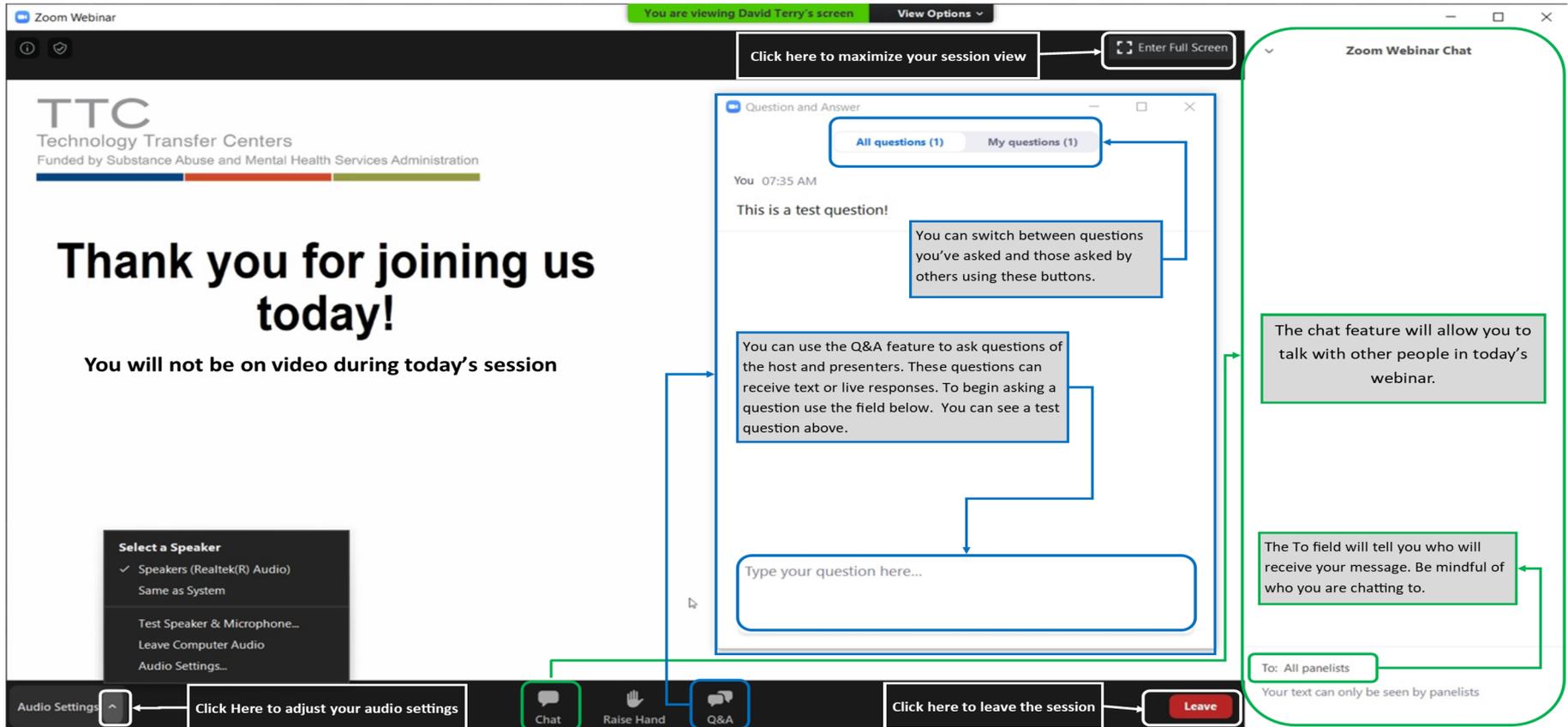


Please Note: • All attendees are muted
• Today's session will be recorded

Get to know the Zoom Webinar interface



The screenshot shows a Zoom Webinar window titled "Zoom Webinar" with a subtitle "You are viewing David Terry's screen" and a "View Options" dropdown. The main content area displays the "TTC Technology Transfer Centers" logo and the text "Thank you for joining us today!" and "You will not be on video during today's session". A "Select a Speaker" menu is open, showing options: "Speakers (Realtek(R) Audio) Same as System", "Test Speaker & Microphone...", "Leave Computer Audio", and "Audio Settings...". A callout points to the "Audio Settings" icon with the text "Click Here to adjust your audio settings".

