



*The Many Paths of Grief  
with Karen Wyatt*

AGENDA

2:30 – 5:00 pm EST

1. Introduction to the model of post-traumatic growth
  - a. The domains of post-traumatic growth
  - b. The Post-traumatic Growth Inventory
2. How post-traumatic growth can occur during the grief process
  - a. Redefining beliefs
  - b. Shifting the narrative
  - c. Finding meaning
3. Examples of post-traumatic growth after loss
  - a. Finding connection with others
  - b. Increased creativity
  - c. Generosity
  - d. Reframing the relationship with the deceased
  - e. Grief as sacred service
4. Strategies for assisting the bereaved
  - a. Presence
  - b. Deep listening
  - c. Curiosity
  - d. Comfort with the unknown

LEARNING OBJECTIVES:

Following the webinar, participants will be able to:

1. Identify post-traumatic growth and how it relates to grief
2. Describe various pathways for growth during the grief process
3. Apply strategies to assist the bereaved in finding meaning through grief