

# Uncomplicated and Complicated Grief

Mental health and healthcare professionals are faced with the often misunderstood and misdiagnosed symptoms of uncomplicated and complicated grief. Formal education rarely, if ever, provides extensive enough training to accurately identify and treat those who are grieving. Often grieving clients present with other diagnoses because symptoms can mimic uncomplicated or complicated grief. The grieving process is often pathologized, or misdiagnosed, resulting in potential exacerbation of the presenting issues because inappropriate interventions are utilized. As a result, those who are grieving are often inadvertently disenfranchised by providers, which can make the professional support they sought to reconstruct their previously shattered identities and worldviews ineffective. It is essential to be versed in identifying grief related constructs that may underlie, or even cause, mental health difficulties.

This presentation aims to provide current information on the grieving process, clarify misconceptions of outdated theories, and differentiate between uncomplicated and complicated grief, and also examines the changes in conceptualization, differential diagnosing, treatment planning, and interventions used with grieving individuals. Attendees will leave with an improved clinical skill set they can immediately use to identify and treat their clients.

## 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 the psychological, physiological, behavioral, spiritual, interpersonal, cognitive, and emotional responses to loss
2. Define both "complicated" and "uncomplicated" bereavement
3. Define disenfranchised losses and work more effectively with individuals experiencing disenfranchised loss
4. Describe why the stage model of the grieving process is no longer utilized to inform treatment planning or develop interventions
5. Identify changes to the DSM-V as it relates to uncomplicated and complicated bereavement

## Seminar Schedule

Begin 10AM EST and end 5:00 PM, with 15 minute breaks at 11:30 and 3:30, and a half hour lunch break at 1PM

## Outline

BEGIN 10 AM ET  
Definitions  
Uncomplicated grief  
Disenfranchised grief

BREAK 11:30-11:45 PM ET  
Grief theories  
Cultural considerations  
Attachment  
Complicated grief

LUNCH BREAK 1-1:30 PM ET  
DSM-V and differential diagnosing  
Assessment

BREAK 3:30-3:45 PM ET  
Treatment Planning  
Interventions

END 5 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 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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