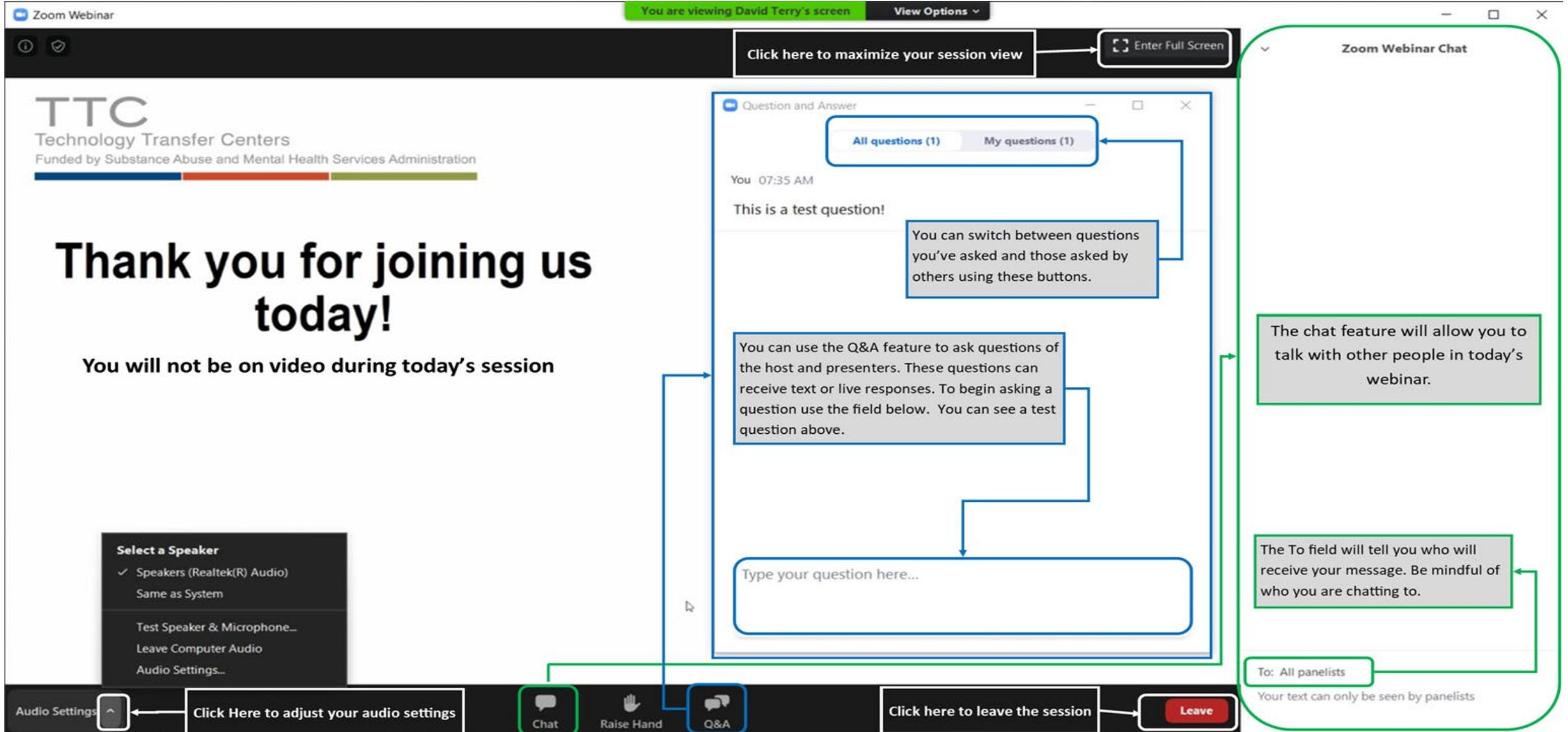


Please Note:

- All attendees are muted
- Today's session will be recorded

Get to know the Zoom Webinar interface



The screenshot shows a Zoom Webinar interface with several key components and annotations:

