



MCDDES Spring 2021 Conference

Friday, April 30, 2021

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

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

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 conference (webinar) 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 G. Lichtenthal, PhD, FT is Director of the Bereavement Clinic and Associate 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. She completed her undergraduate studies at The University of Chicago, her doctorate at the University of Pennsylvania, her clinical psychology internship at Payne Whitney/Weill Cornell Medicine, and a postdoctoral research fellowship in psycho-oncology at MSK, where she was Chief Research Fellow. Dr. Lichtenthal's research has focused on grief and bereavement, meaning-making, intervention development, and cancer survivorship. Her research has been supported by the National Institutes of Health, the American Cancer Society, the T.J. Martell Foundation, and Cycle for Survival. Dr. Lichtenthal was the recipient of the Kawano New Investigator Award from the International Psycho-Oncology Society in 2012 and the Research Recognition Award from the Association for Death Education and Counseling in 2019. As a licensed clinical psychologist, her practice focuses on helping cancer patients and their families cope and find meaning in the face of loss and adversity.

Registration

Conference brochures and online registration (www.mcdes.org) will be available by March 2021. CEU's will be available for professionals in Psychology, Marriage and Family Therapy, Social Work, Behavior Health and Therapy, and MN Nurses.