

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

This course, designed for mental health professionals, provides an in-depth overview of the most recent grief-related diagnostic criteria outlined in the DSM-5-TR. Participants will explore how grief has been conceptualized throughout the history of the DSM, including the role and later removal of the bereavement exclusion in the diagnosis of major depressive disorder. The course also reviews the various disclaimers and coding practices used in past and current editions of the DSM.

A key focus will be the evolution of prolonged grief disorder (PGD), including its formal introduction in both the DSM-5-TR and the ICD-11. Attendees will gain an understanding of the historical timelines of grief related criteria across DSM editions and the rationale behind those changes. This course will conclude with a discussion of the clinical implications of these diagnostic updates, equipping clinicians with tools to make more accurate differential diagnoses in practice.

Target Audience		
Psychologists Therapists	Social Workers Psychiatrists	Counselors 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
Timeline of Grief in the DSMs
- History of how grief has been included throughout the manuals
 - The bereavement exclusion - what it is and what was the problem
- Definitions of normative and prolonged grief
- Definition and indicators of normative grief
 - Prolonged grief - when grief loses its way
- Grief throughout the DSMs - Part 1
- To include and remove the bereavement exclusion - that is the question!
 - Disclaimers and their changes
 - Bereavement in the DSM-III through the DSM-IV - TR
 - Why not just use adjustment disorder diagnosis?
- 11:30-11:45 Break
- 11:45-1:15
- Grief throughout the DSMs - Part 2
- Back to the bereavement exclusion - What's the research behind the argument?
 - Persistent complex bereavement disorder in the DSM-5
 - The DSM-5-TR and prolonged grief disorder
- Grief in the ICD-11
- Diagnostic criteria for prolonged grief disorder
 - How it is different than the DSM-5-TR?

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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, 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, 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) and the Integrative Psychology Program at National University. She is the former resident psychologist for Fox 5 News in San Diego, and often appeared on NBC News. She has appeared in Elle Magazine, BuzzFeed, The Huffington Post, New York Post, and several Delaware Magazines and newspapers 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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