

Therese A. Rando, Ph.D., BCETS, BCBT

Dr. Rando is a clinical psychologist in Warwick, Rhode Island. She is the Clinical Director of The Institute for the Study and Treatment of Loss, which provides mental health services through psychotherapy, training, supervision, and consultation, and specializes in: loss and grief; traumatic stress; and the psychosocial care of persons with chronic, life-threatening, or terminal illness, and their loved ones. Since 1970, she has consulted, conducted research, provided therapy, written, and lectured internationally in areas related to loss, grief, illness, dying, and trauma. Current professional foci include treatment of complicated mourning, loss of a child, the interface between posttraumatic stress and grief, anticipatory mourning, specialized intervention techniques in the treatment of traumatic bereavement, and the integration of EMDR into intervention with grief and mourning.

Dr. Rando holds a doctoral degree in Psychology from the University of Rhode Island and has received advanced training in psychotherapy and in medical consultation-liaison psychiatry at Case Western Reserve University Medical School and University Hospitals of Cleveland. A former consultant to the U.S. Department of Health and Human Services' Hospice Education Program for Nurses, she developed its program for training hospice nurses to cope with loss, grief, and terminal illness. Her current research interests focus on the operations and courses of anticipatory and postdeath mourning; development of an integrated treatment protocol for survivors of traumatic loss; construction of a self-help program for coping with the sudden death of a loved one; and integrating EMDR with group intervention for traumatic loss survivors.



Dr. Rando has published over 70 works pertaining to the clinical aspects of thanatology. She is the author of *Treatment of Complicated Mourning* (Research Press, 1993), *How To Go On Living When Someone You Love Dies* (Bantam Books, 1991), and *Grief, Dying, and Death: Clinical Interventions for Caregivers* (Research Press, 1984); she is the editor of *Clinical Dimensions of Anticipatory Mourning: Theory and Practice in Working with the Dying, Their Loved Ones, and Their Caregivers* (Research Press, 2000), *Loss and Anticipatory Grief* (Lexington Books, 1986), and *Parental Loss of a Child* (Research Press, 1986). She has been the Co-Editor of the Trauma and Loss Book Series for Brunner-Routledge Publishers. Currently, she is completing a book for the general public on coping with sudden, traumatic death; co-authoring a book on an integrated model of intervention after traumatic loss; and co-authoring a book on utilizing EMDR in treatment of traumatic bereavement. Dr. Rando also serves on the Editorial Boards of *Death Studies* and *Omega*.

(Pre-Registration Due By Friday, Sept. 24, 2010)

ISTL- Rando Training
C/O LECSC
2501 Heyward Street
Columbia, South Carolina
29205

Grief and Mourning

(Advanced Therapeutic Strategies)

3 Day Training



Co-Sponsored By
The Institute for the Study and Treatment of Loss
The Law Enforcement Chaplaincy for SC
American Foundation for Suicide Prevention
(South Carolina Chapter)

(6 CEU Hours for Each Day)

Training Site
National HQ of Southeastern Freight Lines
420 Davega Road Lexington, SC 29073

Contact For Questions/Information
J. Eric Skidmore
(W)803-252-2664 (C) 803-206-8961
ericskid@scleap.org

For Registration and Course Materials Go To:
www.scleap.org/rando_training

WORKSHOP SCHEDULE FOR EACH DAY

8:00 – 8:30	Coffee/Check In
8:30 – 10:30	Content Presented
10:30 – 10:45	Break
10:45 – 12:00	Content Presented
12:00 – 1:30	Lunch
1:30 – 3:00	Content Presented
3:00 – 3:15	Break
3:15 – 4:30	Content Presented

COURSE FEE

(Participants may elect to attend, One Day
Two Days or Three Days of Training)

October 1st Only\$150.00

October 1st and 2nd.....\$275.00

October 1st, 2nd and 3rd.....\$375.00

Print out Registration from Website and Mail with Check to:

ISTL- Rando Training
2501 Heyward Street
Columbia, South Carolina 29205

For More Information Contact:

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Day One

“Therapeutic Interventions in Grief & Mourning”

(Responding to Uncomplicated and Complicated
Bereavement)

Description of Day One

This practically-oriented workshop for clinicians focuses on therapeutic strategies and intervention techniques for facilitating uncomplicated grief and mourning, and responding therapeutically when it becomes complicated. While most examples will pertain to the death of a loved one, the workshop will be of interest to those who work with individuals experiencing loss of any kind: physical (e.g., amputation, chronic illness, theft, assault) or psychosocial (e.g., divorce, loss of a dream, infertility, downsizing).

Objectives of Day One

- Differentiate between *grief* and *mourning* and their clinical implications
- Identify the six “R” processes of mourning
- Define complicated mourning and delineate its two attempts, four forms, and seven high-risk factors
- Delineate at least seven clinical perspectives necessary for facilitating uncomplicated mourning and at least 10 philosophical perspectives on the treatment of complicated mourning
- Identify at least seven generic guidelines for the treatment of complicated mourning
- Construct a Comprehensive Bereavement Treatment Package
- Outline the Standard Treatment Protocol for Intervention in Complicated Mourning

Days Two & Three

“Traumatic Bereavement As A Form of Complicated Mourning”

(Conceptual Issues and Intervention Strategies
When Trauma and Loss Suddenly Collide)

Description of Days Two & Three

The two-day workshop focuses in-depth upon how the sudden, traumatic death of a loved one poses the mourner with challenging demands stemming from the volatile mixture of loss and trauma. The ensuing combination of grief and traumatic stress often severely disables coping, impairs functioning, and compromises adaptation. The dynamics found in sudden death from accident, disaster, suicide, homicide (including terrorism and war), and acute natural causes (from medical events such as heart attack or stroke, or from acute illness such as SARS or bacterial meningitis) typically lead to complicated mourning, which demands vastly different treatment approaches than if the death had been expected and natural. Drawing on cutting-edge information from the fields of clinical psychology, thanatology, and traumatology, Dr. Rando dissects the complex and often misunderstood experience of traumatic bereavement, and provides strategies and specific guidelines for effective clinical intervention.

Objectives of Days Two & Three

- Discuss why sudden death is traumatic and so distinct from anticipated death, and identify the specific challenges it brings to a mourner

Objectives of Days Two & Three (cont.)

- List 11 elements that can make a sudden death even more traumatic for a mourner
- Describe the course of traumatic bereavement over time and the “window” that occurs around the second year
- Explain the “triad of troubles” in traumatic bereavement and how to respond therapeutically
- Recognize the three levels of association of acute grief and traumatic stress and their treatment implications
- Specify the most common problematic aftereffects of sudden, traumatic death
- Discuss the Model of Traumatic Loss Accommodation
- Employ strategies for dealing with the mourner’s anxiety and hyperarousal
- Designate unique treatment issues associated with each type of traumatic death
- Identify the eight foci for working with traumatized mourners

Who Should Attend This 3 Day Training

These workshops are suitable for psychotherapists, mental health counselors, social workers, psychologists, psychiatrists, physicians, nurses, health care providers, funeral directors, clergy, hospice workers and volunteers, bereavement coordinators, Employee Assistance Program clinicians, law enforcement and other first responders’ peer support team members, support group facilitators, and anyone in a helping relationship with bereaved persons. It is also extremely relevant to individuals working with posttraumatic stress associated with critical incidents and war.