

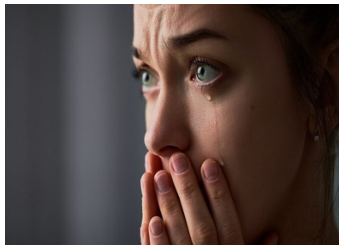
## Advanced Interventions in Grief Therapy: *Integrating Neuroscience, Attachment, Thanatology, and Grief Theory* Video Course

Dr. Phyllis Kosminsky

author of *Attachment Informed Grief Therapy: The Clinician's Guide to Foundations and Applications*

Video Course  
CPD/CE credits: 3

Price: £69



Online video access remains available for 1 year from the date you receive the video course.

Navigating the complexities of grief within psychotherapeutic practice presents a significant challenge for clinicians. As seasoned psychotherapists and psychologists, we regularly confront a spectrum of grief manifestations as clients grapple with the aftermath of profound loss. **Bereavement, an emotional maelstrom, triggers a myriad of psychological responses, from deep sorrow and existential emptiness to a fundamental reconfiguration of one's identity and relational world.** Understanding the labyrinthine nuances of grief demands not only a profound comprehension of grief theory but also adept application of advanced therapeutic interventions.

In this ground-breaking webinar, rooted in the latest research spanning grief theory, neuroscience, thanatology, and attachment theory, Dr. Kosminsky synthesizes cutting-edge findings to unveil novel insights with direct implications for clinical practice. Thanatology, the scholarly examination of death and dying, furnishes a conceptual framework essential for deciphering the intricate layers of grief's impact on individuals' lives.

In contrast to dysfunctional attachment patterns, clients seeking grief therapy have real-time **emotional injury**, usually in the recent past. As clinicians, we must grasp the immutable reality that our clients are grappling with the irreversible absence of significant figures in their lives. Consequently, the delicate therapeutic alliance between the grieving client and the therapist assumes paramount importance, emerging as the focal point of intervention. **Serving as a transitional attachment figure, the therapist guides clients through the labyrinthine passages of grief, acknowledging that the past serves as a lodestar shaping present experiences, while facilitating a journey toward a reimagined future.**

Recent advancements in neuroscience have illuminated the neurobiological substrates underpinning grief and attachment processes. **Armed with insights into how early caregiving experiences sculpt brain regions implicated in emotion regulation, stress responsiveness, and social cognition, therapists can discern**



**adaptive and maladaptive grief trajectories.** Furthermore, contemporary findings in interpersonal neuroscience bolster our understanding of attachment dynamics. Leveraging technological breakthroughs, we gain unprecedented insights into the brain's development, organization, and plasticity, **instilling hope for targeted interventions aimed at ameliorating grief-related distress.** Neuroscience-informed therapeutic methods offer a beacon of promise, harnessing the brain's inherent capacity for healing and resilience to support bereaved individuals on their path toward recovery.

Moreover, our exploration encompasses the **intricate interplay between attachment orientations and grief complications,** including the recently recognized prolonged grief disorder (PGD). Dr. Kominsky furnishes attachment-informed guidelines tailored to individuals grappling with PGD or traumatic loss, offering a roadmap for navigating the labyrinthine corridors of grief.

Join us for an illuminating online seminar where we examine how attachment-informed grief therapy serves as a transformative lens through which to navigate grief's multifaceted terrain. By synthesizing insights from attachment theory, neuroscience, and clinical practice, participants will acquire invaluable tools and perspectives to bolster their efficacy in supporting bereaved clients on their journey toward healing and resilience.

Drawing upon her rich clinical experience and acumen, Dr. Kosminsky illustrates how attunement to clients' attachment experiences fosters a robust, trusting therapeutic alliance. Through evocative case studies, participants witness the transformative potential of **attachment exploration, emotion-focused strategies, and narrative therapy in meaning-making and fostering resilience** amidst loss-induced upheavals.

#### Key Themes:

- **Attachment and Grief:** Unravel the relationship between attachment orientations and grief responses, discerning how early relational patterns influence bereavement outcomes and therapeutic rapport.
- **Neuroscience Perspectives:** Navigate the neural pathways of grief, informed by cutting-edge research on the neurobiological underpinnings of attachment and loss. Discover how neuroscience illuminates avenues for therapeutic intervention and resilience-building.

By the conclusion of this seminar, participants will be able to:

- **Identify Core Principles of Attachment Theory in Grief and Loss:** Explore the foundational tenets of attachment theory as they pertain to grief and loss, discerning how **attachment experiences shape individuals' responses to bereavement.**
- **Synthesize Recent Developments in Bereavement Research and Neuroscience:** Analyze recent breakthroughs in bereavement research, neuroscience, and attachment theory to deepen **comprehension of adaptive and maladaptive grief trajectories, integrating this knowledge into clinical practice.**
- **Apply Attachment-Informed Grief Therapy in Clinical Settings:** Cultivate practical skills in implementing attachment-informed grief therapy to efficaciously support bereaved clients. Learn to tailor therapeutic interventions based on clients' attachment histories to fortify therapeutic alliances and facilitate healing.
- **Explore the Efficacy of Attachment-Informed Grief Therapy:** Explore prevalent clinical manifestations encountered in bereaved individuals and discern how attachment-informed interventions offer nuanced and effective therapeutic modalities.

### Learning Objectives:

- Identify Core Principles of Attachment Theory in Grief and Loss and how **attachment experiences shape individuals' responses to bereavement.**
- Discuss Recent Developments in Bereavement Research and Neuroscience and **integrating this knowledge into clinical practice.**
- Apply Attachment-Informed Grief Therapy in Clinical Settings, tailoring therapeutic interventions based on clients' attachment histories to fortify therapeutic alliances and facilitate healing.

### About the speaker

**Phyllis Kosminsky** is a clinical social worker specializing in grief, loss, and trauma. Over the past 30 years, Dr. Kosminsky has provided counselling and support to hundreds of bereaved individuals and families and has helped many more in grief support groups. Dr. Kosminsky conducts trainings for mental health professionals nationally and internationally in the treatment of normal and complicated grief and is a regular presenter at national and international conferences.

Her publications include journal articles, book chapters, and the book *Getting Back to Life When Grief Won't Heal*. Her book with John R. Jordan, *Attachment Informed Grief Therapy: The Clinician's Guide to Foundations and Applications* was published by Routledge in February of 2016 and updated with a Second edition in 2024. Dr. Kosminsky is an adjunct Professor of Social Work at Fordham University, a past President of the Association for Death Education and Counseling (ADEC) and in 2014 was admitted to membership in the International Work Group on Death, Dying and Bereavement. In 2024 Dr. Kosminsky was honoured to receive ADEC's Clinical Practice Award in recognition of her work as a grief therapist and her contributions to the field.

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