- Header:** "Zoom Webinar" window title, "You are viewing David Terry's screen", and "View Options" dropdown.
- Session Controls:** "Click here to maximize your session view" and "Enter Full Screen" button.
- Main Content:** "TTC Technology Transfer Centers" logo and "Thank you for joining us today!" message. A note states: "You will not be on video during today's session".
- Q&A Feature:** A "Question and Answer" window is open, showing "All questions (1)" and "My questions (1)" tabs. A test question is displayed: "This is a test question!". A text box explains: "You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above." Below the question is a text input field labeled "Type your question here...".
- Chat Feature:** A "Zoom Webinar Chat" window is open on the right. A text box explains: "The chat feature will allow you to talk with other people in today's webinar." Another text box points to the "To:" field, stating: "The To field will tell you who will receive your message. Be mindful of who you are chatting to." The "To:" field is currently set to "All panelists". A note at the bottom of the chat window says: "Your text can only be seen by panelists".
- Audio Settings:** A "Select a Speaker" menu is open, showing "Speakers (Realtek(R) Audio)" selected. A button "Click Here to adjust your audio settings" points to the "Audio Settings" icon in the bottom toolbar.
- Bottom Toolbar:** Includes "Audio Settings", "Chat", "Raise Hand", "Q&A", "Click here to leave the session", and a "Leave" button.



 MHTTC
*Grief Sensitivity
Virtual Learning Institute*

A two-part series for those supporting individuals
experiencing grief and loss during COVID-19 and beyond

 bit.ly/mhttc-grief-sensitivity-training

Recordings for each session will be made available on our website:

<https://bit.ly/mhttc-grief-sensitivity-training>



MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Grief Sensitivity Virtual Learning Institute: Understanding Loss and Grief in These Uncertain Times

Thursday, September 10, 2020

Janice Nadeau, PhD, LP, LMFT, RN, FT

Minnesota Human Development Consultants



Housekeeping Items

- We have made every attempt to make today's presentation secure. If we need to end the presentation unexpectedly, we will follow-up using your registration information.
- All attendees are muted and cannot share video.
- Have a question for the presenters? Use the Q&A
- Have a comment or link for all attendees? Use the Chat
- At the end of today's training please complete a **brief** survey about today's training.
- You will receive an email on how to access a certificate of attendance; must attend at least half of the session.

Please Note:
Session recording and slide deck will be posted on our website within a week.

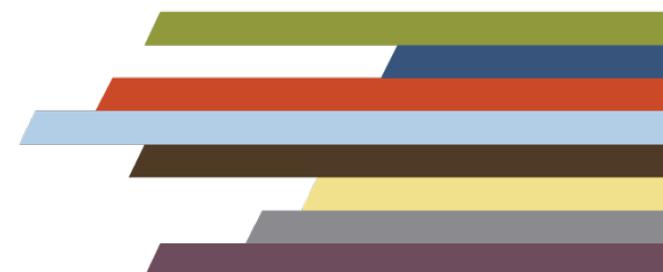
- This event is closed captioned!



- Follow us on social media



@MHTTCNetwork



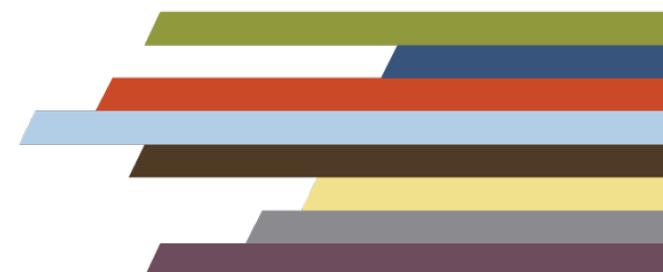
Additional Information on Grief

Fact Sheets

- Just released a series of fact sheets focused on addressing various grief-related topics
 - [Defining Grief](#)
 - [Responses to Grief Across the Lifespan](#)
 - [Preventive Strategies and Protective Factors](#)
 - [Cultural Responsiveness](#)
 - [Evidence-Based Treatments for Grief](#)

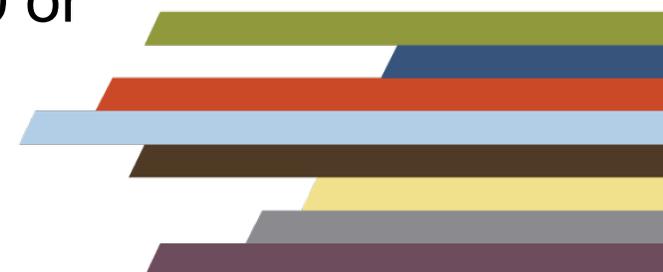
Webpage

- *Responding to COVID-19: Grief, Loss, and Bereavement* - visit our webpage for events and resources
- <https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-grief-loss-and-bereavement>



