



Continuing Excellence LLC

Understanding and Working with Grief

Presenter: Michelle J. Yep Martin, PsyD, MS, MA

Date: September 8, 2023

Time: 11:00 AM to 2:15 PM ET *(All times East Coast USA Local Time)*

I. 11:00 a.m. – 12:30 p.m.

- Introduction and Overview
- What is grief?
 - Transgenerational trauma and grief
 - Emotional, physical, cognitive, and social symptoms

II. 12:30 p.m. - 12:45 p.m.

- Break

III. 12:45 p.m. – 2:00 p.m.

- How one grieves
- When to seek professional help
- How therapy can help
- Children and grief

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