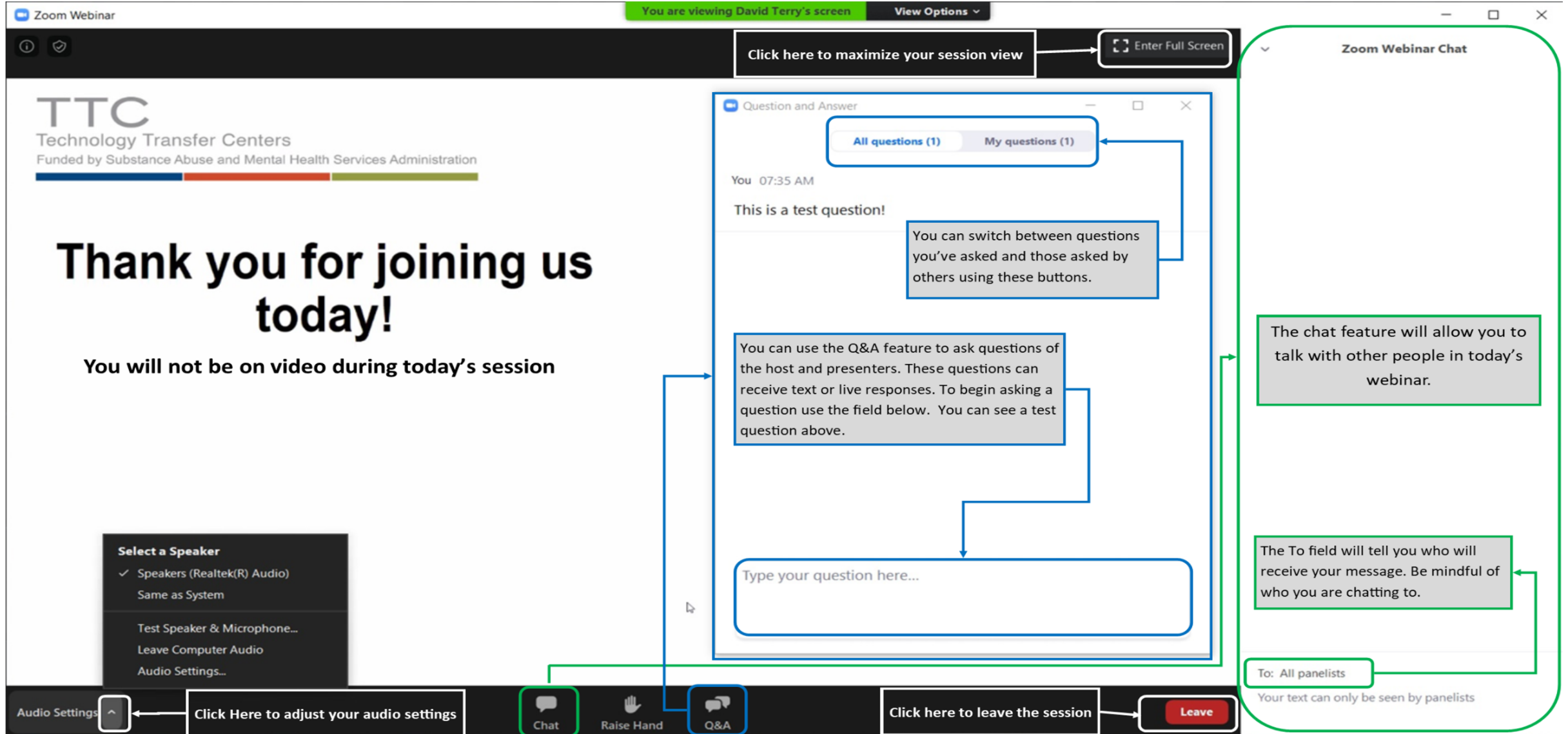


Please Note:

- 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" title bar, "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 Window:** A "Question and Answer" window is open, showing a test question: "This is a test question!". It includes tabs for "All questions (1)" and "My questions (1)". 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." Another text box notes: "You can switch between questions you've asked and those asked by others using these buttons." A text input field is labeled "Type your question here...".
- Chat Window:** 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 notes: "The To field will tell you who will receive your message. Be mindful of who you are chatting to." The chat shows "To: All panelists" and "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>



