Module 1: Ambiguous Loss Definition, Two Types

Overview
• Theory and Assumptions of Ambiguous Loss
• Where Ambiguous Loss Fits into the Contextual Model of Family Stress (CMFS)
• Definition of Ambiguous Loss
• Two Types of Ambiguous Loss
• What Ambiguous Loss is NOT

Learning Objectives
• Understand ambiguous loss theory, its assumptions, and relation to stress theory
• Define ambiguous loss and the two types
• Recognize what ambiguous loss is not

Module 2: Loss and Grief: History and Update

Overview
Brief History of Ideas About Grief
• Personal vs. Professional, Freud
• Grief as Repressed or Delayed, Erich Lindemann
• Grief in Five Stages, Elisabeth Kübler-Ross
• Update on Grief Research with a focus on:
  • More nuanced types of grief; disenfranchised, chronic sorrow, grief as normal oscillation
  • Living with grief; no need to get over it, no timeline
• Types of grief
• Resilience Instead of closure
• Family/community after loss
• Cultural Views
• Religious and Secular Views
• Ambiguous Loss and Religious Beliefs

Learning Objectives
• Describe the progression of views about loss and grief in the past and in contemporary research
• Distinguish between Western and Eastern cultural views of loss and grief
• Examine relationship between ambiguous loss and religious beliefs

Module 3: Effects and Assessment of Ambiguous Loss

Overview
• Effects of Ambiguous Loss
  • Individual effects of ambiguous loss
  • Sadness vs. depression
  • Family systemic effects
• Assessment of Effects - The 3 Rs
  • Family roles
  • Family rules
  • Family rituals

Learning Objectives
• Recognize the individual effects of ambiguous loss and distinguish between sadness and depression
• Recognize family systemic effects of ambiguous loss
• Apply assessment questions to determine effects of ambiguous loss

Module 4: Treatment and Intervention - Goals and Guidelines

Overview
• Resilience: The Goal for Treatment and Intervention
• Resilience: Definition, Update, and Cautions
• How to Increase Resilience

Learning Objectives
• Understand various definitions of resilience
• Recognize cautions surrounding the goal of resilience
• Identify techniques to increase resilience

Module 5: Guidelines for Resilience to Live Well

Overview
• Treatment and Intervention Guidelines
  • Finding meaning
  • Adjusting mastery
  • Reconstructing identity
  • Normalizing ambivalence
  • Revising attachment
  • Discovering new hope
• Self-Care
  • Warning signs of burnout
  • How to stay resilient and strong despite ambiguous loss and unanswered questions

Learning Objectives
• Understand and apply the guidelines for living well
• Recognize and manage need for self-care
• Recognize warning signs of burnout: physical, psychological, and relational
• Identify techniques to build resilience