

Using Nature Based Rituals with Bereaved Clients

The integration of ecopsychotherapy and therapeutic bereavement rituals are explored in this presentation. While bereavement rituals are plentiful across cultures and spiritual orientations, nature-based interventions remain a secular, trans-theoretical, and cross-cultural available resource that can be effectively integrated into grief therapy. Participants will leave the presentation understanding ecopsychotherapy, rites of passage as they relate to the bereavement process, the interface between nature-based interventions and ritual, and a practical intervention aimed at transformation and meaning-making in the bereavement process.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Describe ecopsychotherapy
2. Differentiate between personal and collective functions of rituals
3. Describe what is required for a ritual to be therapeutic
4. Define nature-based rituals
5. Demonstrate the use of the Development of a Nature-Based Ritual form

Seminar Schedule

Typically begins at 10:00 PM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Outline

Begin 10 AM ET
Effects and properties of natural environments
 Behavioral effects of natural environments
 Restorative properties of natural settings
Ecopsychotherapy
 Definition and research
 Characteristics of effective ecopsychotherapy
Rites of Passage
 The three phases
 Bereavement as a rite of passage
Break 11:30-11:45 AM ET
Bereavement Rituals
 Personal and societal functions of rituals
 Components of a therapeutic ritual
Nature-Based Rituals
 Definition and research
 Efficacy
Therapeutic application of the Development of a Nature-Based Ritual Form
End 1:15 Pm ET

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Continuing Education Credit

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The Presenter

Dr. Christina Zampitella, Psy.D., FT is a licensed clinical psychologist in both Delaware and California, made a Fellow of Thanatology (death, loss, and bereavement) by the Association for Death Education and Counseling, owner of The Center for Grief Therapy and Education, co-owner and director of clinical services at Integrative Psychology Group, professor/faculty member, and professional speaker. She works as an adjunct faculty member at Marian University's Master's in Thanatology program, National University, and Gold-eyOBeacom College, focusing her research, course development, and teaching on Bereavement Studies and Integrative Psychology. She served as the chair for the Continuing Education Committee for the San Diego Psychological Association from 2007-2009 and the Delaware Psychological Association from 2018-2019. Dr. Zampitella specializes in death, loss, and bereavement, integrative psychology, spirituality, and nature-based therapy. She is the former resident psychologist on Fox 5 News in San Diego, and often appeared on NBC News. She has been featured in Elle Magazine, BuzzFeed, and The Huffington Post.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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