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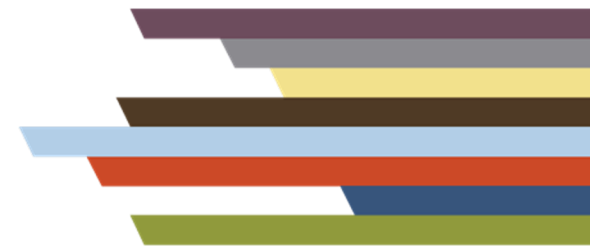
Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Grief Sensitivity Virtual Learning Institute: Reviewing the Basics of Grief Counseling

Thursday, September 10, 2020




Douglas Smith

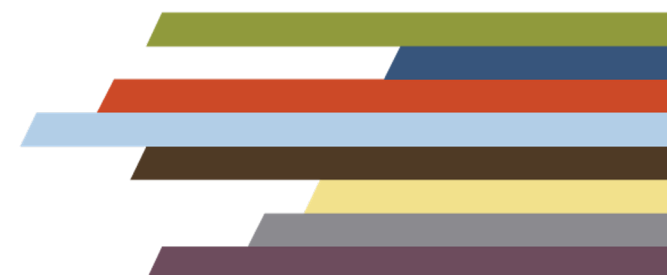


Housekeeping Items

- 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.

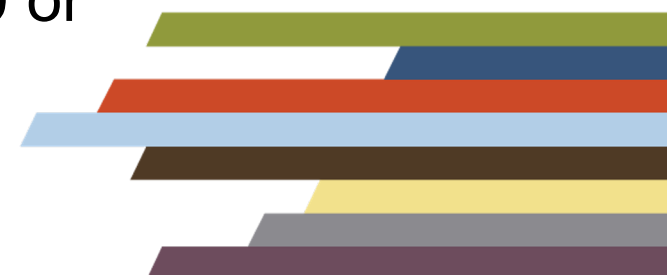
Please Note:
Session recording and slide deck will be posted on our website within a week.

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



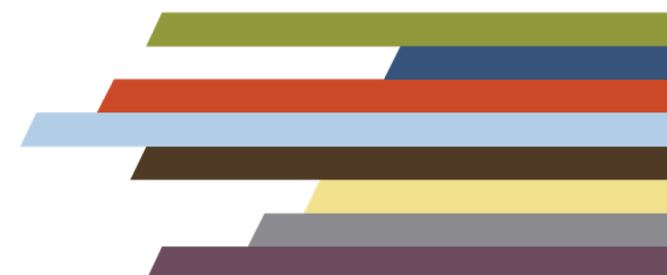
Grief and Self-Care

- 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



Additional Information on Grief

- We recently released a series of fact sheets focused on addressing various topics of grief!
- These fact sheets are geared toward school mental health personnel and mental health professionals.
- Topics include:
 - **Defining Grief**
 - **Responses to Grief Across the Lifespan**
 - **Preventive Strategies and Protective Factors**
 - **Cultural Responsiveness**
 - **Evidence-Based Treatments for Grief**



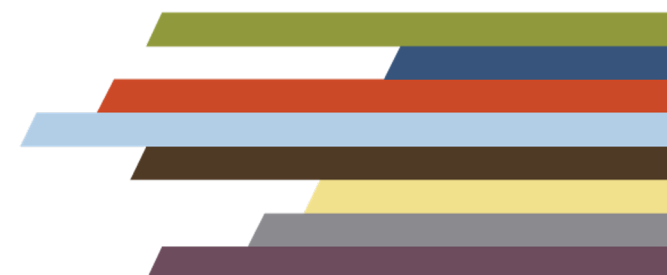


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Mental Health Technology Transfer Center Network