Grief and Self-Care

- Be sensitive to your own grief and reactions throughout the Learning Institute. Take breaks, stretch, drink lots of water...
- **Helplines and Support**
 - **National Suicide Hotline** - 1-800-273-8255
 - **NAMI** - 1-800-950-NAMI (6264) or info@nami.org
 - **Mental Health America**- 1-800-273-TALK (8255), text MHA to 741741
 - **SAMHSA's National Helpline** - referral and information - 1-800-662-HELP (4357)
 - **SAMHSA's Disaster Distress Helpline** - 1-800-985-5990 or text TalkWithUs to 66746



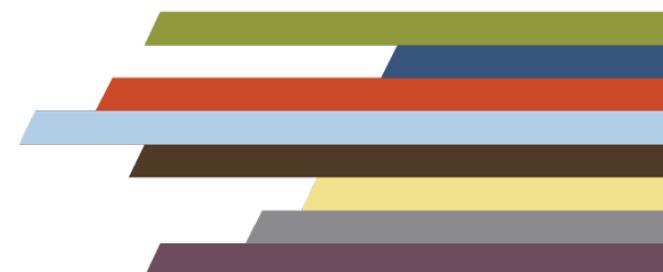


MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

- The MHTTC Network accelerates the adoption and implementation of mental health related evidence-based practices across the nation
 - Develops and disseminates resources
 - Provides free local and regional training and technical assistance
 - Heightens the awareness, knowledge, and skills of the mental health workforce
- 10 Regional Centers, a National American Indian & Alaska Native Center, a National Hispanic & Latino Center, and a Network Coordinating Office
- www.mhttcnetwork.org



