

COGNITIVE BEHAVIORAL THERAPY FOR COMPLICATED GRIEF REACTIONS IN ADULTS

– a contemporary, evidence based treatment
method

TWO-DAY SEMINAR:

30-31st of January 2020

Thursday: 10-17

Friday: 9-16

Price:

DKK 3.450 + VAT Includes copy of the English individual treatment manual for **Cognitive behavioural therapy for complicated grief reactions in adults** and access to Danish version when translated. Includes light breakfast, refreshments during coffee breaks and lunch

Taught by:

Prof. dr. **Paul A. Boelen**, Professor at the Department of Clinical Psychology, Utrecht University.

Dr. **Maja O'Connor**, Associate Professor at Department of Psychology and Behavioural Sciences at Aarhus University and Senior Researcher at The Danish National Center for Grief.

*Language: **English** (undervisningen foregår på engelsk og tager afsæt i en engelsksproget manual).*

Purpose

Prolonged Grief Disorder is a new ICD-11 diagnosis that can be thought of as a combination of acute grief that persists often in combination with symptoms of depression, PTSD, and anxiety. In Paul Boelen's cognitive behavioral therapy (CBT) approach to treatment of prolonged grief disorder, the notion is that negative cognitions, anxious (or phobic) avoidance, and depressive avoidance (passivity) are key processes in the maintenance of prolonged grief. There is a strong evidence base showing support for the use of CBT for prolonged grief (see references below).

In this two-day seminar, we are going to look into this theoretical approach and specifically address which kind of interventions can be applied to target and treat the processes that seem to contribute to and maintain prolonged grief. We are going to focus on cognitive restructuring, different forms of exposure, behavioral activation, and goal work that are all aimed at changing the maladaptive processes that underlie and maintain complicated grief reactions. Cognitive behavioral treatment for transdiagnostic complicated grief reactions is currently being conducted at The Danish National Center for Grief with elderly clients under supervision of Paul Boelen and Maja O'Connor. The treatment is delivered both in an individual and group format and cases from this work will be presented during the two-day seminar.

This is a highly specialized seminar, aimed primarily at psychologists, psychiatrists and physicians working clinically with grief on a daily basis. A few seats are reserved for other professionals, such as experienced psychotherapists with relevant documented qualifications and researchers. The seminar is relevant for psychologists working towards their authorization as well as applied for approval for the following specialist modules of which several are already approved.

- **Specialist i Psykoterapi voksen:** 12.4.4.2.3. Anden teoretisk referenceramme, 12 timer **APPROVED**

- **Specialist i Sundhedspsykologi voksen:** 11.4.4.2.1. Generel klinisk viden inden for det sundhedspsykologiske område, 12 timer. **APPROVED**

- **Specialist i Psykopatologi:** 13.4.4.2.3. Behandling, 12 timer

- **Specialist i Psykotraumatologi:** 14.4.4.2.2.2. Intervention på individuelt plan i relation til længerevarende og kroniske traumer, 12 timer. **APPROVED**

- **Specialist i Gerontopsykologi:** 16.4.4.2.3. Intervention, 12 timer **APPROVED**

About the teachers



PAUL BOELEN | Prof. dr. Paul A. Boelen is full professor at the Department of Clinical Psychology at Utrecht University and ARQ National Psychotrauma Centre in the Netherlands. He also works as psychotherapist at ARQ Foundation Centrum'45. Paul Boelen is licensed supervisor and cognitive behavioral therapist with the Dutch Association for Cognitive and Behavioral Therapy. He is Editor-in-Chief of *Gedragstherapie* (Dutch Journal for Behavior Therapy), and vicehead of the postmaster training for Healthcare psychologist in Utrecht. Paul Boelen has been working with research and treatment in the area of complicated grief since 1996 and has developed an evidence based cognitive behavioral treatment to target disturbing processes underlying complicated grief with adults. Paul Boelen has published a large quantity of scientific papers and book chapters on grief since 1996.

