



MCDDES Spring 2020 Conference

Friday, April 24, 2020

Speaker: Wendy Lichtenthal, PhD
Psychologist
Memorial Sloan Kettering Cancer Center

Topic: *Meaning-Centered Grief Therapy (MCGT)*

Location: Radisson, Brooklyn Center
I-694 and Shingle Creek Parkway, Brooklyn Center, MN
www.radisson.com

Program Description

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 day long conference 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.

Biography

Wendy Lichtenthal, PhD is a licensed clinical psychologist specializing in helping patients with cancer and their families. As Director of the Bereavement Clinic in the Counseling Center, she focuses on assisting people who are coping with the loss of a loved one, and specializing in helping those whose grief persists over time. Dr. Lichtenthal also provides psychological counseling to breast cancer patients using a variety of psychotherapeutic approaches, with an emphasis on cognitive-behavioral and existential therapies. In her research and clinical trial work, she strives to develop interventions for people with cancer and their families to better cope with their grief and fears. How do people with advanced cancer and their families find purpose and meaning while contending with advanced disease and loss? Why do some people develop persistent and debilitating symptoms of grief—and what can be done about this? In her work with bereaved parents, she aims to better understand the meaning-making processes, and psychosocial needs, of this unique and profound type of loss. Dr. Lichtenthal is a member of the American Psychological Association, the Society of Behavioral Medicine, and the Association of Death Education and Counseling

Registration

Print conference brochures and online registration (www.mcdes.org) will be available by March 1, 2020. As is the case with all MCDDES conferences, seating is limited to 175 registrants. CEU's will be available for professionals in Psychology, Marriage and Family Therapy, Social Work, Behavior Health and Therapy, and MN Nurses.