Connect with Your MHTTC at www.mhttcnetwork.org

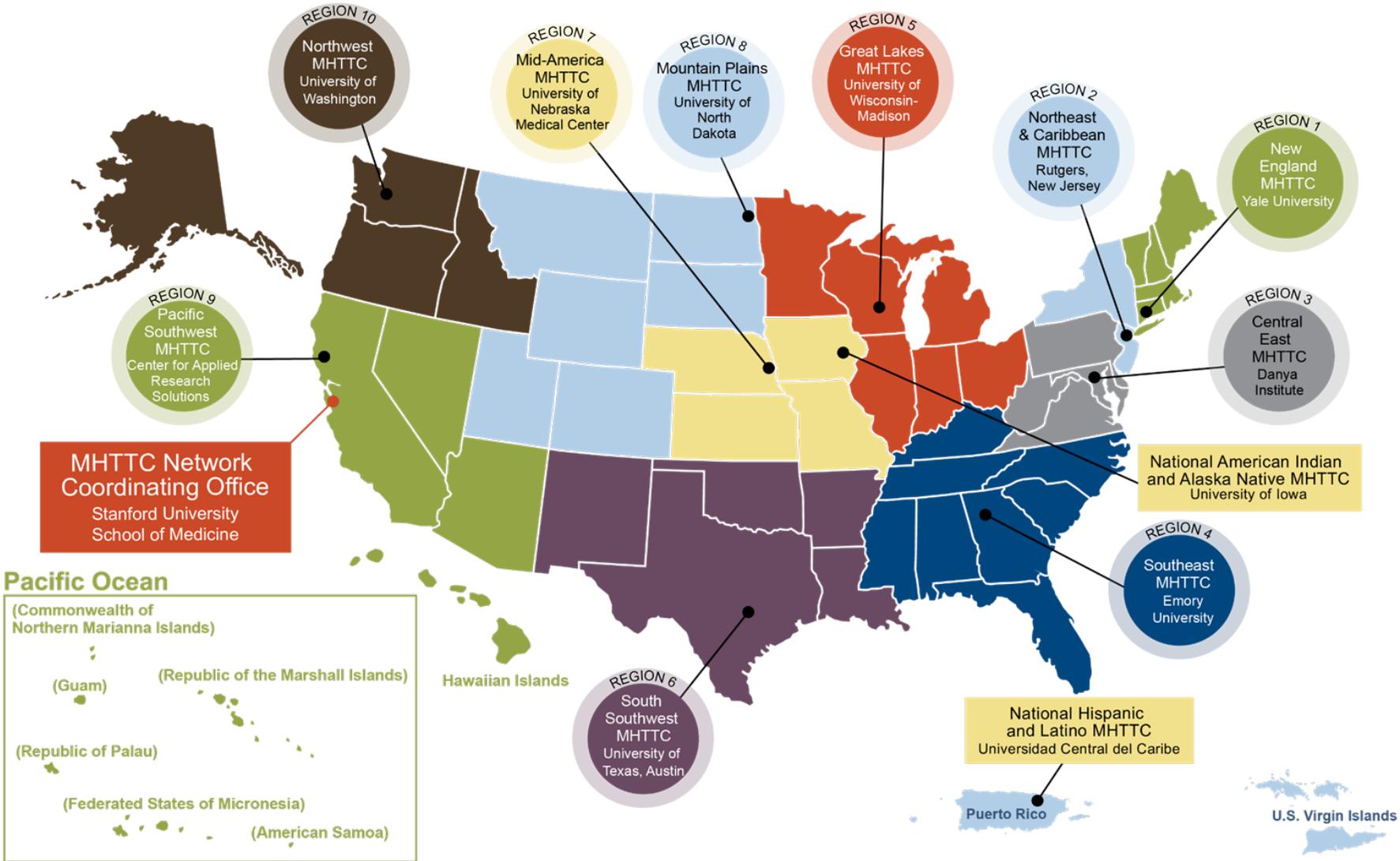


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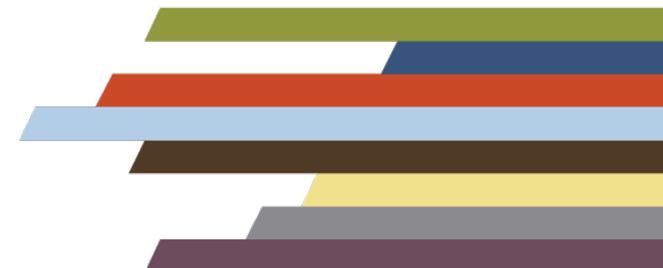
MHTTC Network



Disclaimer

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At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.





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Mental Health Technology Transfer Center Network

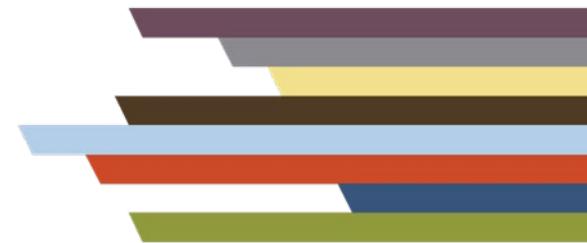
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GRIEF SENSITIVITY VIRTUAL LEARNING INSTITUTE

SEPTEMBER 10-11, 2020 AND NOVEMBER 12-13, 2020

CONDUCTED BY THE MENTAL HEALTH TECHNOLOGY TRANSFER CENTER NETWORK

FUNDED BY THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES
ADMINISTRATION

UNDERSTANDING LOSS AND GRIEF IN THESE UNCERTAIN TIMES

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INTRODUCTION SLIDE 1

My Main contribution: NIH funded doctoral work on family meaning-making in bereavement.

Dissertation contest led to publication of *Families Making Sense of Death* (Sage in 1998)

Catapulted me onto international scene leading to IWG invitation

I have presented this research and taught in 8 different countries and in multiple sites nationally.

Robert Neimeyer, editor of *Death Studies Journal*, recently described *Families Making Sense of Death* as “a classic book” in the field of loss and grief.

INTRODUCTION SLIDE 2

Since 1983 I have been in private practice specializing in loss, grief, death, dying and most recently, in dementia couple care.

The five S's that have served me well in this Covid-19 Crisis

structure

schedule

stabilization

strengths

salvage

ABOUT YOU

We are facing a tsunami of loss as deaths and non death losses inundate us and the people whom we all are attempting to help.

All the while we must cope with many of the same losses ourselves and be smart enough, strong enough, caring enough to do what needs to be done.

It is my opinion that it will be programs like this that will help us to do our work while sharing the challenges we face with each other openly.

It is my hope and prayer that something I will say in this presentation will help you do the work that needs to be done while surviving well yourselves.

THE RELATIONSHIP BETWEEN LOSS AND GRIEF

The loss is the wound.

Grief is the healing. Grief is not a disease or something to be gotten over.

A working definition of loss according to Peretz is:

“being without someone or something we once had or thought we had.”

Types of loss

- Loss of possessions
- Developmental losses
- Loss of self
- Loss of others

FIVE LAYERS OF LOSS AS REPRESENTED ON ONE HAND

1. All the losses that we experienced before Covid-19
2. Losses related to the pandemic
3. Losses related to racial strife
4. Losses related to political turmoil
5. Losses related to global warming

LOSSES RELATED TO THE PANDEMIC ARE LEGION

Loss of the assumptive world according to Janoff-Bulman

Loss of dreams and expectations

Loss of control, powerlessness of the individual (Camus, *The Plague*)

Loss of schedule and structure

Loss of predictability

Loss of financial security

Loss of recreation and entertainment

Loss of social connections and social activities

Loss of safety

Loss of identity

Loss of developmental markers / growing-up rituals

LOSSES ARE EXPERIENCED DIFFERENTLY DEPENDING UPON...