The "Question and Answer" window is open, showing a question: "This is a test question!" with a timestamp "You 07:35 AM". Below the question is a text input field "Type your question here...". Callouts explain: "You can switch between questions you've asked and those asked by others using these buttons." (pointing to "All questions (1)" and "My questions (1)"), and "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." (pointing to the input field).

The "Zoom Webinar Chat" window is open on the right, showing a message: "The chat feature will allow you to talk with other people in today's webinar." Another callout points to the "To: All panelists" field with the text "The To field will tell you who will receive your message. Be mindful of who you are chatting to." Below the chat window, it says "Your text can only be seen by panelists".

At the bottom of the Zoom window, there are icons for "Audio Settings", "Chat", "Raise Hand", and "Q&A". A callout points to the "Leave" button with the text "Click here to leave the session".



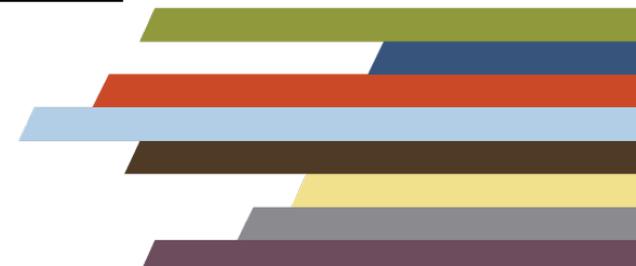
 MHTTC
*Grief Sensitivity
Virtual Learning Institute*

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>





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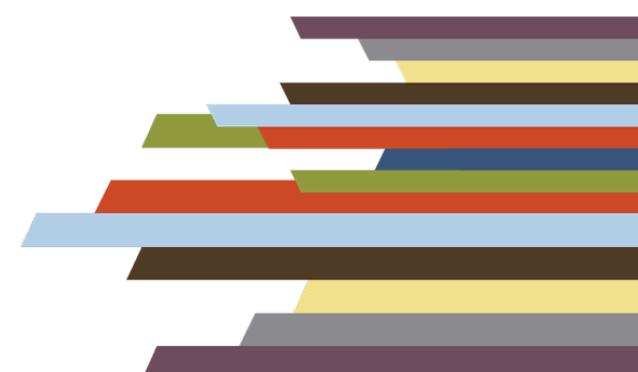
Grief Sensitivity Virtual Learning Institute: Pandemia: Restoring the Wounded Soul: Latino Reflections on Loss, Grief and Rituals

Friday, November 13, 2020

Darice Orobitg, PhD

Salvador Treviño, PhD

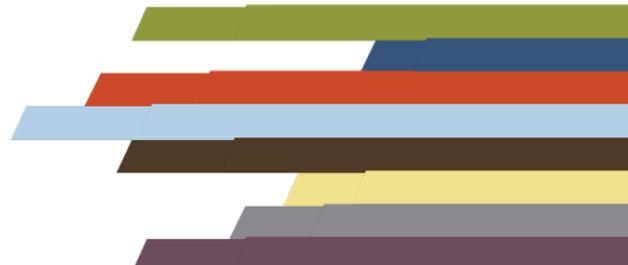
National Hispanic and Latino MHTTC



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.
- This event is closed captioned! 
- Follow us on social media:   @MHTTCNetwork

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



Additional Information on Grief

Fact Sheets

- We have 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





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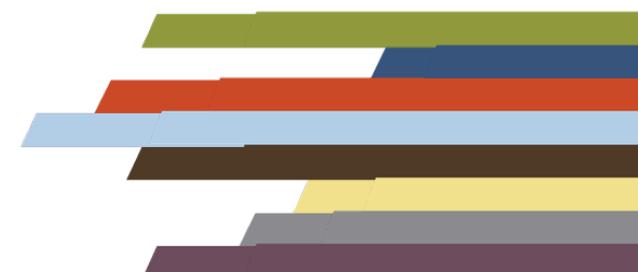
- The MHTTC Network accelerates the adoption and implementation of mental health related evidence-based practices across the nation
 - Develops and disseminates resources
 - Provides free local and regional training and technical assistance
 - Heightens the awareness, knowledge, and skills of the mental 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



