

## Disenfranchised Grief

Grief is disenfranchised when a person is denied the right to grieve, does not have the social support essential to adapting to his or her loss, and is deprived of the social validation in order to heal. When the griever is disenfranchised, he or she may withdrawal from others or question his or her own grieving process, may not acknowledge the reality of the loss and its implications, or adapt to the loss in healthy ways. As a result, their grieving process remains private, intensifying the grieving process, which increases the risk of complicated grief.

Disenfranchisement comes from several sources, including one's cultural expectations, expectations of others, professionals who serve in "expert" roles, and even from the griever himself. Since every mental health professional will work with bereaved clients, it is essential that he or she know how to recognize disenfranchisement, understand the impact of disenfranchisement on the griever's mourning process, learn how to reduce the chance of disenfranchising his or her clients, and provide guidance and interventions for disenfranchised grievers as they navigate through the social interactions that may include unhelpful expectations and judgments. Attendees will engage in didactic lecture, case studies, and videos to meet these goals.

### Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

### Learning Objectives

At the end of this seminar, participants will be able to:

1. Define and recognize disenfranchised grief
2. Identify the ways in which grievers are disenfranchised
3. Explain how disenfranchisement impacts the grieving process
4. Explain how cultural expectations of the grieving process may lead to disenfranchised grief
5. Apply interventions to decrease the risk of disenfranchisement

### Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

## Outline

Begin 10 AM ET

### Types of Losses and Definition

### Disenfranchisement

#### Failures

Empathic  
Ethical  
Political

### Behaviors and Consequences

### Interventions

End 12 PM ET

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### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 2 CE's for attending once they have completed these requirements.

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## The Presenter

Christina Zampitella Psy.D., FT is a licensed clinical psychologist, Fellow of Thanatology, and founder and owner of The Center for Grief and Trauma Therapy. She often works as an adjunct professor and professional speaker, and especially enjoys training emerging mental health professionals. Dr. Zampitella is the host of her podcast, Phoenix Rising with Dr. Z. She focuses her clinical practice, research, course development, and teaching on bereavement studies, spirituality, nature-based therapy, and integrative psychology. She served as the chair for the Continuing Education Committee for several professional institutions and is an advisory board member of the Tragedy Assistance Program for Survivors (TAPS). She is the former resident psychologist for Fox 5 News in San Diego, and often appeared on NBC News. She has been featured in Elle Magazine, BuzzFeed, The Huffington Post, New York Post, and several Delaware Magazines and newspapers. Dr. Zampitella happily lives with her husband, three-bonus sons, and three cats in Delaware.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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