

AACBT Newcastle (NSW) Pub discussion

Living with loss: Treatment approaches for prolonged grief reactions



People vary greatly in how they respond to the death of a close loved one. Learn about the recent developments in CBT approaches for clients struggling with grief.

GUEST SPEAKER DR FIONA MACCALLUM

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.

Living with loss: Evidence-based treatment approaches for prolonged grief reactions.

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 12 March 2018 @ 7-8pm (*registration from 6:30*)
- **Where** The Blind Monk, 76 Beaumont St, Hamilton, 2303
Enter and proceed to the rear courtyard for the pub discussion.
- **Tickets** AACBT Members **Free** / Non-Members \$10

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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