MAJA O'CONNOR | Associate Professor at Department of Psychology and Behavioral Sciences at Aarhus University and Senior Researcher at The Danish National Center for Grief. Maja O'Connor is an authorized clinical psychologist and specialist in gerontopsychology by the Danish Psychological Association. She is the daily manager of Unit for Bereavement Research, Aarhus University (<https://psy.au.dk/en/research/research-centres-and-units/unit-for-bereavement-research/>) which perform large-scale research projects on grief reactions. Since 2001 Maja O'Connor has published a number of scientific papers, book chapters, and other types of communications on normal and pathological grief reactions in English as well as in Danish



The goals of this two-day workshop are to:

1. Teach a basic model for understanding normal and prolonged grief reactions and the three tasks that are believed to be central in loss processing (Boelen, P.A., van den Hout, M. A., & van den Bout, J., 2006).
2. Present the specific procedures of individual cognitive behavioral therapy for prolonged grief disorder in adults and the evidence base for this intervention (Boelen, P.A., de Keijser, J., Van den Hout, M.A. & Van den Bout, J., 2007).
3. Provide training in how to apply this evidence based treatment method, using lectures, demonstrations and small group role-play exercises.

The workshop has the following learning objectives:

1. The participants will be able to evaluate symptoms of normal and prolonged grief in relation to the taskmodel of loss processing (Boelen, P.A., van den Hout, M. A., & van den Bout, J., 2006).
2. On an introductory level, participants will be able to conduct cognitive behavioral therapy for prolonged grief in adults individually using different forms of exposure, cognitive restructuring, and behavioral activation and goal work.
3. On an introductory level, the participants will be able to select and apply specific exposure interventions based on the determination of what clients are specifically avoiding.
4. Participants will be able to reflect on how to implement and provide cognitive behavioral therapy for prolonged grief in their existing practice and local context.

Teaching form

The goals and learning objectives will be reached by presenting the rationale behind cognitive behavioral therapy for prolonged grief disorder in adults and by introducing, demonstrating and practicing, using small group role-play exercises, the method used in the individual treatment manual developed by Paul Boelen.

Litterature:

- Boelen, P.A., van den Hout, M. A., & van den Bout, J. (2006). A Cognitive-Behavioral Conceptualization of Complicated Grief. *Clinical Psychology: Science and Practice*, 13(2), 109-128.
doi:<http://dx.doi.org/10.1111/j.1468-2850.2006.00013.x>
- Boelen, P.A., de Keijser, J., Van den Hout, M.A. & Van den Bout, J. (2007). Treatment of Complicated Grief: A comparison between cognitive behavioral therapy and supportive counseling. *Journal of Consulting and Clinical Psychology*, 75, (pp. 277-284) (8 p.)
- Richard A. Bryant, Lucy Kenny, Amy Joscelyne, Natasha Rawson, Fiona Maccallum, Catherine Cahill & Sally Hopwood (2017) Predictors of treatment response for cognitive behaviour therapy for prolonged grief disorder, *European Journal of Psychotraumatology*, 8:sup6, 1556551, DOI: 10.1080/20008198.2018.1556551. To link to this article:
<https://doi.org/10.1080/20008198.2018.1556551>

- Rosner, R., Pfoh, G., Kotoucova, M., & Hagl, M. (2014). Efficacy of an outpatient treatment for prolonged grief disorder: A randomized controlled clinical trial. *Journal of Affective Disorders*, 167, 56–63. doi:10.1016/j.jad.2014.05.035.
- Shear, M. K., & Bloom, C. G. (2017). Complicated grief treatment: An evidence-based approach to grief therapy. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 35(1), 6-25.

For further inspiration

<https://www.uu.nl/staff/PABoelen/Research%20output>

<https://psy.au.dk/forskning/forskningscentre-og-klinikker/enhed-for-sorgforskning/>

When and where:

When:

30-31st of January 2020

Thursday: 10-17

Friday: 9-16

The seminar will be conducted in English

Where:

The Danish National
Center for Grief (Det Nationale Sorgcenter),
Kejsergade 2, 2. floor,
1155 Copenhagen K, Denmark

Price:

DKK 3.450 + VAT

Includes copy of the English individual
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Max 25 participants. Registration before/cancellation not possible after 2nd of January.

To register for this course please send an e-mail to **kompetencecenter@sorgcenter.dk** including the following details:

- **Name of participant**
- **Documentation of educational level and/or relevant experience**

Please let us know in advance if you have any allergies or food preferences that we need to consider.