Some say we are all in this together, but are we?

We are all in the same storm but not in the same boat.

It's important not to minimize the circumstances of the most endangered.

WELTSCHMERZ: A PARTICULAR KIND OF LOSS

German, from Welt 'world' + Schmerz 'pain'.

WORLD PAIN

A feeling of melancholy and world-weariness.

The creation of trauma

(David Grand developer of Brain-Spotting, a technique for trauma treatment)

1. Our survival is threatened

Too Scared to Cry: Psychic Trauma in Childhood, L. Terr

2. We feel isolated and alone

3. We experience a loss of control

The virus is driving the bus, not us!

CORONAVIRUS ANXIETY SCALE (CAS): A BRIEF MENTAL HEALTH SCREENER FOR COVID-19 RELATED ANXIETY

A five-item scale developed by Sherman A. Lee, Ph.D.

N of 775 adults with anxiety over the coronavirus early in the pandemic

Designed to identify dysfunctional anxiety and symptom severity

Elevated scores were associated with functional impairment, alcohol/drug coping, negative religious coping, extreme hopelessness, suicidal ideation and attitudes toward Trump and Chinese products.

GENERAL RESPONSE TO THE PANDEMIC: SYMPATHETIC NERVOUS SYSTEM EFFECTS IDENTIFIED BY THE CAS

1. Light headedness, dizziness
2. Sleep disturbance, insomnia
3. Tonic immobility, feeling frozen
4. Appetite loss
5. Nausea, abdominal distress

THIS FOLLOWS FROM THE FINDING THAT THE MOST COMMON RESPONSES TO THE PANDEMIC ARE SYMPATHETIC NERVOUS SYMPTOMS RESPONSES

The main chemical of the sympathetic nervous system under stress is adrenalin and adrenalin is high in states of anxiety.

We have known for a long time that some anxiety keeps us safe and productive but excessive amounts especially if they are prolonged, lead to illness.

This fact has critical implications for intervention that I will talk more about in part two of our institute in November.

My opinion: We are experiencing adrenal burnout, stress burnout so we are beginning to see more lethargy, malaise, apathy and increased risk taking because we are becoming desensitized to the threat.

ADDICTION AND THE PANDEMIC

An increased need for self medicating with one's substance of choice
from increased fear, anxiety, isolation, and unmet needs

Loss of jobs may increase criminal behavior to obtain drug money

Limits on coping resources from early developmental delay from use

Bars closed so no social restraints from bar tenders and friends

Many without technology so social resources are limited like AA

Risk of overdose or withdrawal as people are isolated from each other

Grief is inhibited by anesthetizing the brain



SOME THEORIES & STREAMS OF RESEARCH THAT HAVE DOMINATED THE GRIEF FIELD IN RECENT YEARS.

There is no substantial research to support stages of grief.