National Hispanic and Latino

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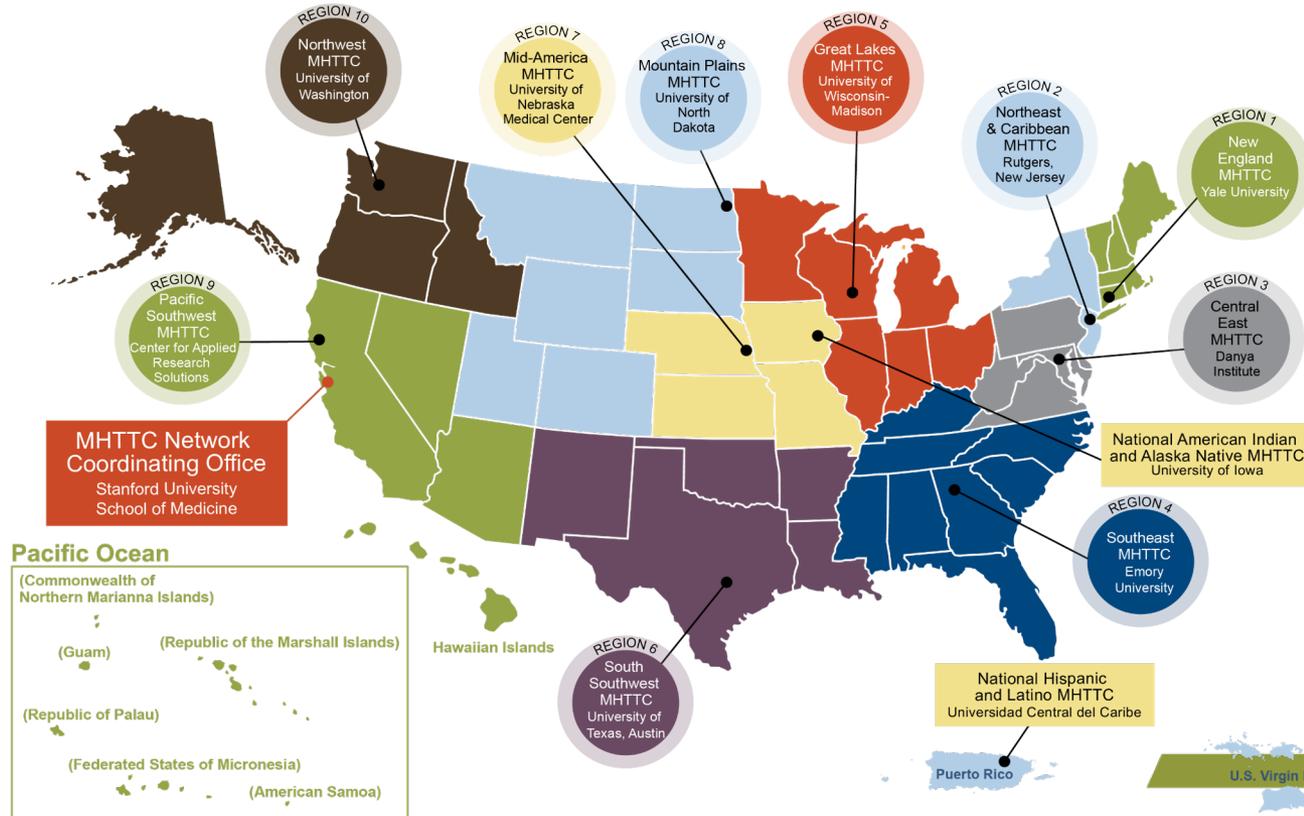


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MHTTC Mental Health Technology Transfer Center Network
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MHTTC Network



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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.

This work is supported by grants under Funding Opportunity Announcement (FOA) No. SM-18-015 from the DHHS, SAMHSA.





