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Nya möjligheter vid förlust och sorg  
Narrativa metoder och  
meningsskapande processer

Robert A. Neimeyer, Professor vid University of  
Memphis

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# Föreläsning/workshop 14-15 september 2016 med professor Robert Neimeyer

Utbildarna Ulf Hagström AB och ER Kompetens & Utveckling har äran att bjuda in till två intressanta studiedagar med Robert A. Neimeyer. Dagarna ger möjligheten att ta del av modern kunskap, nytänkande och en annorlunda syn på sorg och sorgearbete.

Robert Neimeyer är psykolog, psykoterapeut och världsledande sorgeforskare vid Memphis University, USA. Han har bl.a. fungerat som redaktör för böckerna *Meaning Reconstruction & the Experience of Loss* och *Grief and Bereavement in Contemporary Society: Bridging Research and Practice*.

Robert kommer att dela med sig av sin forskning och sina kliniska erfarenheter samt presentera en berättelseorienterad syn på förluster, sorg och bearbetning. I traditionell teori om sorg ser vi ofta sorgprocessen som indelad i olika faser. Förståelsen av sorg och förluster har blivit mer nyanserad och empiriskt grundad genom Roberts forskning och kliniska praktik.

**Dag 1** (14/9 2016) - *Grief and its Complications. Loss and the Search for Meaning*. Dagen riktar sig till alla yrkesgrupper som på olika sätt kan möta människors förluster och människor i sorg i sitt arbete.

**Dag 2** (15/9 2016) - *Techniques of Grief Therapy. Creative Practices for Counseling the Bereaved*. Dagen riktar sig i första hand till terapeuter och andra professionella yrkesgrupper som dagligen möter människor i sin kliniska praktik.

**Språk** - Engelska båda dagarna.

## Kostnad

Endast dag 1 (14/9 2016) 1 200 kronor + moms.

Båda dagarna, 14-15/9 2016 2 000 kronor + moms

# Anmälan

Anmälan till dag 2 förutsätter deltagande dag 1.

Anmälan ska lämnas senast 2016-06-15 till [utbildarna@me.com](mailto:utbildarna@me.com) Anmälan är bindande.

För giltig anmälan anges deltagarens *namn, e-postadress, fakturaadress samt om anmälan avser dag 1 eller båda dagarna*. Vi mailar en bekräftelse med ytterligare information om kursdagarna efter att anmälan har inkommit.

## Våra betalnings- och avbokningsregler

Betalning mot faktura med betalningsvillkor 30 dagar netto.

Vid sjukdom eller annat förhinder betalas kursavgiften inte tillbaka. Platsen kan däremot användas av annan person.

Vi förbehåller oss rätten att ställa in kursen vid för få anmälningar.

## Plats för kursdagarna

Dagarna kommer att arrangeras på central plats i Stockholm.

## Ytterligare information

Ytterligare information se <http://mareld.se/kurserutbildning/>

eller ring 070-8266680 eller 070-7669488

## Innehåll

### **Dag 1 - Grief and its Complications. Loss and the Search for Meaning**

The experience of loss and grief may be timeless, but our understanding of the psychological processes it entails has evolved greatly in recent years. In the first part of this day-long workshop, we will consider evidence that older models of grief as a series of “stages” of emotional adjustment can be seriously misleading, and suggest instead that newer models drawing on attachment, coping and meaning reconstruction may be more scientifically valid

and practically useful. Alternating between brief case studies and current research, we will conclude with an integrative model of normal or adaptive grief that applies to both death and non-death losses and suggest its implications for bereavement support and grief counseling.

As both research and practical experience teach us, however, for a significant subset of the bereaved grieving may become a protracted and life-limiting ordeal, one that can undermine the quality of our relationships to others, our ability to find meaning and focus in work, and even our basic physical health. In the second half of this workshop we will therefore review risk factors for complicated, prolonged grief, discuss interview questions by which a counselor or clinician can screen for its presence, and consider its diagnostic features in detail. Using brief video vignettes of clients to illustrate how complications can be expressed in the clinical context, we will close by suggesting some of the interventions that can help clients integrate the reality of the loss while reaffirming their bond with their deceased loved one. The workshop should therefore orient counselors and therapists to the conceptualization of complicated bereavement, and help other professionals recognize when referral for specialized services may be needed.

Participants will:

- Identify two weaknesses in stage models of grieving identified in recent research.
- Describe the roles of attachment insecurity in complicating bereavement adjustment.
- Recognize the two features of post-loss adaptation highlighted in the Dual Process and Two-Track Models of bereavement and their implications for coping.
- Relate two features of meaning reconstruction that help predict bereavement outcome.
- Summarize pre-loss predictors of complicated grief following the death of a loved one.
- Recognize features of complicated grief in the context of clinical interviews.

## **Dag 2 - Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved**

As contemporary models of bereavement have become more nuanced and empirically informed, so too have the practices available to grief counselors and therapists. This workshop offers in-depth training in several of these techniques, nesting them in the context of current meaning-oriented theories and research that provide flexible frameworks for intervention. Making extensive use of actual clinical videos as well as *how-to* instruction in the use of a numerous therapeutic tools, we will discuss and practice several methods for helping clients integrate the reality of the loss into the ongoing story of their lives, while also reconstructing their continuing bond to their loved one.

## **Processing the Event Story of the Death**

Particularly when death is sudden and traumatic, survivors often struggle with making sense of what has happened, at levels ranging from the practical to the existential. In this presentation we will consider techniques for helping the violently bereaved process the “event story” of the death itself, anchoring such work in both contemporary meaning reconstruction and dual process models and related research. Drawing on clinical videos of clients contending with losses through homicide, sudden accident and suicide, we will learn to listen between the lines of the stories clients tell themselves and others about the death to grasp more fully the unvoiced meaning of their grief, and how we can help them integrate the event story of the death into the larger narrative of their lives. Participants should conclude the session with a clearer appreciation for the challenge to meaning and spirituality associated with violent death bereavement, and an expanded toolbox for using metaphor, body work and a variety of narrative procedures for helping clients make sense of the loss and their response to it.

Participants will:

- Implement restorative retelling and situational revisiting procedures for mastering the event story of the loss.
- Differentiate between forms of directed journaling that foster self-immersion and self-distancing to modulate emotions evoked by the death.
- Describe narrative techniques for accommodating loss in literal and figurative ways into the changed narrative of the client’s life.

## **Accessing the Back Story of the Relationship**

Death may end a life, but not necessarily a relationship. Drawing on attachment-informed and two-track models of bereavement, we will begin by considering grieving as a process of reconstructing rather than relinquishing our bonds with those who have died. Clinical videos bearing on the death of parents, children and spouses will sensitize participants to various impediments to revisiting and reorganizing the “back story” of the ongoing relationship with the deceased, as well as to several techniques that can help move such work forward. Creative narrative, emotion-focused and performative methods will be presented and practiced for re-introducing the deceased into the social and psychological world of the bereaved and working through issues of guilt, anger and abandonment triggered by the death and the shared life that preceded it. Participants will leave with several tools for re-accessing and revising frozen dialogues with the deceased that hamper post-loss adaptation.

Learning outcomes:

- Describe two procedures for detecting obstacles to accommodating the loss deriving from invisible loyalties to the loved one.
- Practice two techniques for consolidating a constructive bond with the deceased as the client transitions toward a changed future.
- Choreograph imaginal dialogues between the client and the deceased to reaffirm love and resolve residual conflicts and disappointments.