



# Portland Institute

## For Loss and Transition

### **Certification Program in Grief Therapy for Suicide Bereavement (GTSB)**

#### **GTSB Program Overview (Approximately 70 Hours)**

##### *Required Components*

- 1) Certification Core Courses: 6 modules / 3 credits
- 2) GTSB Orientation: 4 modules / 4 credits
- 3) GTSB Technique Modules: 6 techniques / 6 credits
- 4) GTSB Case Studies: 2 cases / 2 credits
- 5) GTSB Practicum Studio: 4 studio sessions / 4 credits
- 6) GTSB Mentoring: 3 sessions / 3 credits
- 7) GTSB Session Evaluation: 1 recording submission / 1 credit

*Note: All the above components can be taken in live online training, recorded training and/or onsite training modalities, in any combination and any sequence the learner desires.*

## Required Components

**Note:** All of the Portland Institute's diverse curriculum, both onsite and online, is informed by an **Experiential Learning Model**. Thus, in addition to systematic faculty instruction, each module includes opportunities for learners to hone their skills in case conceptualization, practice specific therapeutic techniques, and often apply the tools they are learning to their own life losses and those of their clients in order to gain first-hand acquaintance with them. Many also include video or live demonstrations of the use of particular grief therapy methods. In the online learning setting, learners who wish to pursue certification then complete and return a short **Responsive Journal** following a rubric provided for that specific module. Portland Institute faculty provide brief written feedback on each submission to continue the personal dialogue with learners.

### 1) Certification Core Courses (6 Modules / 3 Credits)

The Core Courses are offered as a series of 3-hour online modules, or onsite full-day workshops that can be taken in any of several locations around the world each year. All are required for GTSB Certification. Learners may complete these courses in any sequence they desire.

- a) *Grief and Its Complications (2 Modules)*: Contemporary models of grief, including conceptualization and diagnosis of complicated grief or prolonged grief disorder.
- b) *Grief Therapy – A Trauma-Informed Approach (2 Modules)*: Trauma-oriented interventions to help grievors process the Event Story of the loss and integrate it into their larger self-narrative.
- c) *Grief Therapy – An Attachment-Informed Approach (2 Modules)*: Attachment-oriented interventions to help grievors access the Back Story of the relationship and reconstruct the continuing bond with the deceased.

### 2) Orientation to Suicide Bereavement (4 Modules / 4 Credits)

The suicide of a significant other often has a profound and at times devastating impact on the bereaved survivors who in turn require a level of support that goes beyond general grief counselling. These Orientation Modules cover a) the unique psychological impact of suicide on the survivors and common themes in their bereavement; b) relevant research findings about these survivors' needs; c) the tasks of loss integration and recovery required for these survivors; and d) principles of longer term clinical work with them. Special attention is given in one of these modules to the unique challenges and needs of children and adolescents who are survivors of suicide loss. Learners are required to complete two Orientation Modules for GTSB Certification.

### 3) GTSB Techniques Modules (6 Techniques / 6 Credits)

Each module is focused on specific therapy tools or techniques that may be delivered through onsite workshops, live online training or recordings. Learners briefly practice particular methods during the onsite workshops or live training.

Among the techniques featured are *Restorative Retelling* – a narrative exposure method tailored to violent death bereavement, *Analogical Listening* – a somatic experiential method for exploring and mastering the impact of suicide grief on the body, and arts-assisted methods for expressing and transforming the wordless grief that often accompanies suicide bereavement. In the recorded training modality, learners are invited to reflect on these methods in their *Responsive Journals*. Learners are required to learn four Techniques for GTSB Certification.

#### 4) GTSB Case Studies (2 Cases / 2 Credits)

Each Case Study module consists of client interview or video-recorded clinical session to provide a framework for understanding the clinical tasks required for suicide bereavement and client's reflection on changes occurred during or over the course of therapy sessions, as well as what was helpful and not helpful about therapy. Live dialogues with survivors of suicide loss, as well as recorded modules capturing these interactions, engage learners in the lived experience of these clients. Learners are required to complete two Case Studies for GTSB Certification.

#### 5) GTSB Practicum Studio (4 Sessions / 4 Credits)

Learners form small groups and practice Meaning Reconstruction skills for suicide bereavement cases, with Portland Institute faculty serving as coaches, for role-play in a shared language. Each session includes practice with learners taking turns in the role of the therapist, client or observer, followed by feedback and processing. Learners are required to complete four Studio sessions for GTSB Certification.

#### 6) GTSB Mentoring (3 Sessions / 3 Credits)

Learners are required to fulfill at least three 1-hour individual Mentoring sessions in Grief Therapy for Suicide Bereavement with one of the Portland Institute faculty in a shared language. These sessions may be conducted in face-to-face mode, or via phone or videoconference.

