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Abstract (245 words)

Title: Group therapy for parent bereaved young adults – a pilot study

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Introduction: In light of the expected inclusion of Prolonged Grief Disorder in the up-coming 2018 ICD-Manual developing efficacious grief interventions is essential. Børn, Unge & Sorg is a national therapeutic and research center for children and adolescents up to the age of 28. The target group is parentally bereaved children and young people in risk of/or having developed complicated grief. The clients proactively seek therapy. We are currently compiling decades of our clinical experience, knowledge and therapeutic practice regarding this clinical group. As part of this process we have developed a treatment manual which will be tested thoroughly in 2017. In this study we present the results from a pilot study of group therapy with young adults.

Method: The therapy is eclectic in nature combining psychodynamic, CBT and narrative psychotherapy. It consists of 18 group sessions of 2½ hour with eight clients attending each group, and takes place with one week intervals. The applied effect measures were selected based on the theory of change model for the therapy. The primary effect measure is grief symptoms measured by prolonged grief disorder (PG13), and the secondary effect measures are depression (Becks depression index) as well as anxiety (Becks anxiety inventory).

Furthermore, we have developed fidelity measures, which we have piloted in this study.

Results: We have currently collected the data from the pilot group, and starting to analyze the results. At the symposium, we will present and discuss the results.