

## Disenfranchised Grief

Grief is disenfranchised when a person is denied the right to grieve, does not have the social support essential to adapting to his or her loss, and is deprived of the social validation in order to heal. When the griever is disenfranchised, he or she may withdrawal from others or question his or her own grieving process, may not acknowledge the reality of the loss and its implications, or adapt to the loss in healthy ways. As a result, their grieving process remains private, intensifying the grieving process, which increases the risk of complicated grief.

Disenfranchisement comes from several sources, including one's cultural expectations, expectations of others, professionals who serve in "expert" roles, and even from the griever himself. Since every mental health professional will work with bereaved clients, it is essential that he or she know how to recognize disenfranchisement, understand the impact of disenfranchisement on the griever's mourning process, learn how to reduce the chance of disenfranchising his or her clients, and provide guidance and interventions for disenfranchised grievers as they navigate through the social interactions that may include unhelpful expectations and judgments. Attendees will engage in didactic lecture, case studies, and videos to meet these goals.

### Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

### Learning Objectives

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

1. Define and recognize disenfranchised grief
2. Identify the ways in which grievers are disenfranchised
3. Explain how disenfranchisement impacts the grieving process
4. Explain how cultural expectations of the grieving process may lead to disenfranchised grief
5. Apply interventions to decrease the risk of disenfranchisement

### Seminar Schedule

Typically begins at 10:00 AM and ends at 12 PM Eastern time. However, check the webinar schedule.

## Outline

Begin 10 AM ET

Types of Losses and Definition

Disenfranchisement

Failures

Empathic  
Ethical  
Political

Behaviors and Consequences

Interventions

End 12 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 2 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

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## The Presenter

Dr. Christina Zampitella, Psy.D., FT is a licensed clinical psychologist in both Delaware and California, Fellow of Thanatology (death, loss, and grief specialist certification awarded by the Association for Death Education and Counseling), owner of The Center for Grief and Trauma Therapy, 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 Goldey-Beacom 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 the Delaware Psychological Association. 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.

### General Information

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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