

How to Cope with Grief During the Holidays

The holiday season can intensify grief, making it an especially challenging time for those mourning the loss of a loved one or non-death related losses such as relationships, jobs, and potential futures. Traditions, celebrations, and seasonal expectations often highlight the absence of the person who has died or non-death losses, stirring up complex and conflicting emotions.

This training will provide mental health professionals with practical tools and insights to support clients during this emotionally charged time of year. Participants will explore ways to help clients navigate mixed emotions, maintain physical and emotional well-being, and adapt or create meaningful rituals and traditions that honor their loss.

Through discussion, reflection, and case examples, attendees will learn to help clients find personal, compassionate approaches to the season—reducing suffering, fostering remembrance, and supporting clients in reconnecting with purpose and meaning during the holidays.

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. Describe why the holidays are an especially challenging time for bereaved persons
2. Explain ways to navigate social engagements during the holidays
3. Design holiday rituals that interweave old traditions with new ideas
4. Explain which interventions clients find realistic and helpful
5. Describe multiple tips on how to cope with your own grief during the holidays

Seminar Schedule

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

Outline

10:00 - 10:30 AM

I. What Is Disenfranchised Grief?

- Overview and Definition
- The Five Types of Disenfranchised Grief
- How Holiday Grief Can Be Disenfranchised

10:30 - 11:00 AM

II. Anticipatory Grief and the Holiday Season

- Defining Anticipatory Grief
- Common Symptoms and Emotional Impact

11:00 AM - 11:15 AM

Break (15 Minutes)

11:15 AM - 12:00 PM

III. Why the Holidays Are Especially Difficult for the Bereaved

- The Role of Traditions and Rituals
- Societal Expectations and Cultural Pressures
- Decision-Making Around Participation
- Identifying Needs and Practicing Self-Care

12:00 PM - 1:15 PM

IV. Interventions for Supporting Clients Through the Holidays

- Planning Ahead and Setting Boundaries
- Creating New Traditions and Rituals
- Avoiding Common Pitfalls
- Giving Permission to Experience Joy
- Interactive Activity and Discussion

End 1:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

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 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars, llc, Provider Number 1242, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 3/28/25 to 3/28/28. Social workers completing this course receive 3 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

tkkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.

tkkseminars is recognized by the New York State Education Department's State Board for Psychologists as an approved provider of continuing education for licensed psychologists #PSY-003.

tkkseminars is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

The Presenter

Christina Zampitella, Psy.D., FT is a licensed clinical psychologist, Fellow in Thanatology, and founder of the Center for Grief and Trauma Therapy. She serves as an adjunct professor and international professional speaker, with a particular passion for training and mentoring emerging mental health professionals. Dr. Zampitella is also the host of her podcast Phoenix Rising with Dr. Z.

Her clinical practice, research, course development, and teaching focus on bereavement studies, meaning reconstruction, nature-based therapy, and integrative psychology. She has served as Chair of the Continuing Education Committee for multiple professional organizations and is a faculty member at the Portland Institute for Loss and Transition, where she holds certifications in grief therapy through meaning reconstruction as well as in non-death losses within the meaning reconstruction framework.

Dr. Zampitella previously served as the resident psychologist for Channel 5 News in San Diego and has appeared on NBC News in both California and Delaware. Her work has been featured in Elle Magazine, BuzzFeed, The Huffington Post, The New York Post, and several Delaware publications.

General Information

The tzkseminars educational planning committee members and this seminar's presenter have no relationship with any ineligible companies—those whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients.

Individuals with a disability or special need can go to tzkseminar.com to the Contact page to request accommodations.

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.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:

tkkseminars, LLC
168 West Lake Drive
Annapolis, Md. 21403

