

✓ IN-PERSON ✓ LIVE-ONLINE

AUGUST 19-23, 2024**Mary-Frances O'Connor, PhD*****The Grieving Brain: The Surprising Science of How We Learn from Love and Loss*****Monday - Friday: 9:00a.m. - 12:30p.m. EDT | 30-Minute Break Daily | 15-Hour Course
Delivery Format: In-Person or Live-Online**

Why does grief hurt so much? Why does death, the permanent absence of a person with whom you are bonded, result in such devastating feelings and lead to behavior and beliefs that are inexplicable, even to the grieving person? Taught by a neuroscience professor and clinical psychologist, this course will discuss the what of grief—what it feels like, what problems it causes, and common neurobiological and physiological reactions. But more importantly, it will discuss the why. Some of the answers to our questions about grief can be found in the brain, the seat of our thoughts and feelings, motivations, and behaviors. By looking at grief from the perspective of the brain, we will discuss the contemporary science of the how of grief in order to better understand the why.

While this course will utilize the lens of neurobiology for understanding and working with grief and grieving, the course material is accessible without a need for a neuroscience background. fMRI neuroimaging has shown that the most significant impact of the death of a loved one is in those who have the most severe psychological grief reactions. Understanding bonding and separation in animal neurobiology can help explain what happens in humans during acute grief. Knowledge about how the brain learns new information is helpful to understanding the trajectory of adaptation during bereavement. Studies of cognitive functioning are particularly relevant for older adults following the death of a loved one. The course culminates in discussion of empirically-based psychotherapeutic interventions for prolonged grief that are proven effective, including Prolonged Grief Disorder Treatment, guided mindfulness meditation, and exposure therapy. Participants will explore these findings and clinical experiences in light of the neuroscientific research on grief.

Course Agenda**Monday:****To understand grief, understand bonding and attachment**

- Neurobiology of attachment in prairie voles
- Neurobiology of attachment in humans, including reward learning
- Developmental aspects of attachment theory

Mary-Frances O'Connor, PhD, is an Associate Professor at the University of Arizona Department of Psychology, where she directs the Grief, Loss and Social Stress (GLASS) Lab. She earned a PhD in clinical psychology from the University of Arizona in 2004 and following a faculty appointment at UCLA Cousins Center for Psychoneuroimmunology, she returned to the University of Arizona in 2012. She served for three years as Director of Clinical Training in the Psychology Department. Her research focuses on the wide-ranging emotional responses to bereavement. In particular, she investigates the neurobiological and psychophysiological aspects that vary between individual grief responses via functional neuroimaging, immune, and endocrine analysis. Dr. O'Connor also researches difficulties adapting following the death of a loved one, termed prolonged grief (newly included in the revised DSM-5). She believes that a clinical science approach toward the experience and physiology of grief can improve psychological treatment. Dr. O'Connor's recent book, *The Grieving Brain: The Surprising Science of How We Learn from Love and Loss* (2022; HarperOne) has garnered praise from peers and literary critics alike, and has led to speaking engagements around the world. In addition to her outstanding record of scholarship, Dr. O'Connor is a highly proficient and beloved teacher and mentor, honored with the Undergraduate Biology Research Program (UBURP) "Outstanding Mentor Award" in 2014. In 2020, she organized an international multidisciplinary research group called the Neurobiology of Grief International Network (NOGIN). Under her leadership, the group has held three international conferences supported by the National Institute on Aging. Dr. O'Connor is a highly sought-after speaker, giving numerous talks and workshops to community organizations around the world, including in-service trainings to

healthcare professionals and volunteers at hospices. She has authored research papers published in a wide range of peer-reviewed journals, from American Journal of Psychiatry to NeuroImage to Journal of Consulting and Clinical Psychology. Dr. O'Connor's work has been discussed in the New York Times, The Guardian, Washington Post, and Scientific American.

Speaker Disclosures:

Financial: Mary-Frances O'Connor has no relevant financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-financial: Mary-Frances O'Connor has no relevant non-financial relationships with ineligible organizations.

Mary-Frances O'Connor, PhD | The Grieving Brain: The Surprising Science of How We Learn from Love and Loss | August 19-23, 2024**Tuesday:****Neurobiology of grief and grieving**

- Difference between grief and grieving
- Cognitive neuroscience of grief
- Gone But Also Everlasting theory
- The utility of basic science as a lens on grief

Wednesday:**Prolonged Grief Disorder (PGD)**

- Distinguishing grief and trauma
- Debunking the myth of the 5 stages of grief
- Empirical data on the grieving trajectories
- Stigma vs. benefit of psychological diagnosis
- Diagnostic criteria and cultural considerations

Thursday:**Grieving as a form of learning**

- Complications for learning are also complications for grieving
- Bereavement as a health disparity
- Role of loneliness
- Role of social support

Friday:**Toolkit of coping strategies and psychotherapeutic intervention**

- Emotion regulation flexibility, the right strategy for the right moment
- Avoidance
- Rumination
- Psychotherapeutic intervention (Prolonged Grief Disorder Treatment, CBT, mindfulness)

Course Objectives

Upon completion of this course participants will be able to:

1. Identify how attachment in social mammals built upon the brain's ability to map time and space
2. Explain how after the death of a loved one, the brain can believe conflicting information from memories of the death and the everlasting nature of attachment beliefs
3. Compare bonding and separation in pair-bonded animals to the effects of acute grief in humans
4. Describe how the neurobiological attachment system instantiates relationship bonds, requiring neurochemicals like oxytocin, dopamine, and endogenous opioids
5. Explain the difference between grief and grieving and how we would ask a person about each
6. Apply knowledge about learning and memory to the process of grieving
7. Distinguish between grief and trauma, and consider which should be treated first
8. Define prolonged grief disorder, and justify the existence of this disorder using neuroscientific data
9. Apply knowledge of cognitive functioning in bereavement to older adults with and without complicated grief
10. Explain how rumination and avoidance can prolong the process of updating the prediction (i.e., learning) that the deceased is no longer available
11. Identify which mechanisms of mindfulness meditation intervention reduce grief severity and which do not

Continuing Education

Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced. Courses must be completed in one delivery format.

