

Member and Non Member Workshop

RECOVERY OF HOPE & FAITH IN THE FACE OF LOSS

Promoting in-session Resourcefulness – Utilization in Every Day Encounters

Harriet Kohen, LICSW, CPT | Deb Rich, PhD | Denise D'Aurora, MEd, LP

January 14, 2016

6:30 PM – 9:30 PM

Registration at the Door Begins at 6:00 PM

3 CEUs | Cost: \$20 Members, \$30 Non-Members

Carondelet Center | 1890 Randolph Avenue | Saint Paul, MN 55105

Workshop Description

Researchers and clinicians have been studying the grief process for more than fifty years. Their findings have furthered understanding of how people experience death, loss and bereavement but also leave unanswered many questions about how to facilitate the therapeutic processing of grief. These theories will be explored with attention to what is useful in therapy. The presenters will identify the therapeutic skills honed by practitioners of hypnosis, which allow us to be most effective in promoting the integration of traumatic loss.

While you may not purposefully specialize in end of life issues, you can be assured that most clinicians will encounter traumatic loss during their careers. These losses can intrude upon any of your ongoing clients. The ideal course of treatment is for the client to remain with his or her trusted psychotherapist as long as the therapist has basic competency in the long trajectory of grief and bereavement. The presenters will provide valuable insights for addressing traumatic loss across the lifespan, demonstrating the application of both formal and informal hypnotic approaches applicable to all therapy seeking to facilitate emotional healing through the grieving process.

Workshop Objectives

1. Describe how to integrate hypnosis and life-stage grief theories into your everyday therapeutic toolbox.
2. Identify three strategies for introducing hypnosis into the therapeutic encounter when working with clients who are grieving.
3. Identify three elements of hypnosis, which contribute to therapist self-care.

Biographical Sketch

Deborah Rich, PhD., LP is the Founder and Director of Shoshana Center for Reproductive Health Psychology in St. Paul. Dr. Rich has over 25 years of specialty experience providing patient care, interdisciplinary professional training and program development. Dr. Rich was among the first group of interdisciplinary professionals, including only a handful of psychotherapists, certified in perinatal loss care by the Hospice and Palliative Credentialing Center, June 2013. She is the only psychotherapist CPLC in Minnesota.

Harriet Kohen, LICSW is a therapist in private practice where she works with children, adolescents and adults offering hypnosis for behavioral issues, anxiety and depression and grief work. She worked in the pediatric oncology units at Children's Hospital and at the University of Minnesota using hypnosis and poetry to relieve distress. She also participated on the team that developed the integrative pediatric palliative care team at the UMN children's hospital.

Denise M. D'Aurora, LP, LMFT has been in practice as a psychotherapist for 35 years, and a practitioner of hypnosis for nearly 33 years. She has a private practice with offices in Edina and St. Paul.