#### 7) GTSB Session Evaluation (1 Recording / 1 Credit)

Following the completion of all the above Components, learners need to submit one 50-minute video recording of an application of meaning-focused grief therapy in an actual session or in role play, along with a transcript of the session. The session is then evaluated for demonstration of competency in working with clients suffering from suicide loss from a meaning-making perspective. Learners then either receive extensive written feedback or schedule a 1-hour feedback session with one of the Portland Institute faculty in a shared language.

#### **Note:**

*Completion of all the above components leads to a Certification in Grief Therapy for Suicide Bereavement (GTSB). All licensed or registered counselors or therapists completing GTSB Certification will be listed on the Portland Institute website as part of our Global Provider Network.*

## Featured Guest Speakers

### *Andriessen, Karl, PhD, MSuicidology, BSW*

**Karl Andriessen, PhD, MSuicidology, BSW**, is a Senior Research Fellow at the Centre for Mental Health in the Melbourne School of Population and Global Health, The University of Melbourne, Australia, an Adjunct Senior Lecturer at the School of Psychiatry, University of New South Wales, and a Research Fellow at the KU Leuven, University of Leuven, Belgium. Karl's involvement in the field of suicide bereavement and suicide prevention is rooted in clinical practice, starting 35 years ago in Belgium as a Social Worker in youth and family counselling, and telephone crisis lines, followed by leading positions in suicide prevention, bereavement, community mental health, and suicide prevention policy development. He served as Chair of the Special Interest Group on Suicide Bereavement (2002-2015) of the International Association of Suicide Prevention and is an advisor to several projects in the field of suicide prevention and bereavement. He has published widely, including studies on supporting adolescents bereaved by suicide and other traumatic death, and the landmark handbook *Postvention in action: The international handbook of suicide bereavement support* (Hogrefe, 2017). He is the recipient of several awards and serves as Associate Editor of Death Studies.



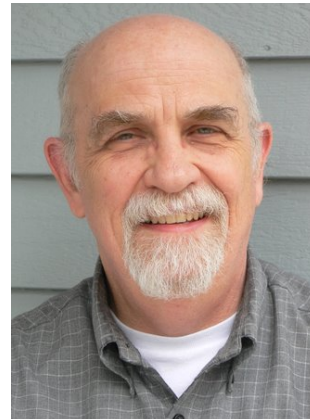
### *Henry, Lynne, BA*

**Lynne Henry**, is currently the Director of Strategic Initiatives and Marketing in the Office of Philanthropy at University of Maryland, Baltimore. A native of Erie, Pennsylvania, Lynne received a B.A. from Cornell University in English and Art History, before embarking on a publishing career at ARTnews Associates and Hearst Magazines, specializing in the circulation promotion management of leading art and consumer magazines and museum catalogues. Lynne also served as Director of Marketing and Creative Services at Winterthur Museum, Garden, and Library. Lynne's passion for the creative arts resurfaced after the death of her youngest son, James, in September 2020. Under the mentorship of Sharon Strouse, MA, ATR-BC, LCPAT, Lynne began to explore art therapy as a powerful way to navigate traumatic loss, finding respite through collage work and continuing bonds therapy.



### *Jordan, John (Jack), PhD*

**John (Jack) Jordan, PhD**, is a licensed psychologist in private practice in Pawtucket, Rhode Island, where he has specialized in work with survivors of suicide and other traumatic losses for more than 45 years. He served as the Clinical Consultant for the Grief Support Services of the Samaritans in Boston, Massachusetts, and was the Professional Advisor to the Loss and Healing Council of the American Foundation for Suicide Prevention (AFSP). He also served as the Co-Chair of the Survivors of Suicide Loss Task Force of the National Action Alliance for Suicide Prevention. In 2015, this Task force released postvention guidelines for the United States, titled *Responding to Grief, Trauma, and Distress After Suicide: U.S.*



*National Guidelines*. For over 45 years, Jack has also provided training nationally and internationally for professional caregivers, and has helped to lead many healing workshops for suicide loss survivors. Jack has published over 50 clinical and research articles, chapters, and full books in the areas of the practice of grief therapy, bereavement after suicide, support group models, the integration of research and practice in thanatology, and loss in family and larger social systems. He is the co-author of four books: *After suicide loss: Coping with your grief* (2<sup>nd</sup> ed.) (2015 – self-published); *Grief after suicide: Understanding the consequences and caring for the survivors* (Routledge, 2011), *Devastating losses: How parents cope with the death of a child to suicide or drugs* (Springer, 2012); and *Attachment-informed grief therapy: The clinician's guide to foundations and applications* (Routledge, 2016).

### *Ladd, Rebecca, MA*

**Rebecca Ladd, MA**, is an educator, artist, classical musician, and dog lover. She spent 30 years as a reading specialist. After the suicide death of her son in 2010, she has slowly transformed into a new person. She embraced the deep grief and the changes that have come. She is now focused on sharing her story and the tools used for the evolution. She welcomes all questions and feels she has many skills to help others both understand the trauma of violent death and the steps needed for healing. She sings classical music, creates all types of art, especially woodturning and mandala making, and she is attuned to the natural world, adores all dogs, and loves the absurd.





