

2023-2024 ROVINSKY FAMILY LECTURESHIP SERIES

Wednesday, January 10, 2024 | 12:00 – 1:00 PM ET | Live Webinar

UNDERSTANDING AND TREATING GRIEF WITHIN A CULTURAL CONTEXT

Leslie M. Fernandez, PsyD

Director of Clinical Training, Assistant Professor,
Philadelphia College of Osteopathic Medicine

PROGRAM DESCRIPTION:

This presentation will focus on grief within a cultural context. The presentation will examine the meaning of grief across cultures and challenges clinicians may encounter when treating grieving individuals. Additionally, rituals, practices, and sensitivities that grieving individuals may experience will be discussed. The presenter will review several empirically-supported interventions that can be utilized when treating patients from diverse backgrounds.

EDUCATIONAL OBJECTIVES

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

- Discuss challenges and approaches to working with patients who have experienced loss through a multicultural lens
- Employ 2 specific interventions for grief that can be utilized across cultures.
- Describe findings from research on grief rituals and common cross-cultural practices

SUGGESTED READINGS

- Rosenblatt, C. P. (2020). Challenges to cultural outsiders from the culture of grief counseling/therapy. *Journal of Loss and Trauma*, 25(3), 207-223.
- Rosenblatt, C. P. (2017). Researching Grief: Cultural, relational, and individual possibilities. *Journal of Loss and Trauma*, 22(8), 617-630.
- Gutierrez, I. T., Menendez, D., Jiang, M. J., Hernandez, I. G., Miller, P., & Rosengran, K.S. (2020). Embracing death: Mexican parent and child perspectives on death. *Child Development*, 91(2), 491-511.
- Kennedy, C. J., Gardner, F., & Farrelly, C. (2020). Death, dying and bereavement: Considering compassion and empowerment. *Pastoral Care in Education*, 38(2), 138-155.

ABOUT THE PRESENTER

Leslie M. Fernandez, PsyD, is director of clinical training and a core faculty member in the PCOM clinical psychology doctoral program. She has dedicated much of her career to providing culturally sensitive care to underserved populations. A bilingual certified school psychologist, she helped students navigate grief and loss in an urban school district for over 10 years. She gained extensive experience treating diverse patients experiencing grief and loss in her postdoctoral training at Main Line Health. Her expertise led her to be selected to present to Main Line Health primary care residents on treating grief and loss within a primary care setting. She continues to work with diverse patients across the lifespan who require mental health treatment after experiencing loss, providing therapy and assessment services in both Spanish and English. Her clinical experience includes working with children, adolescents, adults, and geriatric populations across school, outpatient, inpatient, and primary care settings.

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

Level of Instruction: Intermediate

Number of CE Credits Offered: 1 CE credit

Cost: \$15

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. Co-sponsored by Philadelphia College of Osteopathic Medicine. Physicians: Philadelphia College of Osteopathic Medicine is accredited by the American Osteopathic Association of medical education for physicians. Philadelphia College of Osteopathic Medicine designates this program for a maximum of 1 hour of AOA Category 1- A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.



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