

# **INDIVIDUALITY AND THE PROCESS OF MOURNING**

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## **10:00–11:30 GRIEF COUNSELING: WHAT IS IT, AND IS IT NECESSARY?**

**DESCRIPTION:** This will present up-to-date information on Worden's Model - the Tasks and Mediators of Mourning, and how these help us to understand individual differences among grieving individuals and in families.

### **OBJECTIVES:**

- Identify common tasks facing bereaved individuals.
- Describe developmental, cultural, family and other mediating factors related to normal uncomplicated bereavement.
- Evaluate risk and resilience factors affecting bereavement outcomes.
- Identify specific strategies and counseling tools used to counsel bereaved clients.

## **12:00–13:30 WHEN GRIEF GOES WRONG: WORKING WITH COMPLICATED BEREAVEMENT**

**DESCRIPTION:** Recently there has been considerable interest and discussion in the mental health literature on differences and similarities between normal and abnormal grief. The main focus centers on abnormal grief -- what it is, and how it can be treated. This workshop will identify common types of complicated bereavement and how they can be diagnosed and treated. A look at the attempt to pathologize grief in the DSM-5 will be presented and discussed in detail.

### **OBJECTIVES:**

- To outline why and how mourning can go wrong
- To understand how to diagnose and treat complicated bereavement
- To look at the DSM-5 effort to make grief a disease

## **14:30–16:00      GRIEF, TRAUMA, AND TRAUMATIC GRIEF**

DESCRIPTION: Traumatic events, whether natural or man-made, seem to be on the increase. Many of these events result in the death of loved ones. How to deal with both grief and trauma in the bereaved are often challenges for the mental health practitioner. This presentation will look at a helpful paradigm for understanding the interaction of trauma and grief and how to counsel individuals experiencing both of these.

### OBJECTIVES:

- To present a paradigm for understanding grief and trauma
- How to identify and treat traumatic bereavement
- To look at the impact of trauma in conjugal bereavement

## **16:30–18:00      PARENTAL LOSS: COMPARING DEATH TO DIVORCE**

DESCRIPTION: How different is the loss of a parent through divorce from the loss of a parent through death? There are similarities in the reactions of school-age children to the breakup of the home via these two avenues and similar adjustments that the family must make to accommodate to changes in family structure and role allocations. There are also unique features that distinguish these two types of loss, and these will be identified and discussed.

### OBJECTIVES:

- To understand how the loss of a parent through divorce differs from losing a parent to death
- To identify age and gender differences in accommodating to these two types of loss
- To explore what makes children adapt better to parental loss.

### References:

Worden, J. William (2009). *Grief counseling and grief therapy: A handbook for the mental health practitioner (4<sup>th</sup> edition)*. New York: Springer.

Worden, J. William (1996). *Children and grief: When a parent dies*. New York: Guilford.

Worden, J. William (2001). Children who lose a parent to divorce and children who lose a parent to death. *Australian Journal of Grief and Bereavement*, 4, 3-5.