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



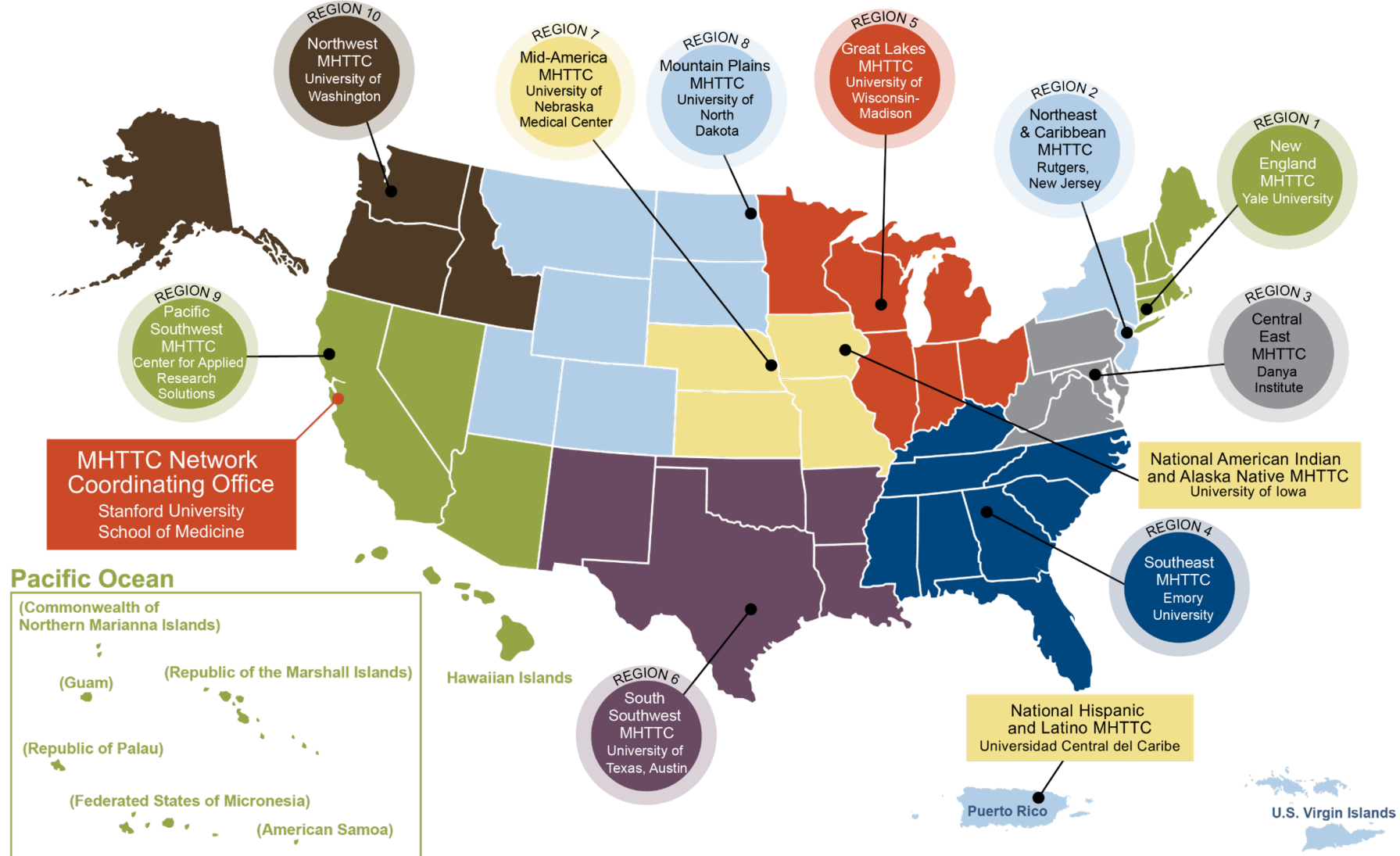
Connect with Your MHTTC at www.mhttcnetwork.org



