



# Portland Institute

## For Loss and Transition

*Director: Robert A. Neimeyer, PhD*

## **Certification Program in Grief Therapy for Non-Death Losses (NDL)**

### **NDL Certification Overview (Approximately 60 Hours)**

#### *Required Components*

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

*Note: All the above components can be taken in either online or onsite versions, 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 in order to gain first-hand acquaintance with them. Many also include video 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 NDL 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 grievers 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 grievers access the Back Story of the relationship and reconstruct the continuing bond with the deceased.

### 2) Orientation to Grief Therapy for Non-Death Losses (4 Modules / 4 Credits)

The Orientation to Grief Therapy for Non-Death Losses invite learners to acquaint with other types of “deaths” that one may experience in life, and address them within a Meaning Reconstruction framework. Categories of non-death losses include those arising from threats to health, significant relationships, occupational and career identity, and other more abstract losses (e.g. erosion or shattering of spiritual or secular worldviews).

These Orientation Modules cover the following essential areas:

- Disenfranchised grief and the social context of loss and grief
- Ambiguous loss
- Tangible and intangible loss
- Chronic sorrow and nonfinite or living losses
- Meaning-making after non-death losses
- Latest research on non-death losses

These Orientation Modules are offered as live webinars or online recordings, or onsite workshops that can be taken at any location around the world where such training is offered. Learners are required to complete at least four Orientation Modules for NDL Certification.

### *3) NDL Techniques Modules (6 Techniques / 6 Credits)*

Each module is focused on specific therapy tools or techniques that may be delivered through onsite workshops, live webinars or online recordings. Learners briefly practice particular methods during the onsite workshops or live webinars. In the online learning setting, learners are invited to reflect on these methods in their *Responsive Journals*. Learners are required to learn at least six Techniques for NDL Certification.

### *4) NDL Case Studies (2 Cases / 2 Credits)*

Each case study consists of a case conceptualization exercise or videotaped clinical session with a close process analysis to reveal the therapist's moment-to-moment reading of the client's need and readiness to engage in specific meaning reconstruction tasks. Learners are required to complete at least two Case Studies through live webinars, online recordings or onsite workshops for NDL Certification.

### *5) NDL Practicum Studio (4 Studio Sessions / 4 Credits)*

Learners form small groups and practice Meaning Reconstruction skills related to non-death losses, 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 and observer, followed by feedback and processing. Learners are required to complete at least four Studio sessions for NDL Certification.

### *6) NDL Mentoring (3 Sessions / 3 Credits)*

Learners are required to fulfill at least three 1-hour individual Mentoring sessions in Meaning Reconstruction for non-death losses 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) NDL 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 Reconstruction in working with non-death losses 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 grieving clients with non-death loss from a meaning reconstruction 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 required components leads to a Certification in Grief Therapy for Non-Death Losses (NDL). All licensed or registered counselors or therapists completing NDL Certification will be listed on the Portland Institute website as part of our Global Provider Network.*

## Fee Structure

### *NDL Certification Enrollment*

All learners interested in pursuing NDL 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 open a personalized Progress Tracker to monitor their progress toward completion of certification requirements.

### *Pricing*

All required components (except Mentoring and Session Evaluation) may be delivered either in (a) convenient virtual **Live Training** or recorded **Online Training** modules of 3 hours each or (b) single or multi-day onsite **Workshops, Training Institutes** or **Retreats**. Online training modules are a uniform USD \$99 each, whereas the cost of onsite training 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. Mentoring and Session Evaluation, which are tailored to each individual learner, carry fees of USD \$495 and \$345 respectively. 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 training), well below the cost of many certification programs in the health and mental health professions.

### *Availability*

Virtual **Live Training** and recorded **Online 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 Portland Institute 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)