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Clinical Instructor of Psychology in Psychiatry
(Courtesy) (Voluntary)
Weill Cornell Medical College, Cornell University



Tuesday October 20th 2026 | 7pm-8pm



<https://weillcornell.zoom.us/j/92477153371>
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1 CE is available for a \$20 fee, available to **Psychologists, Social Workers and LMHC's** who sign in through the EEDS system and attend the majority of the lecture. *CME credits are NOT available for this event.*

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Content is appropriate for beginner, intermediate and advanced level practitioners.

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A Short Term Bereavement Group Model: What Did Freud have to Say?

Abstract

The professional literature on grief covers multiple clinical views as well as numerous outcome studies. "Complicated Bereavement," what Freud called melancholia has also gained attention with the development of programs to address this more long term syndrome. This presentation will discuss a 5 year, short term group model (three months) that grew out of the presenter's 17 year experience working with patients and family members in an inpatient Oncology Department and outpatient Chemotherapy Clinic. The creation of the group was one of several clinical responses to the hospital's need to develop an outreach program for its new 5th Avenue Outpatient Psychiatry Clinic.

Biography

The speaker is on the Voluntary faculty in the Department of Psychiatry at Weill Cornell and spent 15 years leading the Department's Resident Process Groups. She was previously a faculty member in the Mount Sinai Department of Psychiatry and provided services to cancer patients in an Outpatient Chemotherapy Clinic and in the Hospital's Dept of Neoplastic Diseases. She has had Psychoanalytic Training and was an analysand at NY Psychoanalytic Institute and has also had Psychoanalytic Group Training.

Learning Objectives

1. List a wide range of theories and treatment options to consider when working with their grieving clients
2. Identify similarities in how different cultures approach the process of mourning
3. Explain the difference between Freud's description of the grieving process and more modern concepts.

Suggested Reading

1. Ahluwalia, S., Bandini, J., Maglione, M., Miles, J., O'Hollaren, K., Zhang, D., Yedavalli, M., Yagyu, S., Motala, A., & Hempel, S. (2026). "Care of Bereaved Persons: A Systematic Review." *Annals of Internal Medicine*, 179(4), 535–547. PMID: 41628451
2. Avis, K. A., Missler, M., van Deursen, D., Lenferink, L. I. M., Stroebe, M., & Schut, H. (2025). "The Efficacy of Bereavement Interventions: A Systematic Review." *Harvard Review of Psychiatry*, 33(3), 127–148. PMID: 40153525
3. Nelson, K., Lukawiecki, J., Waitschies, K., Jackson, E., & Zivot, C. (2024). "Exploring the Impacts of an Art and Narrative Therapy Program on Participants' Grief and Bereavement Experiences." *OMEGA—Journal of Death and Dying*, 90(2), 726–745. PMID: 35768193