



# SPRING 2023 MCDES VIRTUAL CONFERENCE

Friday, May 5, 2023  
8:30-3:45 CST

## Attachment Informed Grief Therapy: Interventions to Create Safety, Strengthen Self Capacities, and Promote Re-engagement.



### Phyllis Kosminsky PhD, LCSW, FT Adjunct Professor at Fordham University

Phyllis Kosminsky is a clinical social worker in private practice in Westchester, New York, and at the Center for Hope in Darien, Connecticut, where her work focuses on grief, loss and trauma. She received her Master's Degree in Social Work from Columbia University and her Ph.D. in Social Welfare from Brandeis University. She is a certified provider of EMDR and has extensive training in hypnotherapy as an adjunctive psychotherapy technique.

Dr. Kosminsky has conducted hundreds of training sessions for mental health professionals nationally and internationally in the treatment of normal and complicated grief and is a regular presenter at national and international conferences. Her publications include journal articles, book chapters, and the book *Getting Back to Life When Grief Won't Heal* (McGraw Hill, 2007) Her book with John R. Jordan, *Attachment Informed Grief Therapy: The Clinician's Guide to Foundations and Applications* was published by Routledge in 2016.

Dr. Kosminsky is an adjunct Professor of Social Work at Fordham University, a Past President of the Association for Death Education and Counseling, and a member of the International Work Group on Grief, Bereavement and Loss.

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.

**Register Today**  
**[www.mcdes.org](http://www.mcdes.org)**

MCDES Members: \$100, Non Members \$125

*This is a virtual conference. Scholarships are available.  
Registration open March 2 - May 1, 2023*





## Schedule

- 8:30** am Welcome & Logistical Information
- 8:45** Introductions
- 9:00** Attachment and Loss: How our Relational Style is Reflected in How We Grieve
- 10:30** Break
- 10:45** Looking at Problematic Grief Through the Lens of Attachment Theory
- 12:00** Lunch Break
- 12:45** Using What We've Learned About Attachment and Loss to Provide the Best Services Possible to Bereaved People
- 2:00** Break
- 2:15** Case Examples of Attachment Informed Grief Therapy
- 3:35** Summary, Q & A, Closing Remarks
- 3:45** End

*All times are Central Standard Time*

## Conference Fees

**Current MCDES Members: \$100**  
**Non-Members: \$125**

*Scholarships are available. For more information go to: <https://www.mcdes.org/scholarships.html>*

### Registration Deadline/ Cancellation Policy

Registration deadline is May 1st.  
Cancellations received on or after May 1st will be assessed a \$25 processing fee.



# ATTACHMENT INFORMED GRIEF THERAPY: INTERVENTIONS TO CREATE SAFETY, STRENGTHEN SELF CAPACITIES AND PROMOTE RE-ENGAGEMENT

*May 5, 2023*

### Objectives:

- Identify core principles of attachment theory that relate to grief and loss.
- \*Describe recent developments in bereavement research, neuroscience, and attachment theory that bear on our understand of how people adapt to loss.
- \*Describe what is meant by "attachment informed grief therapy" and discuss the practical application of attachment theory in providing bereavement support to individuals with attachment related grief complications.

**CE Information:** This program is designed to meet the Minnesota Board of Nursing CE requirements for 6 contact hours for RNs and LPNs. It has been approved for 6 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. Call Florence Wright, MCDES Chair, 651-241-4407, for more information.

### Join us!

Minnesota Coalition of Death Education and Support is proud to have over 40 years of experience supporting professional growth. With affordable membership rates and options for active professionals, retirees, students, and organizations, we take joy in connecting and educating.