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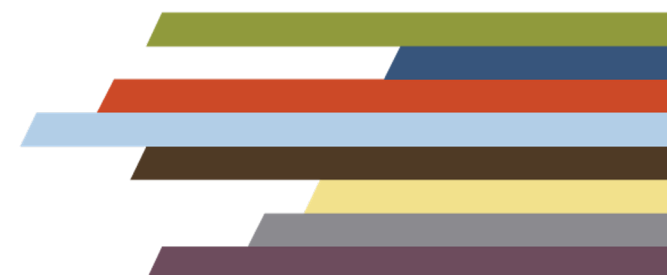
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At the time of this presentation, Elinore F. McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), 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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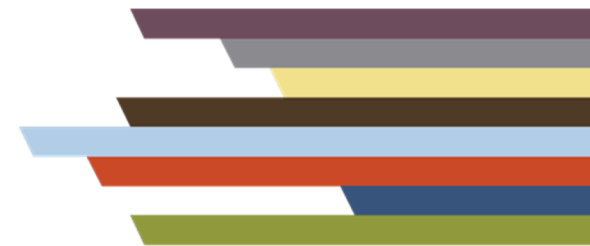
Mental Health Technology Transfer Center Network

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Grief Sensitivity Virtual Learning Institute: Reviewing the Basics of Grief Counseling

Thursday, September 10, 2020

Douglas Smith



Presenters



Douglas Smith has been the lead instructor for the University of Wisconsin's Grief Support Services Certificate program, which has trained over 600 healthcare professions in 39 states and 14 countries. He has conducted extensive grief training workshops in all 50 states, and internationally. He also has extensive personal experiences related to grief.



Reviewing the Basics of Grief Counseling

Douglas C. Smith, MDiv, MA, MS
University of Wisconsin

Three Stories Illustrating Some Basic Assumptions

Frank & Betty

Nick

Gary

Types of Grief

Vicarious Grief

Anticipatory Grief

Disenfranchised Grief

Ambiguous Grief

Assessing Someone's Grieving Style

Men Don't Cry, Women Do: Transcending Gender Stereotypes of
Grief, Martin & Doka

Instrumental Grievers

Intuitive Grievers

Assessing Someone's Strengths

Strength Assessments vs. Problem Assessments

Strength, Peace and Security Assessment

Assessing Someone's Expectations

Ideal Counselor Assessment

Allowing Your Role To Be Defined Assessment

One Question Care Plan

The Four Tasks Of Grieving

Grief Counseling and Grief Therapy, Worden

#1 To accept the reality of the loss

#2 To work through the pain of the grief

#3 To adjust to an environment in which the deceased is missing

#4 To emotionally relocate the deceased and move on with life

Relearning the World

How We Grieve: Relearning the World, Attig

Relearning my physical surroundings

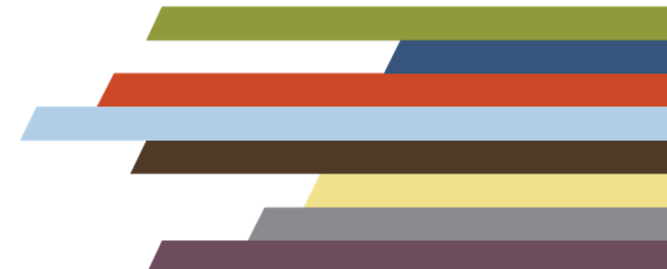
Relearning my relationships

Relearning myself

Conclusion

“Playing With Three Strings”
by Rabbi Harold M. Schulweis

Q&A with Presenters

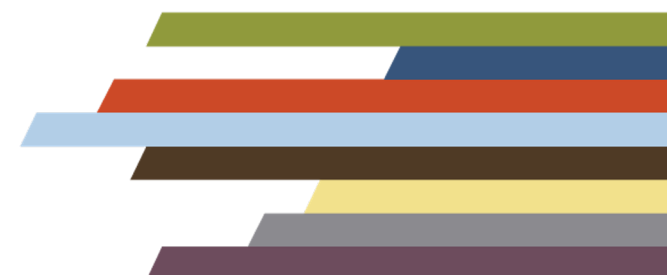


Evaluation Information

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-Smith-Eval>





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Next Session

Grief Sensitivity Virtual Learning Institute: Optional Break Out Discussions

Thursday, September 10, 2020

Optional Break Out Discussions:

Grief Sensitivity

School Mental Health

Evidence Based Practices