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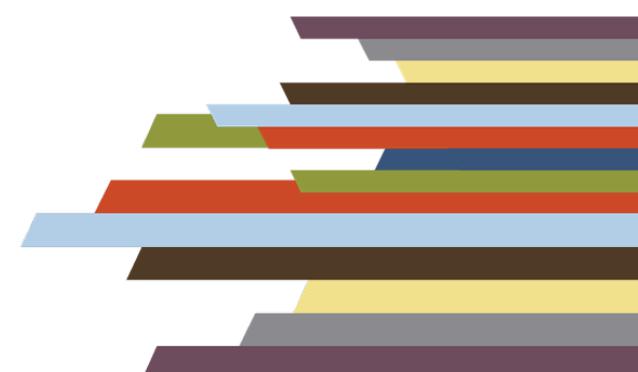
Grief Sensitivity Virtual Learning Institute: Pandemia: Restoring the Wounded Soul: Latino Reflections on Loss, Grief and Rituals

Friday, November 13, 2020

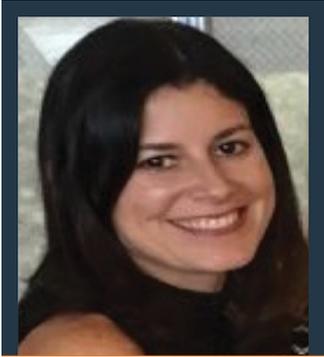
Darice Orobitg, PhD

Salvador Treviño, PhD

National Hispanic and Latino MHTTC



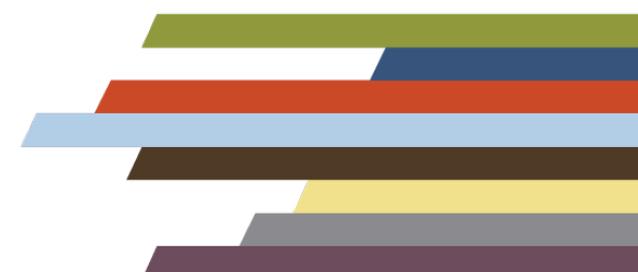
Presenters



Dr. Darice Orobitg is a Clinical Psychologist. She obtained a BA from Washington University in St. Louis and completed her PhD at Carlos Albizu University in San Juan, PR. Dr. Orobitg worked at the PR Rape Crisis Center where, she was a therapist for children, adolescents, and adult survivors of sexual violence. At the PRRCC she was also a clinical supervisor and coordinator of clinical services. She later worked at the National Hispanic and Latino ATTC as trainer and TA consultant offering training and TA to clinicians, counselors, social workers, and other professionals offering services to Hispanic and Latino populations with SUDs. Dr. Orobitg was also a clinical consultant at Proyecto Mujer- a gender-specific treatment program for Latinas with SUDs and trauma histories. Darice is currently the Training and Content Specialist for the National Hispanic and Latino Mental Health Technology Transfer Center. She has been in private practice since 2005.



Dr. Salvador Treviño teaches professional psychology and lectures extensively on the theories and practices of psychoanalytic psychotherapy, regressive mental states, and Latino behavioral health. Drawing on his scholarship of more than 40 years of community work with Latino immigrants, Dr. Treviño is active in furthering the national conversation on cultural diversity, the impact of historical trauma on Latino mental health, the psychology of racism, and matters of social justice from a psychoanalytic perspective. Dr. Treviño teaches, trains, and supervises psychology doctoral students at Antioch University Santa Barbara. Dr. Treviño is the Executive Director of G-CAPS. He is licensed as a psychologist (PSY25108) and marriage and family therapist (LMFT21937) in the State of California.





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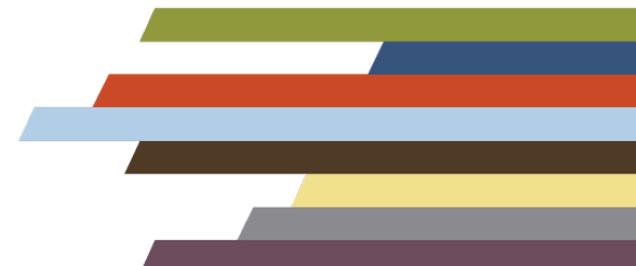
Pandemia: Restoring the Wounded Soul: Latino Reflections on the Meanings of Loss Grief, and Rituals

