

AACBT NSW: Sydney Pub Discussion

# *Living with loss: Treatment approaches for prolonged grief reactions*



Back by popular demand - this sell-out pub discussion from 2017 is on again! Learn about the recent developments in CBT approaches for clients struggling with grief.

## **GUEST SPEAKER DR FIONA MACCALLUM**

All good things repeat themselves - so does this sell-out event from 2017.

We will all experience the death of a close loved one during our lifetime and everyone responds differently. The majority of people find ways of coping, however around 7-10% of bereaved individuals experience intense and distressing grief reactions that can persist unabated for years.

Encouragingly, there have been significant advances in how we understand these reactions and this has led to the development of effective grief-focused CBT treatment approaches.

During this pub discussion Fiona will discuss these recent advances and outline key grief-focused strategies. She will include important considerations for adapting CBT to the grief context, strategies for dealing with meaninglessness, how to integrate attachment based-techniques, and ways of helping clients re-envisage a future.

*A pub discussion is a relaxed opportunity to observe a presentation on an interesting topic related to cognitive behavioural therapy. There are opportunities for the willing to engage in a discussion relating to the topic towards the end of the presentation.*

- **When** Monday 5 March 2018 @ 7-8pm (registration from 6:30)
- **Where** Bat and Ball, 495 Cleveland Street, Redfern
- **Tickets** AACBT Members **Free** / Non-Members \$10
- **\*please note\*** *this is a repeat of our 2017 sell-out event*

**Dr Fiona MacCallum** is a clinical psychologist with experience working across public, private, and research settings.

She is a Lecturer and NHMRC Early Career Research Fellow at the University of New South Wales.

Her research is focused on understanding the psychological mechanisms associated with prolonged grief reactions, including a broader interest in emotion regulation processes, autobiographical memory, and self-identity.

Book now at <https://www.aacbt.org.au/events/>



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