

Registration Form

ONLINE registration at www.mcdes.org

MCGT—Friday, April 24, 2020

Name _____

Address _____

City _____ State _____ Zip _____

Phone (day) _____

Email _____

Conference handouts will be sent, via email, 3 days prior to the conference. If no email address is provided, an additional \$15 will be charged for a print version of the materials (see below). Confirmation sent if email address provided.

Postmarked on or **BEFORE** April 17, 2020

Current MCDES Members

\$125 per person \$95 students/retirees

Non-MCDES Members **

\$150 per person \$115 students/retirees

Postmarked **AFTER** April 17, 2020

Current MCDES Members

\$145 per person \$115 students/retirees

Non-MCDES Members **

\$180 per person \$145 students/retirees

This fee provides you with a one-year MCDES membership **ONLY IF you check the box below.

Yes, I would like to be a MCDES member.

I prefer a vegetarian meal. Yes No

\$15 additional fee for print version of conference materials, which will be available at the conference.

Limited scholarships are available. Info: www.mcdes.org.

TOTAL AMOUNT enclosed: \$ _____

Make checks payable to “MCDES” and send with registration form to: **Verla Johansson—MCDES**

29937 S. Nicaboyne Lake Rd, Webb Lake, WI 54830.

Questions: info@mcdes.org or 715-733-0265

Cancellations/Refunds: Full refund less a \$25 processing fee provided you cancel 72 hours prior to the date of the program. Fee is nonrefundable after April 21. If you fail to attend without canceling, you will be assessed the full program fee. You may transfer your registration to another person without charge at any time.



Minnesota Coalition for
Death Education and Support
P.O. Box 50651
Twin Cities, MN 55405

Friday, April 24, 2020
MCDES Spring Conference

**Meaning-Centered Grief
Therapy: Using the Concept of
“Choice” in Coping with Loss**

A special program with



Wendy G. Lichtenthal, PhD, FT

Assistant Attending Psychologist
Memorial Sloan Kettering Cancer Center
Assistant Professor, Weill Cornell Medicine

**Meaning-Centered Grief
Therapy (MCGT):
Using the Concept of “Choice”
in Coping with Loss**

Friday, April 24, 2020
8:30 a.m. to 4 p.m.

Radisson, Brooklyn Center
2200 Freeway Blvd., Brooklyn Center
(694 and Shingle Creek Parkway)
763-566-8000

www.radisson.com/brooklyn-center-hotel-mn-55430/usabcmm



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Minnesota Coalition for
Death Education and Support
www.mcdes.org

About the Program

The loss of a loved one commonly challenges a griever's sense of purpose, meaning, and identity as well as adaptive meaning-making processes. These challenges sometimes contribute to and are even indicative of prolonged grief reactions. Grief experts have therefore long-argued the value of focusing on "meaning" in therapeutic pursuits.

This workshop will provide an overview of a manualized therapeutic approach, Meaning-Centered Grief Therapy (MCGT), and its core principles. Drawing on research of MCGT with bereaved parents, examples of exercises that may facilitate meaning-making processes and may enhance a sense of meaning will be described, with opportunities for experiential exercises and discussion of applications of MCGT.

Wendy G. Lichtenthal, PhD, FT, is Director of the Bereavement Clinic and an Assistant Attending Psychologist in the Department of Psychiatry and Behavioral Sciences at Memorial Sloan Kettering Cancer Center (MSK) and Assistant Professor of Psychology in the Department of Psychiatry at Weill Cornell Medicine (WCM). She completed her clinical psychology internship at WCM and a postdoctoral research fellowship in psycho-oncology at MSK, where she was Chief Research Fellow. As a licensed clinical psychologist, her clinical work focuses on bereaved individuals and breast cancer patients utilizing a variety of psychotherapeutic approaches, with an emphasis on cognitive-behavioral and existential therapies. She was a recipient of the 2012 International Psycho-Oncology Society Kawano New Investigator Award and the 2019 Association for Death Education and Counseling (ADEC) Research Recognition Award for her research, which focuses on developing psychosocial interventions for the bereaved and strategies for identifying the bereaved in greatest need. Her published research

on bereavement has been supported by the National Institute of Mental Health and the National Cancer Institute.

Selected Publications

- ◆ Lichtenthal WG, et al. An open trial of Meaning-Centered Grief Therapy: Rationale and preliminary evaluation. *Palliat Support Care*, in press.
- ◆ Lichtenthal WG, et al. Meaning-Centered Grief Therapy. In Breitbart W (Ed.), *Meaning-Centered Psychotherapy* (pp.88-99). New York, NY: Oxford University Press, 2017.
- ◆ Lichtenthal WG, Breitbart, W. The central role of meaning in adjustment to the loss of a child to cancer: Implications for the development of Meaning-Centered Grief Therapy. *Curr Opin Support Palliat Care* 2015; 9(1):46-51.

Objectives

Participants will be able to:

- ◆ Identify meaning-making challenges that grieving individuals commonly face.
- ◆ Describe Meaning-Centered Grief Therapy and its core principles.
- ◆ Discuss exercises that may facilitate adaptive meaning-making and enhance the griever's sense of meaning.
- ◆ Describe general research findings from evaluations of MCGT.

Timetable

- 7:30a **Registration and continental breakfast**
- 8:30 **Welcome and Introductions**
- 8:40 **Introduction to Meaning-Centered Grief Therapy (MCGT)**
- ◆ Loss as a Crisis in Meaning
 - ◆ Overview of MCGT Principles and Session Content
 - ◆ Review of Introductory Session 1
- 10:00 **Break**
- 10:15 **MCGT: The Early Sessions**
- ◆ Review of Sessions 2 through 6 (*Permission to grieve; Child's legacy; Choosing one's story; Identity challenges; Authoring the past*)
- 12n **Lunch (included)**

- 1:00p **MCGT: The Middle Sessions**
- ◆ Review of Sessions 7 through 11 (*Authoring the present & future; Creating a life worth living; Meaningful connections; Attitude as a source of meaning; Creating as a source of meaning*)
- 2:30 **Break**
- 2:45 **MCGT: The Final Sessions and Q & A**
- ◆ Review of Sessions 12 through 16 (*Experiencing as a source of meaning; Meaning reconstruction; Creating significance; Living legacy project; Hopes for the future*)
 - ◆ Question and answer session
- 4:00 **Evaluation and Adjourment**

Intended Audience

This program is intended for nurses, social workers, psychologists, clergy, chaplains, counselors, hospice staff, physicians, nursing home, hospital and home care employees, funeral home and emergency personnel, educators, physical and occupational therapists, art therapists, marriage and family therapists, students and volunteers.

CE Information

This program is designed to meet the MN Board of Nursing CEU requirements for 6 contact hours for RNs and LPNs. It has been approved for 6.5 credits from the MN Board of Social Work. Application has been made for 6 credits from the MN licensing boards for Psychologists, Licensed Professional Counselors, Marriage and Family Therapists, and Funeral Home Personnel. For more CE information, call Florence Wright, MCDES Vice Chair, 651-241-4407.

Other Information

- ◆ Fee includes breaks, lunch, materials and parking.
- ◆ Registration limit is 175 attendees.
- ◆ **Directions:** 763-566-8000, www.radisson.com.
- ◆ Bring your handouts related to grief and loss for a free resource table.

Minnesota Coalition for Death Education and Support

MCDES is a nonprofit 501(c)3 volunteer organization whose purpose is to promote and provide education, opportunities for networking, and support to individuals and groups involved with the care of persons confronting death and their families and friends, and those who are bereaved, regardless of the cause of death.