). *Techniques of grief therapy: Assessment and intervention*. Routledge.
- Worden, W. (2018). *Grief counseling and grief therapy* (5th ed). Springer Publishers.

**Target Audience: Doctoral Level Psychologists and Other Mental Health Professionals**

**Level of Instruction: Intermediate**

**Number of CE Credits Offered: 3**

**Cost: \$25**



## ⊕ FIVE STRATEGIES TO UPDATE YOUR PRACTICES WITH SUICIDAL PATIENTS

Samuel Knapp, EdD, ABPP

### PROGRAM DESCRIPTION:

A 2020 survey found that 29% of psychologists had a patient attempt suicide while in treatment and 6% had a patient die from suicide in the last year. The presenter believes that recent research has identified strategies that can decrease these rates considerably. For example, conscientious psychologists want to implement effective interventions with their suicidal patients, yet almost one-third of patients will falsely deny having suicidal thoughts to their psychotherapists (Blanchard & Farber, 2016). This workshop includes strategies to facilitate patient disclosures of their suicidal risks. Also, recent research shows that effective safety plans and lethal means counseling can reduce suicide attempts by patients anywhere from 43% to 75% (Boggs et al., 2020; Nuij et al., 2021). This workshop describes how to effectively develop these safety plans and conduct lethal means counseling. Finally, it will describe other ways to improve outcomes by integrating patient empowerment throughout the intervention and by adopting a mindful approach to practice including emotional self-awareness and self-care. The presenter will use the clinical and empirical literature as well as knowledge in this area to inform guidelines for best practice.

### EDUCATIONAL OBJECTIVES

Based on the presentation, the participants will be able to:

- List steps that will empower suicidal patients
- Monitor & manage their emotional reactions when treating suicidal patients
- Identify patients with suicidal risks
- Create effective safety plans & adopt strategies likely to maximize successful lethal means counseling

### ABOUT THE PRESENTER

Dr. Samuel Knapp is a retired psychologist was the Director of Professional Affairs for the Pennsylvania Psychological Association from 1987 to 2021. He has written many books on ethics and wrote *Suicide Prevention: An Ethically and Scientifically Informed Approach*. He has conducted many workshops on ethics and suicide prevention. Dr. Knapp holds a doctorate in counseling from Lehigh University and a diplomate in counseling psychology from the American Board of Professional Psychology.

### SUGGESTED READINGS

- Blanchard, M., & Farber, B. A. (2016). Lying in psychotherapy: Why and what clients don't tell their therapists about therapy and their relationship. *Counselling Psychology Quarterly*, 29(1), 90-112.
- Boggs, J. M., Beck, A., Ritzwoller, D. P., Battaglia, C., Anderson, H. D., & Lindrooth, R. C. (2020). A quasi-experimental analysis of lethal means assessment and risk for subsequent suicide attempts and deaths. *Journal of General Internal Medicine*, 35(6), 1709-1704.
- Bryan, C. J., & Rudd, M. D. (2018). *Cognitive behavior therapy for suicidal patients*. Guilford.
- Knapp, S. (in press). Six strategies to increase patient disclosures of suicidal thoughts. *Practice Innovations*.
- Nuij, C., van Ballegooijen, W., de Beurs, D., Juniar, D., Erlangsen, A., Portzky, G., O'Conner, R. C., Smit, J. H., Kerknot, A., & Riper, H. (2021). Safety planning-type interventions for suicide prevention: meta-analysis. *British Journal of Psychiatry*, 219(2), 419-426.

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## CRITERIA FOR EARNING CE

Full attendance is required to receive CE credit for each session. No partial credits are available. All participants must sign an attestation regarding attendance and indicate the type of CE credit they require through a link which will be provided following the session. At the conclusion of each session participants will be provided an additional link to complete an evaluation survey; we request that you take a few minutes to anonymously provide feedback.



**PSYCHOLOGISTS:** Philadelphia College of Osteopathic Medicine's School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Philadelphia College of Osteopathic Medicine, School of Professional & Applied Psychology maintains responsibility for this program and its content.



**CERTIFIED COUNSELORS:** Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No.5672. Programs that do not qualify for NBCC credit are clearly identified. Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is solely responsible for all aspects of the programs.

**LICENSED SOCIAL WORKERS:** Philadelphia College of Osteopathic Medicine, School of Professional and Applied Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Philadelphia College of Osteopathic Medicine, School of Professional and

Applied Psychology maintains responsibility for this program and its content. The Pennsylvania Board of Social Work Examiners recognizes and accepts the psychology continuing education hours/credits for social workers. However, all social workers are responsible for checking with their Board. The Board requires a minimum duration of two hours per program. After successfully meeting the criteria for earning CE's, social workers will receive the Certificate of Attendance.

**Unless otherwise specified in the program promotional materials, there is no commercial support interest to the sponsor, instructors, content of instruction or any other relationship that could be construed as a conflict of interest. For any program where a fee is charged, there is a Refund/Cancellation Policy.**

**REFUND/CANCELLATION POLICY:** For any program that has a fee attached, the School of Professional and Applied Psychology requires that notification of cancellation be made no later than three business days before the day of the program. Full refunds are available for notifications for programs with fees that are made within three business days prior to the day of the event. For all other cancellations, a credit will be issued for a future PCOM CE program.

Further Information about the Refund/Cancellation Policy and any other questions may be obtained by contacting Katie Garson, M.S.Ed., Coordinator of Continuing Education at [katiega@pcom.edu](mailto:katiega@pcom.edu).