Darice Orobitg, PhD
Salvador Treviño, PhD
November 13, 2020

SAMHSA
Substance Abuse and Mental Health
Services Administration

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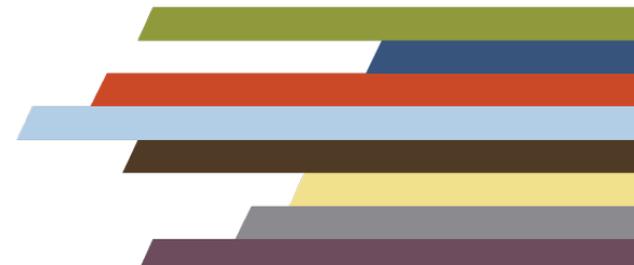
IRESA
INSTITUTE OF RESEARCH, EDUCATION
AND SERVICES IN ADDICTION



Presentation Overview



- Patient Population and Presenting Problems
- Theoretical/Case Conceptualization
- Culturally Based Treatment Considerations
- Conclusion



Patient Population and Presenting Problems



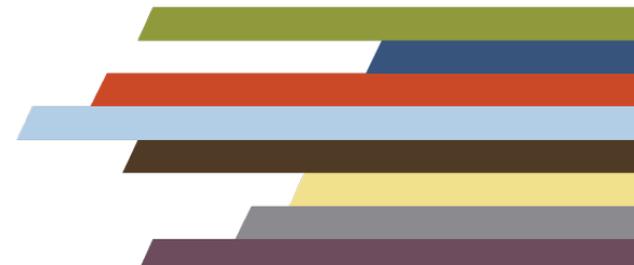
Guadalupe Counseling & Psychological Services (G-CAPS) is a small, private practice in an unincorporated part of Santa Barbara County, a few miles away from the University of California Santa Barbara. The mission of **G-CAPS** is to assist individuals and families achieve emotional and psychological well-being through culturally sensitive mental health assessments and therapeutic services anchored in evidence-based science.

Patients are seen via tele-counseling. Presenting problems are about enduring family conflicts, substance abuse and domestic violence, mood disorders and chronic stress from overcrowded living quarters, unemployment/underemployment, poverty, and immigration/acclimation, behavior problems with children, and more commonly, matters of the heart that include infidelity.

Case Conceptualizations SACRED SPACE



It is a psychological space, a spiritual space, an emotional space; it is the space your patients see when they logon in Zoom.

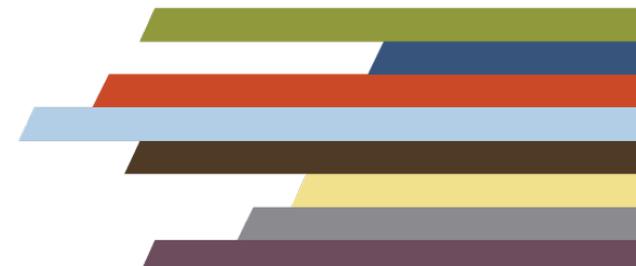


Case Conceptualizations (cont.)

Sacred space refers to the intimate interaction between the clinician and patient.

It is the dialectic where meaning is created by correcting emotional experiences from symptoms of depression, unresolved grief, and mourning the losses of unrealized dreams, disappointments, and most often – failed love.

This is the place of *therapeia*, a sacred space where tears flow as the wounded soul grieves the losses ushered in by the pandemic.



Case Conceptualizations

(cont.)

- Establishing the therapeutic alliance as the agent of change
- Being cognizant of having a shared worldview with patients
- Establishing credibility as a properly trained, knowledgeable clinician
- Promoting the idea that change is possible (hope) beginning with supporting their request for an appointment with you

Psychosocial stressors





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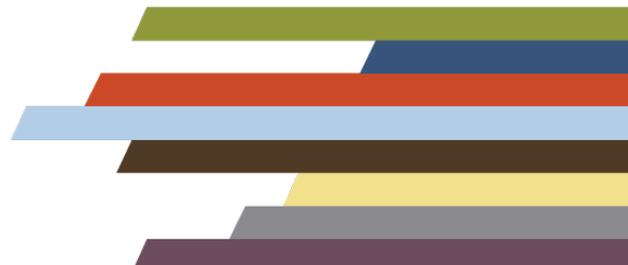
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Summary

