

Helping Someone Who is Grieving- Bereavement and Loss & The Unspoken Grief: Infertility

Brief outline

First Presentation:

Helping Someone Who is Grieving- Bereavement and Loss

Define key concepts related to grief and loss.

Explain major theories of grief and loss.

Identify common DSM-5 diagnoses associated with grief and loss.

Describe evidence-based interventions for individuals experiencing grief and loss.

Second Presentation:

Helping Children and Adolescents Through Grief, Loss, and Bereavement

Define basic grief and loss terms.

Identify the types of grief children may experience.

Identify common grief reactions with children.

Recognize developmental level considerations of children of different ages.

Explain and discuss death and the dying process.

Learn different activities and evidenced based interventions to do with children.

Third Presentation:

The Unspoken Grief: Infertility and Third Party Reproduction

Explain basic concepts surrounding infertility.

Define common terms related to infertility, pregnancy loss, and reproductive health (e.g., assisted reproductive technology, stillbirth, miscarriage).

Describe medical interventions commonly used in infertility treatment.

Identify common mental health diagnoses associated with infertility and reproductive loss

Discuss interventions to support individuals and families experiencing infertility and related challenges.

Bio:

Kimberly is a licensed professional counselor at a local therapy clinic in Shreveport, Louisiana and in her private practice. She received her master degrees from Butler University in school and mental health counseling. Kimberly is a proud military spouse, and also licensed in Indiana, Michigan, Louisiana, Wyoming, Colorado, Texas, and Florida. Prior to her family's military life journey she was a volunteer grief and loss counselor for four years for a local non-profit. Prior to her family's last military move in 2024, she was a hospice bereavement counselor for five years. Kimberly currently facilitates psychological evaluations and consultations with those going through third party reproduction (surrogates, egg and sperm donors, intended parents) for over four years. Kimberly has also worked in the school systems, emergency/ crisis units, and community mental health settings. Kimberly's clinical focus is bereavement, grief, infertility, and trauma. Kimberly has been featured on several roundtable discussions and panels, conferences, and podcasts as an expert with grief and loss.