



# Portland Institute

## For Loss and Transition

*Director: Robert A. Neimeyer, PhD*

## **Certification Program in Grief Therapy as Meaning Reconstruction (GTMR)**

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

#### *Required Components*

- 1) Certification Core Courses: 6 modules / 3 credits
- 2) GTMR Orientation: 4 modules / 4 credits
- 3) GTMR Technique Modules: 6 techniques / 6 credits
- 4) GTMR Case Studies: 2 cases / 2 credits
- 5) GTMR Practicum Studio: 4 studio sessions / 4 credits
- 6) GTMR Mentoring: 3 sessions / 3 credits
- 7) GTMR 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 GTMR 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 Meaning Reconstruction (4 Modules / 4 Credits)

Becoming proficient in facilitating clients' meaning making about their losses and their changed lives requires a broad and deep grounding in models and methods of grief therapy. To foster this, the Orientation Modules include a growing selection of presentations on particular approaches and clinical challenges, as well as periodic **Book Club** modules featuring group discussion of sets of readings from the **Techniques for Grief Therapy** series, which ensure a well-stocked clinical toolbox of practical therapeutic strategies. Learners are required to complete at least four Orientation Modules for GTMR Certification.

### 3) GTMR 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 GTMR Certification.

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

Each case study consists of video-recorded clinical sessions 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 GTMR Certification.

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

Learners form small groups and practice Meaning Reconstruction skills, 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 at least four Studio sessions for GTMR Certification.

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

Learners are required to fulfill at least three 1-hour individual Mentoring sessions in Meaning Reconstruction Grief Therapy 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) GTMR 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 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 grieving clients 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 required components leads to a Certification in Grief Therapy as Meaning Reconstruction (GTMR). All licensed or registered counselors or therapists completing GTMR Certification will be listed on the Portland Institute website as part of our Global Provider Network.*

## Fee Structure

### *GTMR Certification Enrollment*

All learners interested in pursuing GTMR 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 one of us for more details:**  
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