



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

From Complicated Grief to Moral Injury: How to Navigate these Challenging Times

When Grief Becomes Complicated

Dr. Kenneth J. Doka

April 6, 11:00 am-12:30 pm ET

In this presentation, we describe varied forms of complicated grief contrasting them with manifestations of typical grief—and noting factors that make individuals at-risk for complications in the grieving process. We also describe varied evidence-based interventional strategies that have been used with individuals struggling with complicated grief. Finally, we note the ways complicated grief is acknowledged within the DSM-5 and the new diagnosis for Prolonged Grief Disorder that will be evident in the DSM-5-TR.

Register: bit.ly/3rxq32w

Alleviating Moral Suffering

Dr. Kenneth J. Doka

April 13, 11:00 am-12:30 pm ET

In this presentation, we explore the varied manifestations that generate moral injury (often applied to frontline professionals), moral distress (usually used with healthcare professionals), and soul injury (often described in police or military combatants and referring to losses that are not mourned and guilt and shame that is associated with the loss). All of these situations arise from inner conflicts that arise from feelings that one's professional practice does not follow standards of professional practice or ethical principles. Special attention is given to moral suffering in the current pandemic. In the presentation, we identify factors responsible for moral suffering as well as strategies for self-help as well as interventional strategies for clients designed to ease moral suffering.

Register: bit.ly/39gW4p0



Understanding Moral Injury Legacies in Cultural-Historical Contexts and Strategies for Healing and Justice

Dr. Rita Brock

April 20, 11:00 am-12:30 pm ET

Moral Injury is suffering that manifests as a character change in people because of challenges to their core moral foundations, which orient people to what they love and what matters most to them. This presentation will offer prevailing definitions of moral injury, both clinical and spiritual; discuss its relationship to trauma, such as PTSD; describe factors such as various religious and cultural meaning systems, professions, and life circumstances that impact understandings and experiences of it; identify emotions and behaviors that indicate moral suffering; and suggest various strategies that can contribute to healing.

Register: bit.ly/3w3otJa

For more information, please contact northeastcaribbean@mhttcnetwork.org

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