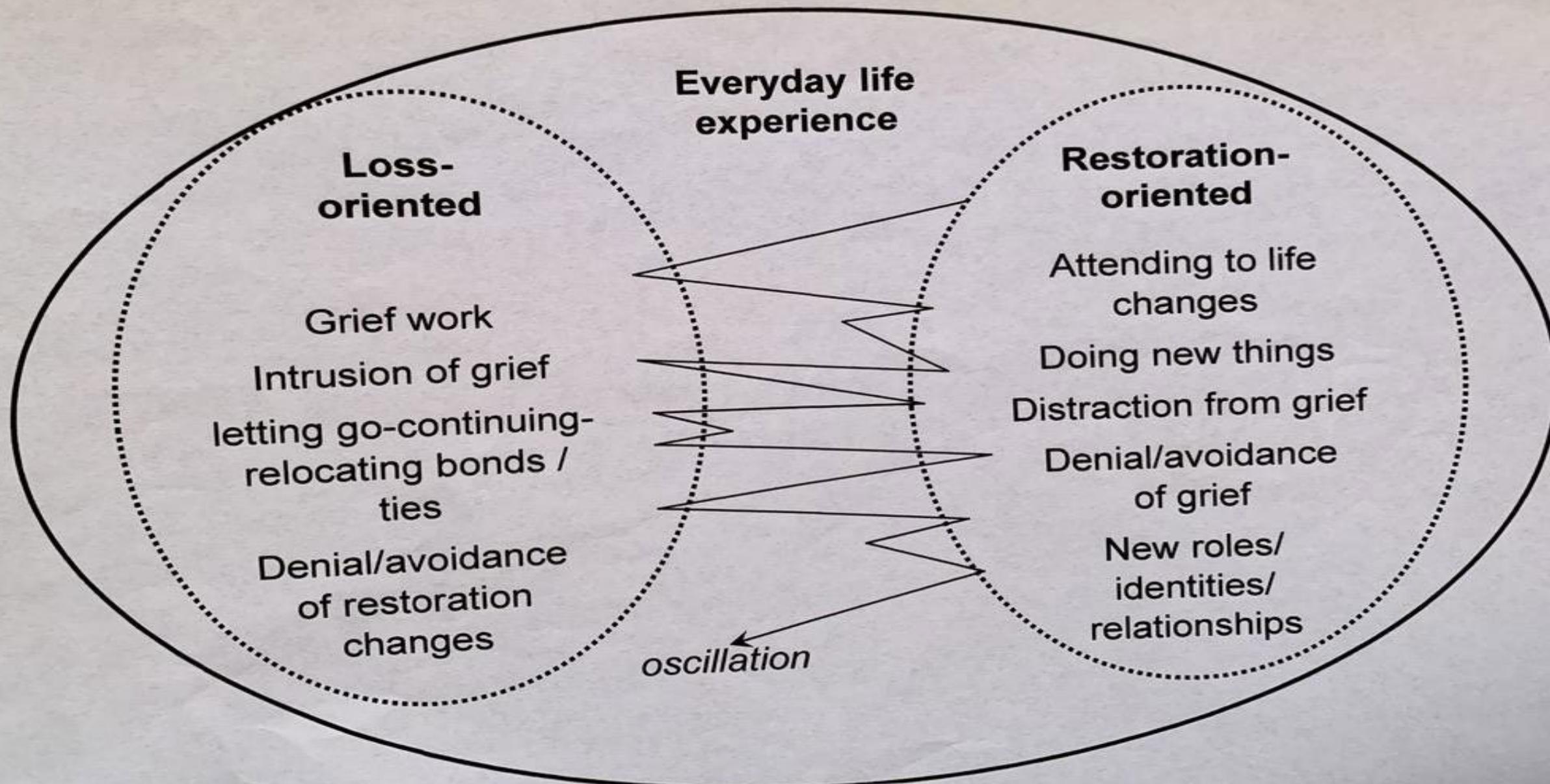
One model that I have found most helpful for clients is The Dual Process Model for Coping with Bereavement (Stroebe, M. and Schut, H., 1999).

University of Utrecht, The Netherlands. Bereavement research and authorship of 3 Bereavement handbooks that bring together loss and grief research from around the world and over time.

Have continued their research looking at differences depending upon attachment style, willingness to disclose and most recently early family applications.

The Dual Process Model of Coping with Bereavement

Stroebe & Schut (1999)



SOME GRIEF THEORIES AND APPROACHES TO CONCEPTUALIZING GRIEF-RELATED PHENOMENA

Continuing bonds (Silverman, P., Klass, D., Nickman, S., 1996)

Meaning-making in Bereavement (Nadeau, J., Neimeyer, R., Lichtenthal, W.)

Disenfranchised Grief (Doka, K., Research Press, 1989)

Post Traumatic Growth (Tedeschi, R. and Calhoun, L., 1996)

Complicated Grief Therapy (Shear, K., Columbia University)

Family Focused Grief Therapy (Bowen, M., Nadeau, J. Kissane, D., Lichtenthal, W.)



THE ROLE OF MEANING IN COPING WITH THE PANDEMIC

- Human beings construct meaning as spiders construct webs. (Catherine Bateson).
- Joseph Cambell argues that human beings should have been classified as *Homo Narrus* rather than *Homo Sapiens* because as a species we understand our world by way of stories.
- Meaning-making is not only finding meaning and purpose, as in Frankl's 1946 classic, *Man's Search for Meaning*.
- Meanings attached to events can also be negative and have negative consequences such as "this pandemic would not have been as bad had our leadership acted when the virus was first identified."

MEANING-MAKING, A USER-FRIENDLY TERM FOR SENSE MAKING

Other terms: MeaningAppraisal (Lazarus), challenge? or threat?

Attribution Theory to explain the causes of behavior, especially in medicine.

