



The Amelia Center's 15th Annual Spring Bereavement Workshop



THE AMELIA CENTER

Featured Presenter:

Phyllis Kosminsky, Ph.D., LCSW

Featured Topics:

Attachment Informed Grief Therapy: Interventions to create safety, strengthen self-capacities, and promote re-engagement

Friday, April 14, 2023

Location: **Vestavia Civic Center**, 1090 Montgomery Hwy, Vestavia Hills, AL 35216

Cost: \$95 Early Registration (\$105 if postmarked after 3/23/2023)
\$70 Student Rate (proof of student status required)
Includes Workshop, Continuing Education Credit, Chicken Biscuit Breakfast, Lunch, and Refreshments

REGISTRATION DEADLINE – April 6, 2023

Continuing Education Credit: **5.5 Total Contact Hours (1 hour ethics)**

- NBCC Provider # 6193*
- AL Social Workers Provider # 0354 (4.5 Clinical Hours, 1 hour ethics)
- Others may apply for credit through their accreditation boards. All participants will receive a certificate of attendance.

REGISTRATION ❖Registration will be guaranteed when payment is received. ❖

- Registration by credit card may be completed online at: <http://give.childrensal.org/AmeliaCenterWorkshop2023>
- If paying by check, complete the form below and return with check made payable to "The Amelia Center"
Send payment to - 1513 4th Avenue South, Birmingham, AL 35233

Name:	
Organization:	
Address:	
City, State, Zip:	
Phone:	
Email: (Required - You will receive confirmation via email)	
Choice of Box Lunch:	<input type="checkbox"/> Grilled Chicken Wrap <input type="checkbox"/> Turkey & Swiss Sandwich <input type="checkbox"/> Veggie wrap with hummus <input type="checkbox"/> Roast Beef Croissant
Professional Designation (LPC, LCSW, etc.)	

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Program description

Attachment status is one of a very few factors that have consistently been identified by researchers seeking to understand the underlying causes of complicated vs. normal grief. These findings concerning adaptation to loss are part of a growing body of research emphasizing the impact of early relational experience and attachment orientation on emotional health across the lifespan. In this full day presentation, the instructor will explain the significance of contemporary perspectives on attachment that are critical to understanding variations in how people grieve and will explore in depth the implications of these insights for the practice of therapy with bereaved individuals.

Death competence, defined as specialized skill in tolerating and managing clients' problems related to dying, death, and bereavement, is a necessary prerequisite for ethical practice in grief counseling. We will discuss the evolution of this concept and consider why death competence is essential to providing clinically effective and ethically sensitive grief counseling. Throughout the day we will use client videos and case discussion to deepen our understanding of how theory translates into practice. Ample time will also be given for questions and discussion with those in attendance. You will end the day with insight into the value of attachment theory in guiding treatment formulation and with tools that will help you support your bereaved clients.

Learning Objectives

At the conclusion of this workshop, participants will be able to:

1. Identify core principles of attachment theory that relate to grief and loss.
2. Define what is meant by "death competence" and discuss why death competence is essential to the ethical practice of grief therapy.
3. Describe recent developments in bereavement research, in neuroscience and in attachment theory that bear on our understanding of how people adapt to loss.
4. Describe what is meant by "attachment informed grief therapy" and discuss the practical application of attachment theory in providing bereavement support to individuals with attachment related grief complications.

CANCELLATION POLICY

Registrants who notify The Amelia Center in writing of their cancellation on or before the early registration deadline date will receive a 100% refund of the registration fee. Those who cancel after the early registration deadline, but before the workshop date, will receive a refund of 50% of the registration fee. Organizations may send a substitute attendee if the original registrant is unable to attend. No refunds will be issued on or following the workshop date.

Schedule (8:30 am – 3:30 pm)

8:00 am	Registration and Breakfast
8:30 am	Program begins
11:30 am	Lunch
12:15 pm	Program resumes
3:30 pm	Evaluations, Adjournment and Certificates



Children's
of Alabama



** The Amelia Center of Children's of Alabama has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6193. Programs that do not qualify for NBCC credit are clearly identified. The Amelia Center of Children's of Alabama is solely responsible for all aspects of the programs.*

The Amelia Center • 1513 4th Avenue South • Birmingham, Alabama 35233
(205) 638-7481 • www.ameliacenter.org

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Attachment Informed Grief Therapy: Interventions to create safety, strengthen self-capacities and promote re-engagement

ABOUT OUR PRESENTER



PHYLLIS KOSMINSKY, PhD, FT, is a clinical social worker in private practice in Westchester, New York, and at the Center for Hope in Darien, Connecticut, where her work focuses on grief, loss and trauma. She received her Master's Degree in Social Work from Columbia University and her Ph.D. in Social Welfare from Brandeis University. She is a certified provider of EMDR and has extensive training in hypnotherapy as an adjunctive psychotherapy technique.
