

| PORTLAND INSTITUTE FOR LOSS AND TRANSITION          |   |  |   |  |                                  |  |   |   |                    |
|---|---|--|---|--|----------------------------------|--|---|---|--------------------|
| Grief Therapy Learning Retreat (August 21-25, 2026) |   |  |   |  |                                  |  |   |   |                    |
| Program Schedule Overview                           |   |  |   |  |                                  |  |   |   |                    |
|   |   |  |   |  |                                  |  |   |   |                    |
| Legend for PI Certification Credits:                |   | Techniques   | Practicum   | Orientation  | Case Studies                     |  |   |   |                    |
|   |   |  |   |  |                                  |  |   |   |                    |
| TIME  | FRIDAY (August 21st)  | SATURDAY (August 22nd)   |   | SUNDAY (August 23rd)   |                                  | MONDAY (August 24th)                                   |   | TUESDAY (August 25th)                                     |                    |
| 7:30-8:30   | The Journey Begins...   | BREAKFAST  |   |  |                                  |  |   |   |                    |
| 8:30-9:00   |   | Meaning-Centered Grief Therapy in Clinical Practice (Lichtenthal)      |   | The Restorative Power of Community: Part I (Brooks, Maes & Rynearson)  |                                  | Captured in a Box of Pain: Part I (Neimeyer)           | Trauma-informed Grief Care through Zentangle: Part I (Greenbaum)  | CHECK-OUT<br>The Arc of Grief, The Arc of Growth (Coplan) |                    |
| 9:00-9:30   |   |  |   |  |                                  |  |   |   |                    |
| 9:30-10:00  |   | MORNING BREAK  |   |  |                                  |  |   |   |                    |
| 10:00-10:30   |   |  |   |  |                                  |  |   |   |                    |
| 10:30-11:00   |   | Facilitating Core Meaning-Making Processes in MCGT (Lichtenthal)       |   | The Restorative Power of Community: Part II (Brooks, Maes & Rynearson) |                                  | Captured in a Box of Pain: Part II (Neimeyer)          | Trauma-informed Grief Care through Zentangle: Part II (Greenbaum) |   |                    |
| 11:00-11:30   |   |  |   |  |                                  |  |   |   |                    |
| 11:30-12:00   |   | LUNCH  |   |  |                                  |  |   |   |                    |
| 12:00-1:00  |   |  |   |  |                                  |  |   |   |                    |
| 1:00-1:30   |   | WELCOME RECEPTION  | The Rowboat as a Metaphor for the Dual Process Model: Part I (Scaut)                  | Counterfactual Thinking in Bereavement (Mahat-Shamir & Pitcho)         | Broken Heart Syndrome (Vaughans) | Moving with Resilience after Multiple Losses (Claudia) | Pockets of Reflection (Maegan)                                    | The Five Laws of Transition: Part I (van Wielink)         | Home Sweet Home... |
| 1:30-2:00   | The Rowboat as a Metaphor for the Dual Process Model: Part II (Scaut) |  | Seasons of Transition (Ng)  | FREE & EASY<br>(Dinner on Your Own)                                    |                                  |  |   |   |                    |
| 2:00-2:30   |   |  |   |  |                                  |  |   |   |                    |
| 2:30-3:00   |   |  |   |  |                                  |  |   | AFTERNOON BREAK   |                    |
| 3:00-3:30   | Grief Attacks (Neimeyer)  | Special Program:<br>Forest Hike (4:45-6:15pm)<br><br>OR Simply Go Easy | Special Program:<br>Birdwatching / Canopy Hike (4:45-6:15pm)<br><br>OR Simply Go Easy |  |                                  |  |   |   |                    |
| 3:30-4:00   |   |  |   |  |                                  |  |   |   |                    |
| 4:00-4:30   |   |  |   |  |                                  |  | AFTERNOON BREAK   |   |                    |
| 4:30-5:00   | CHECK-IN  | DINNER   |   | DINNER   |                                  |  |   |   |                    |
| 5:00-5:30   |   |  |   |  |                                  |  |   |   |                    |
| 5:30-6:00   |   |  |   |  |                                  |  |   |   |                    |
| 6:00-6:30   | DINNER  | DINNER   |   | Special Program:<br>Campfire @Friendship Circle                        |                                  |  |   |   |                    |
| 6:30-7:30   |   |  |   |  |                                  |  |   |   |                    |
| 7:30-8:30   |   |  |   |  |                                  |  |   |   |                    |