

## Greif Basics and Cultural Components of Death

Dr. Anissa Rogers, Ph.D and Melinda Laus, Ed.S, LMHC

This workshop is designed to acquaint participants with the needs and the issues affecting those who grieve. Interventions for work with clients experiencing grief and loss will be discussed including self reflection and skill building for counseling the bereaved. Culturally competent practices in grief counseling will be explored as well as sources of hope and how to maintain it.

### Learning Objectives:

1. Explore social expectations and cultural beliefs about grief.
2. Implement meaningful interventions and caring behaviors that support the bereaved.
3. Examine sources of hope and how to promote and maintain hope with the bereaved.

### Presenter Bios:

Anissa Rogers is Professor of Social Work at the University of Portland in Portland, Oregon, where she has been teaching since 1999. She serves as Director of the Dorothy Day Social Work Program and is the former co-director of UP's Gender and Women's Studies minor. She teaches courses across the social work curriculum including gerontology; human sexuality; gender and the body; death and dying; and international social work. Her research has mainly focused on mental health and other issues for LGBT older adults. Dr. Rogers earned M.S.W. and Ph.D. degrees in Social Work at the University of Utah and an M.A. in Counseling Psychology at Ball State University. Dr. Rogers is a licensed clinical social worker in the state of Oregon with an active private practice in EMDR, Reiki, and animal assisted therapy with older adults and hospice patients. In addition, she has been involved in various community-based clinical and research projects with the older LGBT community in Portland and has written a textbook, *Human Behavior in the Social Environment*, which is in its fourth edition with Routledge Publishers.

Melinda Laus, LMHC is a counselor in private practice at Courageous Mourning in Lake Oswego, OR. In her private practice she works primarily with clients experiencing grief and loss with a special focus on supporting young widows. In addition to her private practice work, she is the counselor for the Washington County Family Caregiver Program where she provides groups and individual counseling to those who are caregiving for a family member. Melinda earned her Ed.S. degree in School Psychology at Lewis and Clark College. Melinda is a Licensed Mental Health Counselor in the state of Washington and an LPC Intern in the state of Oregon.

## Working with Children and Teens Experiencing Grief and Loss

Jana DeCristofaro, LCSW

Even though grief happens to everyone, it's rarely talked about or taught directly in most undergraduate and graduate education programs. In this workshop, we'll focus on how the death of a family member or friend can affect children and adolescents emotionally, cognitively, behaviorally, physically, and spiritually. We'll also explore how grief is understood and expressed at various developmental stages. One of the most helpful skills in working with grieving children and teens is self-awareness about assumptions and experiences with grief. Participants will have the opportunity to practice this skill through experiential activities they can use with clients. Finally, we'll delve into helpful and unhelpful ways of talking with children and teens about their grief.

### Learning Objectives:

1. Demonstrate an understanding of common grief reactions for children and adolescents.
2. Identify helpful and unhelpful responses to grief in therapeutic environments.
3. Explore the skill of self-awareness through the use of grief-focused activities.

### Presenter Bio:

Jana DeCristofaro, LCSW is the Volunteer and Children's Grief Services Coordinator at The Dougy Center for Grieving Children in Portland, Oregon. The Dougy Center provides ongoing peer support groups for children, teens, young adults, and their adult family members grieving the death of a parent, sibling, primary caregiver, or close teen friend. Through their Pathways Program, The Dougy Center provides a safe place for families facing an advanced serious illness. Jana coordinates bereavement groups for children, teens, and young adults. Jana has presented at the National Alliance for Grieving Children and the Association for Death Education and Counseling conferences and is the co-author of a number of chapters including: *Principles and Practices of Peer Support Groups and Camp-Based Interventions for Grieving Children* (Children's Encounters with Death, Bereavement, and Coping), *After a Parent's Death: Group, Family, and Individual Therapy to Help Children* (Play Therapy with Children in Crisis: Individual, Group, and Family Treatment), and *Humor with Teens & Grief* (Handbook of Adolescent Death and Bereavement). Jana is also the host and content manager of Dear Dougy, The Dougy Center's podcast.

## Death in the Workplace

Susan B. Zall, LPC, NCC

In the course of our working life, we will experience loss from death; our own family, a co-worker, a co-worker's family. How is this loss experienced in the workplace and how can we as counselors assist clients? How does American culture legitimize some grief but de-legitimize others?

Learning Objectives:

1. Define death in the workplace
2. Explore the impacts of death in the workplace on both the co-workers and their families and friends.
3. Identify ways to assist affected clients

Presenter Bio:

Susan B. Zall, LPC, NCC has been a licensed professional counselor since 1999. She worked in private practice in the Portland area with adults and couples from 2002 until retiring in 2010. Since 2002, Susan has provided consultation/counseling for corporations and businesses experiencing Workplace Disruption. This has included on-site counseling for employees and management in situations such as layoffs and closings, robberies, fires and deaths. Susan also serves on the ORCA Board as the Program Administrator/ACEP Administrator.