

## Grief in the DSM-5: The Most Recent Diagnostic Guidelines

A review of the DSM across the decades reveals a complicated history of the inclusion and exclusion of grief-related emotional difficulties for bereft clients. Starting with the DSM-III, uncomplicated bereavement was introduced as a condition that may be the focus of clinical attention. As research on complicated grief progressed, changes in subsequent DSMs has led to controversy, extended research, and, eventually, the inclusion of prolonged grief disorder in the upcoming release of the DSM-5-TR in mid-2021. This 3 hour presentation explores the history of how bereavement has been addressed in previous and current DSMs and the ICD, an examination of the bereavement exclusion in major depressive disorder and adjustment disorder, the development and inclusion of persistent complex bereavement disorder in the DSM-5, and the diagnostic criteria for prolonged grief disorder in the DSM-5-TR and the ICD-11. Additionally, the presentation will explore differential diagnosing so the practitioner will be skilled in making sound clinical judgment in treatment planning.

### 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. Explain the history of how bereavement has been addressed in previous Diagnostic and Statistics Manuals (DSM).
2. Explain why the bereavement exclusion was removed from the diagnosis of major depressive disorder in the DSM-5.
3. Apply diagnostic criteria from the DSM-5 to diagnose uncomplicated and complicated bereavement.
4. Identify the diagnostic criteria for prolonged grief disorder and characterize how it relates to clinical practice.
5. Make accurate diagnoses of disorders related to grief.

### 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

Grief in Previous DSM's

History of how bereavement has been addressed

Why changes were needed

Change in ICD-11

Prolonged grief disorder

Diagnostic criteria

Break 11:30-11:45 AM ET

Grief in the DSM-5: Changes and Diagnosis

Elimination of the bereavement exclusion criterion for major depressive disorder

Research regarding complicated grief

Persistent complex bereavement disorder in the DSM-5

How to diagnose complicated and uncomplicated bereavement using the DSM-5

A Look Ahead

Why Prolonged Grief Disorder in the DSM is needed in clinical practice

Proposed criteria

End 1:15 PM ET

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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.

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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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