The Grieving Brain: The Surprising Science of How We Learn from Love and Loss, Course #4933, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 5/2/2023 - 5/2/2025. Social workers completing this course receive 15 General continuing education credits.

Please see the CE section on the **individual course page** for a full listing of CE course approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

In-Person Course Format: Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30-minute break.

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

Tuition:

In-Person Course:

Early Tuition Rate: \$700 (through 04/01/2024)

Full Tuition: \$750

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

Live-Online Course:

Early Tuition Rate: \$575 (through 04/01/2024)

Full Tuition: \$625

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Refund Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

Within two weeks: If you give notice between fourteen and one day(s) before your course start date a credit for a 2024 Cape Cod Institute program is available. Credit may be applied to any 2024 or 2025 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

Once your course begins: No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at info@cape.org or by calling + 1 (203) 781-6492.

Please visit <https://www.cape.org/policies> for more information.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at + 1(203) 781- 6492 or info@cape.org.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

Contact Information

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Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JULY 1-AUGUST 23, 2024

JULY 1-5, 2024

Janina Fisher, PhD

Transforming Trauma-Related Resistance and Stuckness

In-Person & Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach

In-Person & Live-Online

LaTonya Wilkins, PCC, MBA

Belonging: Fostering Psychological Safety and Below the Surface Leadership in Organizations, Clients, and Yourself

In-Person & Live-Online

JULY 8-12, 2024

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR to Change the Valence of Emotional Memories

In-Person & Live-Online

Barry Prizant, PhD, CCC-SLP

Understanding and Supporting Autistic and Neurodivergent Individuals through the Uniquely Human Lens

In-Person & Live-Online

Licia Sky, BFA

Embodied Awareness: The Art of Presence and Attunement

In-Person Only

Bessel van der Kolk, MD

Frontiers of Trauma Treatment

In-Person & Live-Online

JULY 15-19, 2024

Sebastian Barr, PhD

Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults

In-Person & Live-Online

James Hawkins, PhD, LPC

Facilitating the Function of Attachment in Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework

In-Person & Live-Online

Stewart Levine

Building a Culture of High Performance Sustainable Collaboration: Mindset and Tools

In-Person Only

Richard Schwartz, PhD & Jeanne Catanzaro, PhD

Internal Family Systems Workshop

In-Person & Live-Online

JULY 22-26, 2024

Deb Dana, LCSW

Polyvagal Theory in Therapy: Practical Applications for Treating Trauma

In-Person & Live-Online

John Forsyth, PhD & Jamie Forsyth, PhD

Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life is Hard

In-Person & Live-Online

Flint Sparks, PhD

Growing Up and Waking Up: Applied Mindfulness in Psychotherapy and Buddhist Practice

In-Person Only

Cece Sykes, LCSW, ACSW

Internal Family Systems and Compassion for Addictive Processes

In-Person & Live-Online

JULY 29-AUGUST 2, 2024

Margaret Blaustein, PsyD

Fostering Resilience in Trauma Impacted Youth through Attachment, Regulation, and Competency

In-Person & Live-Online

Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW

"HOT" Topics in AEDP™

In-Person & Live-Online

Franklin King, MD

The Promise of Psychedelics: A Critical Look at the Therapeutic Potential of Psychedelic-Assisted Treatments

In-Person & Live-Online

Juliet King, PhD(c), ATR-BC, LPC, LMHC

Arts & the Brain: Evidence-Based Therapeutic Arts Interventions for Optimal Health & Well-Being

In-Person Only

AUGUST 5-9, 2024

Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, Carol Kramer, LICSW, & Joanne Audyatis, LMHC

IMAGO: Proven Strategies for Helping Couples Move from Conflict to Connecting

In-Person & Live-Online

Deborah Korn, PsyD

EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect

In-Person & Live-Online

AUGUST 5-9, 2024

George McCloskey, PhD

Intervention for Child and Adolescent Executive Function Difficulties

In-Person Only

Maria Sirois, PsyD

Paradoxes in Resilience: Leveraging Moments of Grief, Illness, Hardship and Sudden Change to Accelerate Growth

In-Person & Live-Online

AUGUST 12-16, 2024

Bob Anderson

The Journey of Conscious Leadership

In-Person Only

Edward Hallowell, MD

Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span

In-Person & Live-Online

Donald Meichenbaum, PhD

Addressing Issues of Violence and Aggression in Individuals and Communities: Development, Prediction, and Intervention

In-Person & Live-Online

Ronald D. Siegel, PsyD

What Clinicians Need to Know about Non-Ordinary States: Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy

In-Person & Live-Online

AUGUST 19-23, 2024

Amanda Blake, PhD

Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance

In-Person Only

Mary-Frances O'Connor, PhD

The Grieving Brain: The Surprising Science of How We Learn from Love and Loss

In-Person & Live-Online

Jonah Paquette, PsyD

Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection

In-Person & Live-Online

Eboni Webb, PsyD, HSP

Dialectical Behavior Therapy (DBT): Effective Tools for Navigating Trauma and Attachment in Complex Clients Across the Lifespan

In-Person & Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT: www.cape.org