

Psychology Grand Rounds

Department of Psychiatry, Psychology Division

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“Prolonged Grief Disorder Treatment: an Evidence-Based Approach”

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Center for Prolonged Grief
Columbia University

Thursday, February 16th, 2023
12:00pm-1:00pm

*1 CE credit available to full time and voluntary faculty psychologists and Social Workers who sign in with their full name, attend the majority of the lecture (with a 5 minute grace period at the beginning and end of each lecture to allow individuals to sign on) and complete a survey which will be emailed following the completion of the lecture.

SPEAKER: Dr. Skritskaya has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Dr. Skritskaya is an Adjunct Associate Research Scientist at the Center for Prolonged Grief, Columbia University and clinical psychologist in private practice. Her background is in cognitive-behavioral therapy for anxiety disorders with an interest in mind-body connection. For the past decade Dr. Skritskaya has been helping people struggling with difficult losses and also trained clinicians in an evidence-based prolonged grief therapy. Her research is focused on assessment of typical bereavement-related thoughts and understanding their role in prolonged grief.

Abstract:

In this talk, Dr. Natalia Skritskaya will introduce Prolonged Grief Disorder Treatment, previously known as Complicated Grief Treatment, an evidence-based efficacious psychotherapy for prolonged grief disorder. Dr. Skritskaya will describe a model of grief and adaptation to loss that is derived from clinical and experimental research and underpins the treatment. She will also review the treatment

Learning Objectives:

1. Discuss main features of Prolonged Grief Disorder.
2. Identify core procedures of Prolonged Grief Disorder Treatment.
3. Determine some impediments to adaptation to loss that are addressed in the treatment.

References:

1. 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.
2. Skritskaya, N. A., Mauro, C., Garcia de la Garza, A., Meichsner, F., Lebowitz, B., Reynolds, C. F., ... & Shear, M. K. (2020). Changes in typical beliefs in response to complicated grief treatment. *Depression and anxiety*, 37(1), 81-89.
3. Na, P. J., Adhikari, S., Szuhany, K. L., Chen, A. Z., Suzuki, R. R., Malgaroli, M., ... & Simon, N. M. (2021). Posttraumatic distress symptoms and their response to treatment in adults with prolonged grief disorder. *The Journal of Clinical Psychiatry*, 82(3), 32266.
4. Lechner-Meichsner, F., Mauro, C., Skritskaya, N. A., & Shear, M. K. (2022). Change in avoidance and negative grief-related cognitions mediates treatment outcome in older adults with prolonged grief disorder. *Psychotherapy Research*, 32(1), 78-90.
5. Shear, M. K., Skritskaya, N., & Bloom, C. (2022). Prolonged Grief Disorder Therapy (PGDT). In *Evidence Based Treatments for Trauma-Related Psychological Disorders: A Practical Guide for Clinicians* (pp. 329-344). Cham: Springer International Publishing.