



# Complicated Grief Treatment

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*Instruction Manual Used in  
NIMH Grants<sup>1,2</sup>*

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<sup>1</sup> This manual was used in the following NIMH-funded R01 studies: MH60783, MH70741, MH085297, MH085308 and MH085288

<sup>2</sup> This version is lightly edited for use by practicing clinicians. The editing includes a preface with useful information for users.

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*“By following the instructions in this manual and using other training supports as needed, you can learn to administer a simple, highly effective treatment that can change the lives of people caught in a seemingly endless cycle of grief.”*

*- M. Katherine Shear, M.D.*

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# Session 16

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gains and to practice any changes in thinking or behavior that have accompanied this progress. Discuss plans for the future, including her continued work on goals and any other remaining elements of CGT. Ask about her comfort in doing these things and if she has any concerns about proceeding on her own. Discuss these. Ask when the next difficult time will be. Discuss how she is planning to handle this day. Make suggestions if needed and provide support.

## **Discuss remaining thoughts and feelings about termination and end the session**

Ask the patient how she is feeling about ending the treatment? Is she sad? Happy? What other feelings does she have about this? Ask what thoughts she is having and if she has any concerns about continuing on her own. Discuss this. Tell her that you want to share your own feelings and thoughts about the treatment. Ask if that's okay with her. Assuming she agrees, tell her honestly what your experience has been. Tell the patient you have enjoyed working with her. Again encourage plans for continued use of various strategies and other things she has learned in the treatment. Support her ability to use these tools. Review plans for future contact, either scheduled or as needed. Ask if she has any questions. Respond to any questions. Wish her well. End the session.

# Appendix

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## **I. Session by Session Schedule of Forms**

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