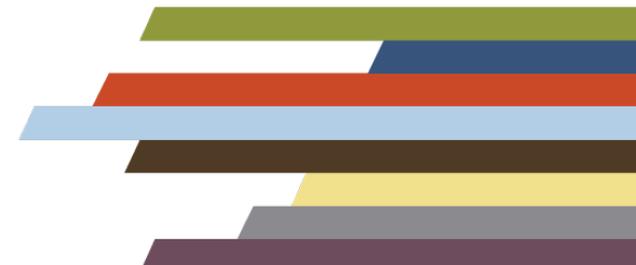
- The internalization of traumatic experiences may lead the individual and groups of people to become ill – physically, emotionally and psychologically.
- These traumata can be activated and exacerbated by the social stressors of the coronavirus pandemic. This may manifest as loss of self-confidence, loss of initiative, substance abuse, domestic violence, and other self-destructive behaviors.

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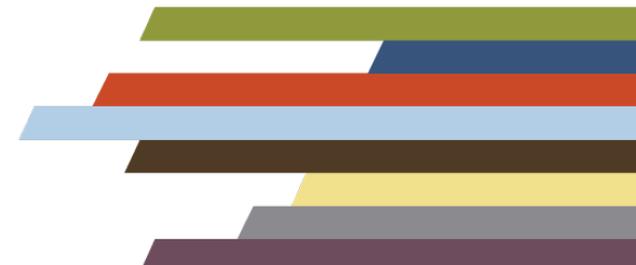
Case Presentation 2

The Dual Process Model of Grief: A Person-Centered Approach



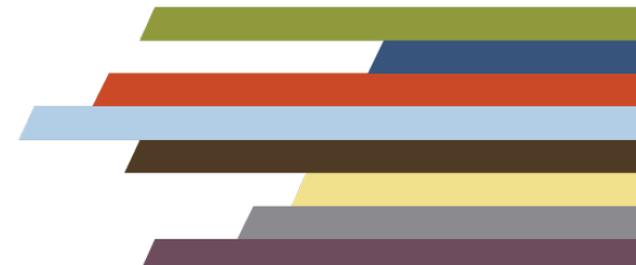
Goal

- Increase awareness of cultural expressions of grief and the role of rituals in a therapeutic process among mental health providers



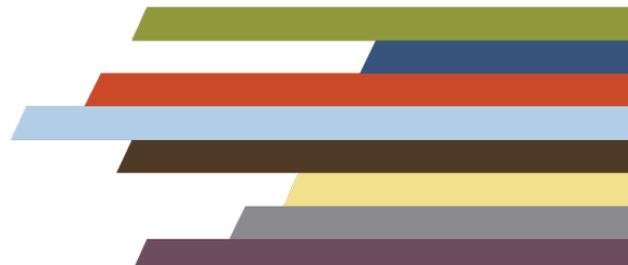
Objectives

- Identify Latino expressions of grief in clinical cases
- Discuss rituals as they relate to loss and grief in Latinos
- Address the importance of the therapeutic relationship in grieving processes



Case presentation

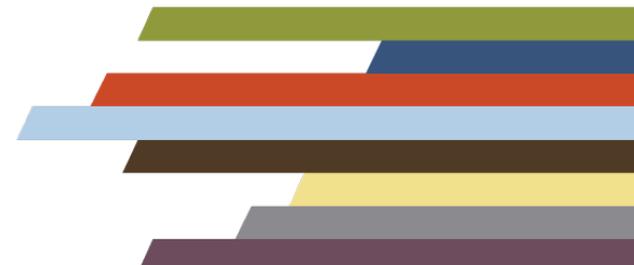
Elena is a 40-year-old female from Puerto Rico who works as an administrative assistant. She comes to therapy after the loss of her partner during the pandemic. The circumstances of the loss are still unclear as he had a liver condition that had appeared to be improving during his hospital stay, but suddenly worsened resulting in death. She and her partner had been together for a little over 10 years, and she describes the relationship as “good relationship”. She mentions that she has lost her appetite and has lost a significant amount of weight. She cries frequently expresses a constant feeling of sadness and difficulty sleeping. She lives with her mother and describes a positive relationship with her: they spend time together and have good communication.