Meaning reconstruction or construction of reality

- Jerome Bruner (1915-2016) at Harvard coined the word meaning making in 1960 as part of the Cognitive Revolution, a movement away from B.F. Skinner's behaviorism.
- Robert Neimeyer started his work using terms such as the reconstruction of reality but currently is working on developing a theory of meaning-making at The Portland Institute on Transition and Loss
- Meaning-making in family bereavement, (Nadeau, 1998).
- Sloan Kettering in NY is testing a meaning-centered model of care for bereaved parents.

SYMBOLIC INTERACTION THEORY

S.I. came out of the University of Chicago in the 40s (W.I.Thomas, H.Meade, C.H.Cooley, H.Z.Lopata).

The major tenant of S.I. is that we learn life by way of symbols that arise as we interact with others.

Families and communities are beehives of meaning-making activity.

One cause of our current sense of unreality is from the disruption of interaction with our usual others.



REALITY IS CONSTRUCTED

W. I. THOMAS FAMOUS FOR DESCRIBING
THE PHENOMENON OF SELF-FULFILLING
PROPHECY CONTENDS THAT:

IF (PEOPLE) DEFINE SITUATIONS AS REAL,
THEY ARE REAL IN THEIR CONSEQUENCES.

S.I. ASSUMPTIONS AND CONCEPTS

Reality is created interactively from our beginning, perhaps even before birth
(see *TIME* 9-6-10 issue).

Everyday reality is maintained by interactions with significant others,
therefore, when the death of a significant other occurs surviving family
members commonly report having a sense of unreality.

Or, during this pandemic one effect of not being able to interact with others is
a growing sense of unreality.

S. I. APPLICATION

When a “significant other” dies or we become inaccessible to each other as is the case with residents in nursing homes during the pandemic, residence and their significant others may experience a loss of identity because one learns who one is based on what others reflect back.

Definition of the situation is a term in S.I. to capture the meaning assigned to a given event, an event such as the death of a family member or a pandemic.

ARISTOTLE: *HORROR VACUI* TRANSLATES AS NATURE ABHORS A VACUUM

Considering this principle of physics may help us understand why people are drawn to explanations other than the scientific explanation that the virus migrated from bats to humans.

It was God's punishment or God's will

The virus has done what nothing else could: slow us down...

Conspiracy theories such as the Chinese set it loose on purpose

ALBERT CAMUS IN *THE PLAGUE* (1947)

“Millions of deaths are like a mist floating through history”, Camus.

We are at risk of becoming inured, that is, becoming accustomed to something negative as if it is not what it is.

SOME RISK FACTORS AFFECTING HOW WE COPE WITH LOSS

Just as high “viral load” leads to more severe Covid-19 disease, psychological “load” leads to a less healthy response to loss.

Mental illness, especially PTSD, anxiety and depression

Unaddressed losses

Previous and current trauma

Dysfunctional family systems, e.g., alcoholic or CD

Racial injustice

Deprivation

POTENTIAL LONG-TERM CONSEQUENCES

Just as Covid-19 can have physical residual, living through the pandemic can have psychological residual

