



Children's National.

Division of Psychiatry and Behavioral Sciences
Division of Psychology and Behavioral Health

FY24 Behavioral Health Grand Rounds

Supporting Children and Adolescents through Grief and Loss

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Children's National Hospital

Virtual (Zoom)
<https://childrensnational.zoom.us/j/96102569437>

Passcode: 3932

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11 a.m. - 12 p.m.

To claim credit,
text **FAMMOT**
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Caroline Lowman is a PhD candidate in the child and adolescent track of the clinical psychology PhD program at Virginia Commonwealth University. She is currently completing her psychology doctoral internship at Children's National Hospital. Prior to her doctoral training, Caroline obtained her bachelor's degree in psychology, with a minor in neuroscience, from University of Maryland, College Park. She also worked as a research coordinator at the Center for ADHD at Cincinnati Children's Hospital. Her research interests include health behaviors, such as caffeine use and physical activity, in youth with ADHD. Next year, Caroline will be completing her postdoctoral fellowship at Children's National providing psychology consultation and therapy services for youth in the Department of Allergy and Immunology.

Abstract: The experience of loss and the associated feelings of grief can impact children of all ages. As providers, we frequently encounter clients who, despite presenting with various mental health concerns, may also experience the pain and sorrow associated with loss. At times this may not be their primary concern, however we can nonetheless consider ways to incorporate aspects of grief-informed therapies into our treatment plans to support the process of mourning. This discussion provides strategies and considerations for supporting children, adolescents, and their families through the process of mourning.

Target audience: Psychiatrists, Psychologists, Social Workers, Psychiatry fellows, Psychology Doctoral Interns

Learning objectives:

By the end of this presentation, participants should be able to:

1. List core tenets and principles of grief-informed practice.
2. Identify important components of healthy grieving in children and adolescents.
3. Develop toolbox of therapeutic strategies to support process of grief and mourning.

Accreditation: The Medical Society of Virginia is a member of the Southern States CME Collaborative, an ACCME Recognized Accreditor. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Southern States CME Collaborative (SSCC) through the joint providership of Inova Health System Office of Continuing Medical Education and Children's National Hospital. Inova Health System Office of Continuing Medical Education is accredited by the SSCC to provide continuing medical education for physicians.

Credit designation: The Inova Office of Continuing Medical Education designates this live educational activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. Physicians may claim up to 1.0 credit in Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.

