

# *Meaning-Centered Grief Therapy (MCGT): A Clinical Intervention to Support Grieving Individuals*



**Wendy Lichtenthal, Ph.D.**

## **Virtual Conference with Wendy Lichtenthal, Ph.D. Friday, April 30, 2021**

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.

### **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 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 discussion of applications of MCGT.

### **REGISTER:**

**MCDES Members:** <https://mcdesspringconference.eventsmart.com/events/mcdes-2021-spring-conference-2/>

**Non-Members:** <https://mcdesspringconference.eventsmart.com/events/nonmember/>

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

**Questions:** [info@mcdes.org](mailto:info@mcdes.org)

Minnesota Coalition for Death Education and Support (MCDES)



# Meaning-Centered Grief Therapy (MCGT):

## A Clinical Intervention to Support Grieving Individuals

### Objectives

This program will:

- 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.

### Agenda/Schedule

- 8:30 am Welcome, Logistical Information
- 8:45 Introductions
- 9:00 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)
- 10:30 Break
- 10:45 MCGT: The Early Sessions  
(Review of Sessions 2 through 6: permission to grieve, child's legacy, choosing one's story, Identify challenges, authoring the past)
- 12:00n Lunch Break
- 12:30 pm 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)
- 1:45 Break
- 2:00 MCGT: The Final Sessions  
(Review of Sessions 12 through 16: experiencing as a source of meaning, meaning reconstruction, creating significance, living legacy project, hopes for the future)
- 3:30 Summary, Q & A, Closing Remarks

### Conference Fees

Current MCDES Members: \$100

Non Members: \$125

### 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 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.

### Scholarships

Scholarships are available. For more information go to: [www.mcdes.org/scholarships](http://www.mcdes.org/scholarships).

### Registration Deadline/ Cancellation Policy

Registration deadline is April 28. Cancellations received on or after April 28 will be assessed a \$25 processing fee.

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The Minnesota Coalition for Death Education and Support (MCDES) is a nonprofit, 501(c)3 interdisciplinary organization dedicated to providing education, networking opportunities and support to professionals and volunteers who are involved in the care of dying and grieving persons.