Presenting symptoms

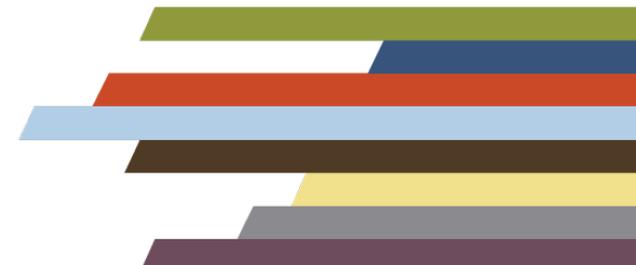


- Changes in sleep pattern
- Loss of appetite
- Crying spells
- Loss of interest
- Not working at the beginning of the process
- Intrusive thoughts about her partner's death



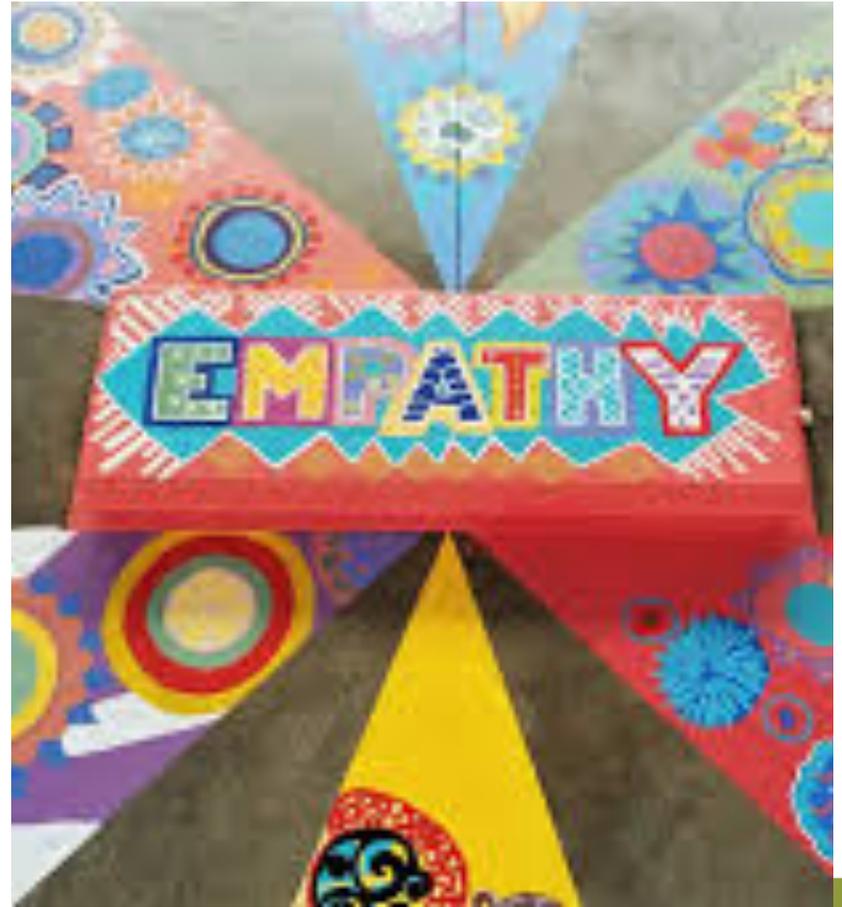
Relevant information

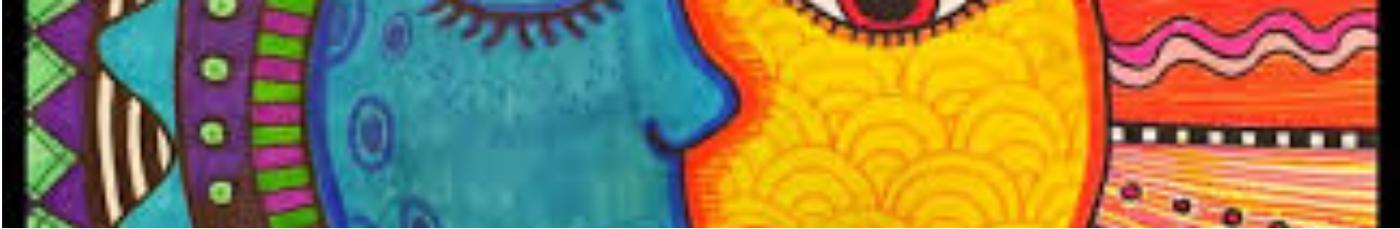
- Previous significant losses: father- 4 years ago
- Impact of pandemic on rituals:
 - Cremation
 - No wake
 - Burial- pending
 - Job situation- pandemic



