

A CEU EVENT

Broken Hearts: Surviving Intense Grief

Wednesday • March 17, 2021

Virtual CEU Event • Noon CST

Register

<https://bit.ly/3aeKLyl>



Speaker: Trish Abbey, LCSW

Clinical Social Worker

Trish's work focuses on older adults. After earning her MSW from Loyola University Chicago, Trish has developed her skills in case management, program development, elder abuse, memory care, and supervision. Trish has previously worked as a case manager at Leyden Senior Services and North Shore Senior Services, and at Palatine Township Senior Center as Director of Social Services. She is currently a private practice therapist with In Home Counseling for Seniors. Trish has provided many CEU presentations to a variety of audiences on a wide variety of topics. She is also the Executive Director of the Kott Gerontology Institute, a nonprofit organization that provides scholarships to graduate-level students in a variety of fields focused on aging.

"You will lose someone you can't live without, and your heart will be badly broken..." — Anne Lamott (Source: Goodreads)

Grief and heartbreak: the two are inseparable — and it's complicated. So what can we do when we are working with or helping someone dealing with loss? In this presentation, you will learn healthy coping skills, what not to say to someone grieving, available support and other information about the process of grief. We'll cover grief caused by experiences ranging from death of a loved one or pet, loss of independence, to anticipatory grief. We will also talk about Broken Heart Syndrome in which the body physically reacts to the stress of grief and how that is treated.

For questions, contact Jodi Weinberg at
jweinberg@belmontvillage.com or 847-537-5000.

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1.0 CE CREDITS will be awarded to Illinois nurses, social workers, professional counselors, and nursing home administrators. CEUs provided by Elderwerks Educational Services.



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