



Portland Institute

For Loss and Transition

Director: Robert A. Neimeyer, PhD

Specialized Certification Program in Grief Therapy for Non-Death Losses (NDL)

NDL Certification Overview (Total Learning Hours: 49)

NDL Onsite Components

- 1) NDL Core Courses: 12 hours (two full-day workshops)
- 2) NDL Techniques Modules: 9 hours (six 1.5-hour workshops)
- 3) NDL Case Studies: 4 hours (two 2-hour workshops)
- 4) NDL Practicum Studio: 6 hours (four 1.5-hour practice sessions with coaching)

NDL Online Components

- 5) NDL Mentoring: 3 hours (three 1-hour sessions)
- 6) Orientation to Non-Death Losses: 12-hour self-study readings and reflections
- 7) NDL Session Evaluation: 3-hour video and transcript analysis and evaluation

NDL Onsite Components

1) NDL Core Courses

The two-day Core Courses in Grief Therapy for Non-Death Losses invite learners to acquaint with other types of “deaths” that one may experience in life, and address them within a Meaning Reconstruction framework. Categories of non-death losses include those arising from threats to health, significant relationships, occupational and career identity, and other more abstract losses (e.g. erosion or shattering of spiritual or secular worldviews).

These Core Courses cover the following essential areas:

- Disenfranchised grief and the social context of loss and grief
- Ambiguous loss
- Tangible and intangible loss
- Chronic sorrow and nonfinite or living losses
- Meaning-making after non-death losses
- Latest research on non-death losses

These Core Courses are offered as full-day workshops, and can be taken in any locations around the world each year. Learners may complete these courses and other requirements below in any sequence they desire.

2) NDL Techniques Modules

Each module is nested within additional days of workshops, and is focused on a specific therapy technique. Learners pursuing NDL Specialized Certification are required to learn at least six techniques at any location in the world in which such training is offered.

3) NDL Case Studies

Each case study is embedded within a full-day workshop. It consists of a case conceptualization exercise or videotaped clinical session with a close process analysis to reveal the therapist’s moment-to-moment reading of the client’s need and readiness to engage in specific meaning reconstruction tasks.

When offered onsite, Case Studies commonly bridge from viewing to doing through a Practicum component, in which learners apply assessment and intervention skills relevant to non-death losses with coaching from Portland Institute faculty. By alternating naturally between concrete experience, reflective observation, abstract conceptualization, and active experimentation, learners complete a full cycle of experiential learning and become better prepared to practice the nuances of meaning reconstruction in the wake of loss. Learners are required to complete two case studies at any location in the world for NDL Specialized Certification.

4) NDL Practicum Studio

Learners form small groups and practice Meaning Reconstruction skills related to non-death losses, with Portland Institute faculty serving as coaches, for face-to-face or videoconference role-play in a shared language. Each session includes practice with learners taking turns in the role of the therapist, client and observer,

followed by feedback and processing. Learners are required to complete four sessions for NDL Specialized Certification.

NDL Online Components

5) NDL Mentoring

Learners fulfill three 1-hour individual mentoring sessions in Meaning Reconstruction for non-death losses with one of the Portland Institute faculty in a shared language. These sessions may be conducted in face-to-face mode, or via phone or videoconference.

6) Orientation to Non-Death Losses

Learners are assigned four sets of readings from Darcy Harris's book ***Non-Death Loss and Grief: Context and Clinical Applications***, which provide a strong foundation for the practice of Meaning Reconstruction for such losses. Learners are then required to submit a short *Principles-to-Practice Reflection Paper* following a rubric provided for each set of readings. Portland Institute faculty provide brief written feedback on each submission.

7) NDL Session Evaluation

Following the completion of all the other Onsite and Online Components, learners submit one 50-minute video of an application of Meaning Reconstruction in working with non-death loss in an actual session or in role play, along with a transcript of the session. The session is then evaluated for demonstration of competency in working with grieving clients with non-death loss from a Meaning Reconstruction perspective. Learners also complete the Constructivist Supervision Assessment and schedule a 1-hour feedback session with one of the Portland Institute faculty in a shared language.

Note:

As a prerequisite for this specialization, learners are required to first complete the Certification in Grief Therapy as Meaning Reconstruction (GTMR), although credits toward NDL Specialization can be earned concurrently while the learner is still pursuing the GTMR Certification. After completion of the GTMR Certification and all the above-mentioned NDL components, Specialized Certification in Grief Therapy for Non-Death Losses would be awarded. All licensed or registered counselors or therapists completing Certification will be listed on the Portland Institute website as part of our Global Provider Network.

NDL Fee Structure

NDL Certification Enrollment

All learners interested in pursuing NDL Specialized Certification pay a one-time Enrollment Fee of US\$100 on the Portland Institute website and enter their profile of relevant professional background information. The Institute will then open a personalized Progress Tracker to monitor their progress toward completion of certification requirements.

NDL Onsite Components

Pricing

The cost of onsite components is established with PI's various partner organizations around the world, and varies somewhat in pricing depending on local economic condition, costs of facilities etc. However, for the coverage of all the required onsite components, which may be delivered over two to three blocks of multi-day workshops, the fees commonly range between US\$1,250-\$1,700. All workshop series comply with the minimum 31 hours of onsite training established by PI, with some settings providing more than this amount based on the specific curriculum offered.

Availability

Onsite learning opportunities in each major world region (e.g. North America, South America, Europe and Asia) are announced on the Portland Institute website and are continually being updated as new training programs and partner organizations are added.

NDL Online Components

Pricing

Fees for online components are directly payable on the Portland Institute website and are uniform across world regions:

- 1) NDL Mentoring: US\$495
- 2) Orientation to Non-Death Losses (readings course): US\$345
- 3) NDL Session Evaluation: US\$345

Availability

Online components are open to all learners throughout the world.

The total cost for the NDL Specialized Certification Program therefore ranges between US\$2,500-\$3,000, which is well below the cost of many certification programs in the health and mental health professions.

Have further questions? Simply email us for more details:

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