The Therapeutic Relationship

- The call
- Virtual considerations
- Need for a safe, empathic relationship with a reliable caregiver

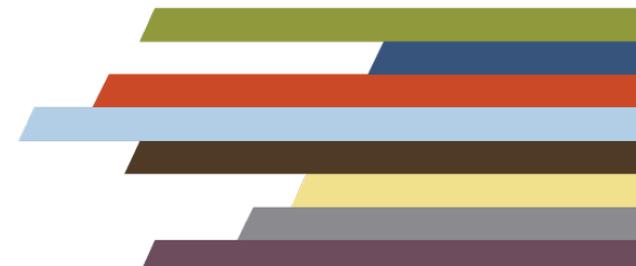




Dual Process Model

Oscillation between the loss and restoration orientations

Movement should be balanced and flexible



Rituals: Impact of the current pandemic: Disenfranchised Grief Transformed

- Catholic religion
 - Cremation
 - Wake
 - Burial
 - Rosary

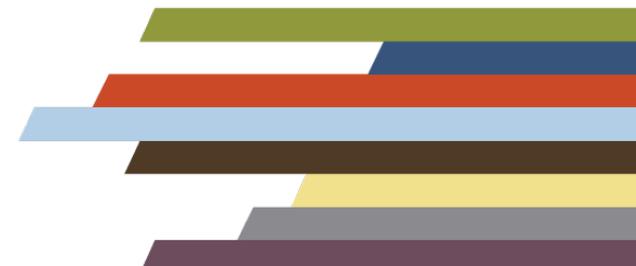


Process questions

1. Identify at least two Latino cultural values or traditions that may contribute and/or hinder the resolution of the patient's anxiety.

2. Can you identify and list the actual and implied losses as described by the patient?

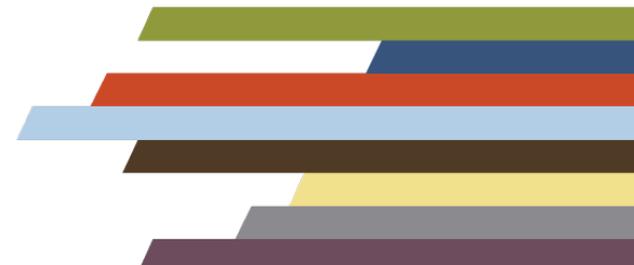
Can you list and describe culturally appropriate expressions of sadness, disappointment, and grief?



Process questions

3. Can you list and describe the value of ritual in facilitating grief, mourning, and resolution of loss?

What are the cultural rituals that can facilitate the expression of grief and mourning?



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.



<https://www.surveymonkey.com/r/FDZBH23>





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Next Session

Grief Sensitivity Virtual Learning Institute:

Listening & Loving: A Conversation with Youth Leaders about Grief and Healing

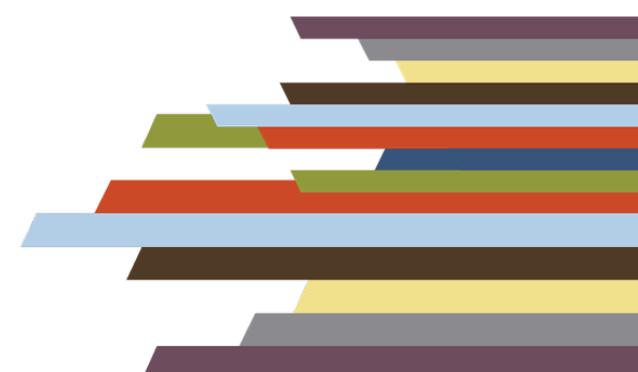
Friday, November 13, 2020

1:50-2:45pm PT / 4:50-5:45pm ET

Latrinity Gulley

Monica Tello

Carizma Hughes



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