



NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS

CLINICAL WEBINARS

FOR HEALTH SERVICE PSYCHOLOGISTS

TRANSLATING RESEARCH TO PRACTICE

Modern Grief in Practice: Tools for the Contemporary Psychologist

Heather Taylor, PsyD, Psychologist
Grief is the New Normal Psychological Services

Webinar Tips for Attendees

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1 CE Credit, Instructional Level: Intermediate

1 Contact Hour (New York Board of Psychology)

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Heather Taylor, PsyD, Psychologist



Heather Taylor, PsyD, is a licensed psychologist authorized to practice telepsychology through PSYPACT who specializes in grief and loss, trauma, and reproductive health. As the host of Grief is the New Normal podcast, she delivers modern grief education that challenges outdated models and empowers individuals to embrace their grief.

Through personalized therapy, grief journals, workshops, and community-driven projects, Dr. Taylor equips individuals to navigate life's hardest moments. Her work normalizes the diverse ways grief impacts us, fostering resilience, self-compassion, and personal growth.

Disclosures/Conflicts of Interest

Dr. Heather Taylor has no conflicts of interest related to this presentation. She has not received any commercial or financial support, sponsorship, or other benefits from organizations, companies, or entities that could be construed as a conflict of interest. This presentation is solely intended for educational purposes, and its content reflects her independent expertise and professional judgment as a licensed psychologist and grief therapist

Learning Objectives

01

Describe traditional grief models and modern grief frameworks, including the concepts of grief states and the spectrum of grief responses.

02

Discuss practical techniques to help clients recognize and adapt to the dynamic nature of grief in their daily lives.

03

Identify diverse grief experiences, including disenfranchised and non-death losses, using inclusive and validating language.

Basic Grief Overview

- 6 basic assumptions
- Definitions
- Grief theories
 - Traditional
 - Modern
- Types of Loss
 - Death vs. Non-death



Grief Concepts

Basic Assumptions

- Natural response
- Normal not pathology
- Individual & unique
- Work not passive
- Not a solo activity
- Avoidance can lead to complications

Grief Definitions

- Grief
- Bereavement
- Mourning
- Grief “Bursts”
- Memorializing

Grief Theories



- Traditional Models
 - Kubler-Ross
 - Worden
- Modern Models
 - Dual Processing Model
 - Continuing Bonds
 - Mean-making (Niemeyer)

Types of Grief & Loss

- Anticipatory grief
 - Normal grief
 - Traumatic loss
 - Disenfranchised grief
 - Secondary loss
- Non-Death Loss (not exclusive)
 - Divorce
 - Unemployment/Retirement
 - Political outcomes
 - Incarceration
 - Move/Relocation
 - Relationship changes (friendships, peer groups, etc.)
 - Chronic illness diagnosis
 - Fertility challenges
 - Immigration concerns
 - Pandemic Losses/Natural disasters
 - Financial losses
 - Substance Use

Grief Work in Practice

- Common Grief Reactions
 - Mental, emotional, spiritual, physical, social & behavioral
- The Spectrum of Grief
 - Instrumental vs. Intuitive
- Grief states vs. stages
- Grief “Bursts”



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Grief Exercises, Rituals & Memorializing

- Care Plans
- “Griefaversaries” & Memorializing
- Circles of Support
 - Doers, comforters/listeners, distractors/respice
- Favorite Grief Interventions



Clinical Resources for Clients

- Books
 - The Grieving Brain by O'Connor
 - Option B by Sandberg & Grant
 - UnF*ck your Grief by Harper
 - Conscious Grieving by Bidwell Smith
 - Get Griefy Magazine
- Podcasts
 - Good Mourning
 - Grief is the New Normal
 - Grief Out Loud
 - Terrible, Thanks for Asking



Q&A With Dr. Taylor



- We will now discuss select questions that were submitted via the Q&A feature throughout the presentation.
- Due to time constraints, we will not be able to address every question asked.

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