

FOR IMMEDIATE RELEASE

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**'GRIEF IN THE 21ST CENTURY' OFFERS 6 CONTINUING EDUCATION UNITS
THROUGH ANNE ARUNDEL COMMUNITY COLLEGE**

(PASADENA, MD, July 18, 2016) — Chesapeake Life Center and Anne Arundel Community College will present the Grief in the 21st Century Conference on Friday, Sept. 23, 2016, on the college's Arnold campus.

The cutting-edge conference sponsored by the John & Cathy Belcher Institute will be led by experts in current grief research and clinical interventions that support those living with loss in today's ever-changing environment. Participants can learn to recognize risk factors for complicated grief and common themes related to age and type of loss. In addition, speakers will explore strategies for supporting grieving individuals and families by utilizing such tools as cognitive behavioral therapy, technology and mindfulness.

The conference will begin at 8:45 a.m. with keynote speaker Dr. M. Katherine Shear, the Marion E. Kenworthy Professor of Psychiatry and Director of the Center for Complicated Grief at Columbia School of Social Work. She will present "Grief: The Story of Love after Loss." Shear will provide a framework for thinking of grief as the form love takes when someone we love dies. She also will discuss pathways through the terrain of loss and grief, describe how complicated grief develops and outline loss and restoration-targeted strategies used in complicated grief therapy.

Breakout sessions include:

- "Different Boats, Same Tumultuous Oceans: The Impact of Grief on the Family," presented by Sarah Montgomery, LCSW-C and Amy Stapleton, LGPC, both of Chesapeake Life Center.
- "Exploring the Internet Grief Support Continuum," presented by Eleanor Haley, M.S. and Litsa Williams, LGSW, who have a website called "What's Your Grief."

- “Grief in Older Adults: Revisiting Identity,” presented by Roberta Rook, LCPC, of Chesapeake Life Center.
- “Mindfulness and Yoga Based Interventions for Grief,” presented by Presented by Heather Stang, M.A., a mindfulness speaker and author.
- “Substance Abuse Loss: The Quiet Shame,” presented by Susan Coale, LCSW-C and Becky Scheckelhoff, LGSW, both of Chesapeake Life Center.

The day will culminate with a viewing of “Grief Out Loud,” a short documentary created by grieving teens as part of their grief journey, followed by a discussion of the unique aspects of grief in teens and the use of videography as an intervention. The conference should wrap up by 4 p.m.

The cost is \$105 and includes light breakfast, lunch, continuing education credits and in-county student fees. There is an additional \$10 AACC fee for out-of-county residents or \$15 for out-of-state residents. Parking is free. Registration begins at 8 a.m.

Pre-registration is required and can be completed by downloading the necessary forms at www.chesapeakelifecenter.org/professional-education/grief-in-the-21st-century. For assistance, call 888-501-7077.

The course is approved by the Maryland Board of Social Work Examiners (Category 1); Maryland Board of Professional Counselors and Therapists for Category "A" CEUs for certified professional counselors, marriage and family therapists and alcohol and drug counselors; and Maryland Board of Examiners of Psychologists (Category A). Those who qualify can earn up to six continuing education hours provided through Anne Arundel Community College. For details, call the college at 410-777-2560.

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Chesapeake Life Center, a program service of Hospice of the Chesapeake, serves hospice family members and the community with bereavement services and activities aimed at enhancing the quality of life for those grieving the loss of a loved one. For more information on programs, call 410-987-2129 or visit www.chesapeakelifecenter.org