

# 8:15-9:45 am: *THE GRIEF MAP: GRIEF AND ADAPTATION TO LOSS*



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Level of Instruction: Intermediate

**Presentation Summary:** Prolonged Grief Disorder (also known as Complicated Grief and Persistent Complex Bereavement Disorder) is a new diagnosis in ICD-11 and DSM-5. Most clinicians consider bereavement to be of great psychological significance, yet many are unfamiliar with grief as a specific, identifiable clinically significant problem. Grief is the natural response to loss. Although it's complex, time varying and multifaceted and everyone grieves in their own way, there are commonalities. Moreover, most people adapt to the loss of a loved one by accepting their new reality and restoring wellbeing. However, some bereaved people are caught up in troubling thoughts or feelings, problematic behaviors or severe social or life problems that derail the process of adapting to the loss. The result is grief that remains pervasive and intense for many years and even decades after the loss. Grief interferes with their life and impairs their functioning. Suicidal thinking is frequent and compelling. These people need treatment and there is strong evidence for efficacious short term interventions. The strongest evidence to date supports a 16-session targeted intervention called complicated grief treatment (CGT) which has been proven significantly more effective than provide efficacious treatment for depression. CGT uses methods from a range of evidence-based psychotherapies to establish a solid working alliance, address derailleurs and facilitate adaptation to loss.

**Objectives:** *Upon completion of this lecture, the participant will be able to:*

- Describe acute, integrated and complicated grief using the grief map
- Analyze the ICD-11 guideline for the new diagnosis of Prolonged Grief Disorder (PGD)
- Explain the goals, strategies and procedures used to work with seven themes in complicated grief treatment

References (Continued next page)

8:15-9:45 am: *THE GRIEF MAP: GRIEF AND ADAPTATION TO LOSS-(CONTINUED)*



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**References:**

Shear, M. K., Wang, Y., Skritskaya, N., Duan, N., Mauro, C., & Ghesquiere, A. (2014). Treatment of complicated grief in elderly persons: a randomized clinical trial. *JAMA psychiatry*, 71(11), 1287-1295.

Shear, M. K. (2015). Complicated grief. *New England Journal of Medicine*, 372(2), 153-160.

Shear, M. K., Reynolds, C. F., Simon, N. M., Zisook, S., Wang, Y., Mauro, C., ... & Skritskaya, N. (2016). Optimizing treatment of complicated grief: A randomized clinical trial. *JAMA psychiatry*, 73(7), 685-694.