



Coping with Grief and Loss

April 28, 2022

DETAILS & LOGISTICS

Time: 1:00pm—2:00pm EDT

Where: Virtual (*Zoom webinar*)

COURSE DESCRIPTION

Coping with grief and loss is never easy and over the last two years, marginalized populations have been disproportionately impacted by grief due to the COVID-19 pandemic. When someone close to you is dealing with the loss of a loved one, it can be challenging to know what you can say or do to be supportive. This webinar will provide information to increase understanding of the grief experience, the impact of grief on mental and physical health, and provide the audience with guidance and creative solutions for supporting their grieving friends, family members, and colleagues.

OBJECTIVES

- Define grief and at least three types of losses that may cause grief
- Understand the impact of grief on mental health and wellness, including common symptoms associated with grief
- Identify at least two strategies to manage symptoms of grief and will learn about mental health and wellness support and resources

WHO SHOULD ATTEND?

Mental health professionals and individuals working directly with adults or youth who have experienced grief and loss

Certificates of attendance will be available to viewers of 50% (30 minutes) or more of the live webinar via email within 30 business days following the event. CEUs are not available for this session.

SPEAKERS:



Dr. Nicole Cammack is a licensed Clinical Psychologist in Washington, DC and in the state of Maryland. She received her bachelor's degree from Howard University and her master's and Ph.D. in Clinical Psychology from The George Washington

University. Throughout her career, Dr. Cammack has focused on identifying ways to address the cultural and systemic issues that impact Black mental health and wellness. This passion led to the development of Black Mental Wellness, Corp. of which she is the President and CEO.



Dr. Danielle Busby was born in Detroit, MI and raised in the Detroit metropolitan area. She received her B.A. in Psychology from the University of Michigan, and her master's and Ph.D. in Clinical Psychology from The George Washington University.

Currently, Dr. Busby is an Assistant Professor at the University of Texas Medical Branch (UTMB). In this role, she primarily serves youth and families experiencing a range of mental health concerns through the Texas Child Health Access Through Telemedicine (TCHATT) program. Dr. Busby's expertise is in trauma-informed assessment and intervention; evidence-based clinical practices; and suicide risk assessment and intervention. She is passionate about decreasing barriers to mental health service use for underserved patient populations and is committed to continuously bridging the gap between research and clinical practice.

Registration questions, training@danyainstitute.org 240-645-1145

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