Survivors guilt

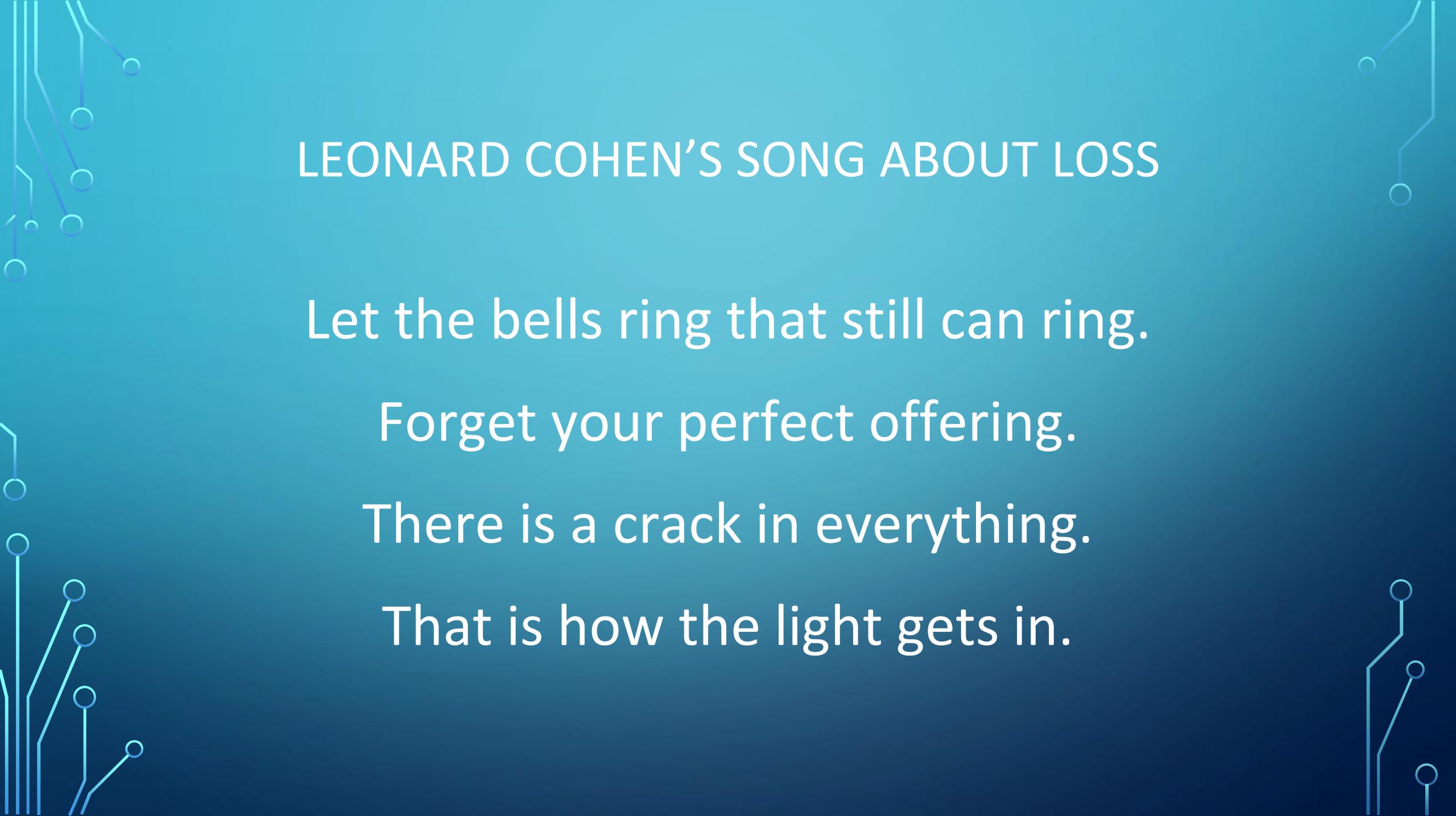
Guilt if you believe that you exposed someone

Long term blaming someone you believe exposed you or loved ones especially if death ensues

Ungrieved losses

PTSD or PTSD-like reactions

Problematic meanings attached to the pandemic

The background is a dark teal gradient. In the corners, there are decorative white and light blue circuit-like patterns consisting of lines and small circles, resembling a stylized PCB or network diagram.

LEONARD COHEN'S SONG ABOUT LOSS

Let the bells ring that still can ring.

Forget your perfect offering.

There is a crack in everything.

That is how the light gets in.

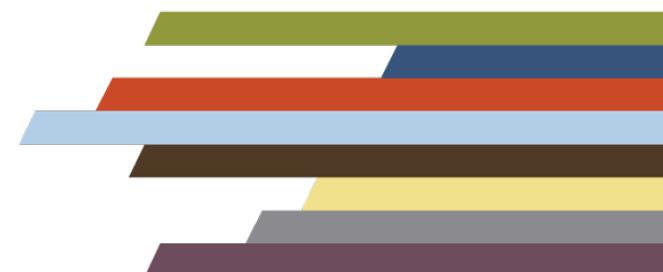
CLOSING

It has been an honor to speak to you in THESE UNCERTAIN TIMES

Suggestions for our session in November on Intervention

A reading on how to survive in the pandemic according to L VonMax

Q&A with Presenters



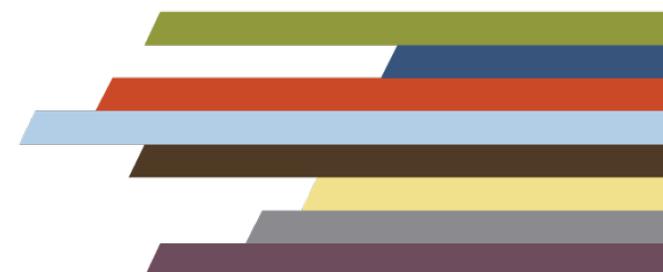


Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.

<http://bit.ly/GSVLI-Nadeau-Eval>





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Next Session

Grief Sensitivity Virtual Learning Institute: Day 1 Lunch and Optional Breakout Discussion Groups

Thursday, September 10, 2020

