

Complex Grief Training

**You're not alone.
We're here to listen.**

There is no timeline for grief. Knowing there are supports and resources available can give hope as you move through your grief.

This two-day, intensive in-person training will focus on providing individual therapy to those clients who are presenting with complex or traumatic grief. Information and training will be delivered by staff from CMHA Windsor-Essex County's Bereavement Program.

This training is primarily geared toward clinicians who are in a therapy role and have an understanding of psychotherapy practices.

At the end of this training participants will:

- Understand complex grief and those external and internal factors that impact grief.
- Understand how complex grief can present within individual clients.
- Learn or enhance skills in completing grief focused psychosocial assessments
- Understand a variety of researched based therapy modalities that can be used in sessions with clients.
- Learn interventions for treatment and address concerns that may arise in sessions

This training is part of CMHA Ontario's new bereavement resources, which were developed for CMHA branches to further support healthy grieving in communities across Ontario. The resources are modeled after the CMHA Windsor Essex Bereavement program, which has been offering bereavement services to the local community since 1978.

**If you have any questions, please email Kim at:
kwillis@cmha-webb.on.ca**

Registration Information

Cost: \$500 per person
*Payment made at the time of registration.
Transportation and accommodation not included.

November 25 & 26
9am – 4pm each day

CMHA Ontario
1904-180 Dundas St. W.
Toronto, ON

[Register Here](#)

