

The Process of Grieving – Understanding & Supporting our Clients Through It

Self-Paced Modules: March 1 – 22, 2023
Live Virtual Session: March 22, 2023, 12:30pm – 3:30pm
Virtual Learning via Zoom
8.0 Continuing Education Hours
Trainer: Kyira Wackett, MS, LPC

Fee: \$35 Members/\$135 Partial and Non-members

The interested participant must complete self-paced modules before attending the live session.

The process of grieving is universal. Yet it can be an incredibly isolating and overwhelming process. In this course, we will dive deeper into this complex topic to better understand how we experience and work through grief and loss, concentrating on two primary modalities but also tools and skills independent of modality. We will dismantle misconceptions, outline important considerations and build a greater understanding of this necessary process for long-term healing and well-being.

- Outline at least four skills and interventions you can use with clients in the treatment process
- Consider the role of grief in the long-term healing and recovery process and how it connects to the forgiveness model
- Learn ways to respond to your own grief as the helping professional including identifying when you may be experiencing countertransference with the patient or client



Kyira Wackett, MS, LPC is an artist, public speaker and community advocate. She holds a Master’s Degree in Counseling Psychology and is a licensed therapist specializing in eating disorders, anxiety disorders and trauma.

Kyira has been speaking on topics related to mental health, authenticity and personal & professional development for over 10 years. In 2016, she founded her company, Kinda Kreative, wherein, she has focused her efforts more specifically on creating social change, taking conversations about mental health into the communities’ at large, empowering self-exploration and cultivating opportunities for growth - both personally and professionally. In 2017, her company received an America’s Small Business Champion Award which Kyira notes she is still in shock about, but has used to remind herself everyday about how important the work is that she is doing.