## Featured PI Faculty

### *Neimeyer, Robert A., PhD*

**Robert A. Neimeyer, PhD**, is a Professor Emeritus of the Department of Psychology, University of Memphis, and maintains an active consulting and coaching practice. He also directs the Portland Institute for Loss and Transition ([www.portlandinstitute.org](http://www.portlandinstitute.org)), which provides online training internationally in grief therapy. Neimeyer has published 33 books, including the *Handbook of Grief Therapies* and *New Techniques of Grief Therapy: Bereavement and Beyond*, and serves as Editor of the journal *Death Studies*. The author of over 600 articles and book chapters and a frequent workshop presenter, he is currently working to advance a more adequate theory of grieving as a meaning-making process. Neimeyer served as President of the Association for Death Education and Counseling (ADEC) and Chair of the International Work Group for Death, Dying, & Bereavement. In recognition of his scholarly contributions, he has been granted the Eminent Faculty Award by the University of Memphis, made a Fellow of the Clinical Psychology Division of the American Psychological Association, and given Lifetime Achievement Awards by both ADEC and the International Network on Personal Meaning.



### *Ng, Carolyn, PsyD, MMSAC, RegCLR*

**Carolyn Ng, PsyD, MMSAC, RegCLR**, maintains a private practice, Anchorage for Loss and Transition ([www.anchorage-for-loss.org](http://www.anchorage-for-loss.org)), for training, supervision and therapy in Singapore, while also serving as an Associate Director of the Portland Institute. Previously she served as Principal Counsellor with the Children's Cancer Foundation in Singapore, specialising in cancer-related palliative care and bereavement counselling. She is a master clinical member and approved supervisor with the Singapore Association for Counselling (SAC) and a Fellow in Thanatology with the Association of Death Education and Counselling (ADEC), USA, as well as a consultant to a cancer support and bereavement ministry in Sydney, Australia. She is certified in Solution-Focused Brief Therapy and Narrative Therapy. She is also trained in the Critical Incident Stress Management (CISM) by the International Critical Incident Stress Foundation, USA, community crisis response by the National Organisation for Victim Assistance (NOVA), USA, as well as Applied Suicide Intervention Skills Training (ASIST) by LivingWorks, Canada. She conducts training workshops and consultation on various topics, as invited by different organizations both in Singapore and other countries like Malaysia, Taiwan, Bhutan, Australia and United States over the years. Her recent writing concerns meaning-oriented narrative reconstruction with bereaved families, with an emphasis on conversational approaches for fostering new meaning and action.



### *Strouse, Sharon, MA, ATR-BC, LCPAT*

**Sharon Strouse, MA, ATR-BC, LCPAT**, is a board-certified and licensed clinical professional art therapist and Associate Director for the Portland Institute. Her art therapy private practice, national presentations, trainings and practitioner supervision / mentoring focus on traumatic loss, specifically with parents who have lost a child, suicide bereavement, and military loss / Gold Star Families. The theoretical foundations of her group and individual art therapy work are grounded in meaning reconstruction, attachment informed grief therapy, continuing bonds with the deceased and restorative retelling. She is author of *Artful Grief: A Diary of Healing*,



([www.artfulgrief.com](http://www.artfulgrief.com)) written twelve years after the suicide of her seventeen-year-old daughter. She is co-founder of The Kristin Rita Strouse Foundation ([www.krsf.com](http://www.krsf.com)), a non-profit organization dedicated to supporting programs that increase awareness of mental health through education and the arts.

## Fee Structure

### *GTSB Certification Enrollment*

All learners interested in pursuing GTSB Certification pay a **one-time Enrollment Fee of USD \$100** at the Store on the Portland Institute website and enter their profile of relevant professional background information. The Institute will then enable a personalized Progress Tracker for learners to monitor their progress toward completion of certification requirements.

### *Pricing*

All required components may be delivered either in (a) convenient **Live Online Training** or **Recorded Training** modules of 3 hours each or (b) **Onsite Workshops**. Online and Recorded Training modules are a uniform USD \$99 each, whereas the registration fee of Onsite Workshops is established with PI's various partner organizations around the world and therefore varies somewhat in pricing depending on local economic conditions, costs of facilities etc. Thus, the overall **cost of certification may range between USD \$3,200-\$4,000** (excluding the cost of travel and accommodation in the case of onsite workshops).

### *Availability*

**Live Online Training** and **Recorded Training** modules are available through the PI website for learners throughout the world. **Onsite** learning opportunities in each major world region (e.g. North America, South America, Europe and Asia) are announced on the PI website and are continually being updated as new training programs and partner organizations are added.

**Have further questions? Simply email us for more details:**  
[carolyn@portlandinstitute.org](mailto:carolyn@portlandinstitute.org)