

# The History of Normative and Prolonged Grief Disorder in the DSM: The Most Recent Diagnostic Guidelines

A review of the DSM across the decades reveals a complicated history of the inclusion and exclusion of grief-related emotional difficulties for bereft clients. Starting with the DSM-III, uncomplicated bereavement was introduced as a condition that may be the focus of clinical attention. As research on complicated grief progressed, changes in subsequent DSMs has led to controversy, extended research, and, eventually, the inclusion of prolonged grief disorder in the release of the DSM-5-TR in March 2022. This 3 hour presentation explores the history of how bereavement has been addressed in previous and current DSMs and the ICD, an examination of the bereavement exclusion in major depressive disorder and adjustment disorder, the development and inclusion of persistent complex bereavement disorder in the DSM-5, and the diagnostic criteria for prolonged grief disorder in the DSM-5-TR and the ICD-11. Additionally, the presentation will explore differential diagnosing so the practitioner will be skilled in making sound clinical judgment in treatment planning.

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. Explain the history of how grief has been addressed through all editions of the Diagnostic and Statistics Manuals (DSM)
  - 2. Compare and contrast normative and prolonged grief disorder
  - 3. Examine how normative grief is defined throughout each edition of the Diagnostic and Statistics Manual
  - 4. Define the bereavement exclusion and how it relates to differential diagnosing
  - 5. Describe how prolonged grief disorder has become a diagnos-

### Seminar Schedule

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

- ### Outline
- 10-11:30 AM ET
- 1. DSM publication dates and bereavement inclusion
  - 2. Uncomplicated bereavement
  - 3. Definition of normative and prolonged grief disorder in the DSM III – DSM-IV-TR
  - 4. Part 1: Differential diagnoses between normative grief, complicated grief, major depressive disorder and adjustment disorder
- 11:30-11:45 Break
- 11:45-1:15
- 5. Grief in the DSM-5 and DSM-5-TR
  - 6. Changes in uncomplicated bereavement
  - 7. Persistent complex bereavement disorder vs. prolonged grief disorder
  - 8. Part 2: Differential diagnoses between normative grief, complicated grief, major depressive disorder and adjustment disorder
  - 9. Prolonged grief disorder in the ICD-11
- End 1:15 PM ET

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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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