**Morris County Psychological Association**

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**Morris County Psychological Association and Essex Union County Association of Psychologists Presents:**

**Grief After Suicide: What Do Survivors Need?**

**3/8/19**

Presented by:

Sarah Dougherty, PsyD and Jesse Bassett, M.D, M. Div. (of Good Grief)

**Meeting announcements by Current President, Mike Zito:**

1. 4/10/19 will be next meeting – Topic will be***: More Than Just Bad Habits: Treatment of Trichotillomania and Body Focused Repetitive Behavior Disorders by Francine Rosenberg, Psy D.*** Register at mcpanj.com. Program location: Wyndham Hamilton Park Conference Center, 175 Park Avenue, Florham Park
2. Susan Neigher is looking for two more Judges of high school psychology student submissions in the spring – just let her know ASAP
3. President of EUCAP introduced herself as well and welcomed all.
4. CE sign in and out and stay whole program required. Entire instruction packet is on tables today to take but here is a summary:

Go to link provided here today: **www.psychologynj.org/morris-eucap-mar2019**

in next 7 days to sign on and get CE**.**

Jayne gave a full explanation of the CE process (must sign in and sign out/stay the whole time…) and confidentiality/conflicts of interest.. and introduced the speaker. This program is co-sponsored by NJPA and the Morris County Psychological Association. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists.  NJPA maintains responsibility for this program and it has been approved for 1.5 CE credits. The cost of a CE Certificate is $15 for NJPA members, $25 for non-members, and free for sustaining members.

\*\*The link to pay and then get the evaluation for 1.5 CEU is:

**http://psychologynj.org/morris-eucap-mar19**. CE certificates are emailed 1-2 weeks after the link closes. **Link closes in next 7 days!**

***-Register for all upcoming programs at www.mcpanj.com***

**Meeting Attendees:** Jayne Schacter, Sarah Dougherty, Hayley Hirschmann, Nesha Gatti Melissa Klika Mack, Susan Neigher, Francine Rosenberg, Mike Zito, Susan Neigher, Rhonda Allen, Kim Arthur, Komal Dutt, Phyllis Lakin, Isabel Lerman, Ilana Lev-El, Lotan Lunski, Carly Orenstein, Paul Yampolsky, Marilyn Lyga, Richard Brewster, Adriana Dunn, Beverly Tignor, Jesse Bassett, Suzanne Hayes, Herman Huber, Elyssa Kahn, Roman Lemega, Nathan McClellan, Morgan Musrray, Aaron Welt, Sandra Ackerman Sinclair, Sue Daunte, Monica Indart, Milton Spett, Lynn Mollick, Susan Esquilin, Resa Fogel, Jeannine Zoppi, Jane, Lisa Greenberg, Mark Lowenthal, Arline Shaffer, Stu Leeds

**Presenter Bios:**

**Bio for Sarah Dougherty, PsyD, EdM, MS**

NJ licensed psychologist with a private practice in Morristown

Certified grief counselor by Center for Complicated Grief, Columbia University

Staff psychologist at Seton Hall University

Volunteer group facilitator at Good Grief in Morristown since 2015

Studied various aspects of loss for more than 15 years

Conducted original field research

Presented findings at UMass - Amherst, and Duke University

Doctorate in clinical psychology from Antioch University, NH & Postdoc at Drew University

Master’s degree in counseling from Harvard University

Bachelors’ degree from Wesleyan University (CT)

Member of NJPA Ethics Committee, Treasurer of MCPA

**Jesse Bassett, MDiv**

Jesse Bassett works as the Director of Education for Good Grief, a nonprofit organization that provides peer support programs, education, and advocacy for grieving children, teens, and families throughout New Jersey and eastern Pennsylvania. Jesse provides training and education to professionals, parents, children, and teenagers in a variety of contexts including schools, healthcare, hospice, faith organizations, and other agencies to increase awareness and effective responses to grief and loss. Through this training, Jesse presents on a variety of topics including childhood bereavement, group facilitation, death and grief in American culture, and cultivating resilience. Jesse received a BA with honors in philosophy from Indiana Wesleyan University, and a Master of Divinity from Princeton Theological Seminary. Jesse is a graduate of the Princeton Alumni Corps "Emerging Leaders Program," has received professional training in psychological first aid, various aspects of grief and loss, and is a member of the National Alliance for Grieving Children.

**Overview of talk:**

According to data from the CDC, someone in New Jersey dies from suicide every thirteen hours. As clinicians, how should we respond when someone comes to us for help following the death of someone close to them from suicide? What do these suicide survivors need, and how can we help? Should we treat them at all, and if so, what skills and techniques should we use?

**Learning objectives:**

1. Identify specific skills to use when working with suicide survivors, including post intervention mental health first aid.
2. Describe appropriate ways to talk about suicide with child, teen, and adult suicide survivors.
3. Explain some of the similarities and differences between grieving a loss from suicide and a loss from accident, trauma, or natural causes, and how these differences impact clinical decision-making.

Notable Notes from Talk:

-US suicide rates have been rising steadily since 1999.

-In 2017 NJ had 800 suicides which is the third highest in the country!

-Also in 2017, a survey by NYLife revealed that many said it took as many as 6 years to move forward after an experience of loss but that support from family and friends tends to wane after 3 months.

-Suicide survivor – is a person left behind to grieve following the death by suicide of an important person in their life

-Defined by 3 dimensions: Kinship, Psychological association, anyone greatly distressed (by self-definition)

**-Good Grief** treats families following any losses – average stay there is 18 months – all are welcomed for as long as needed though. Not a clinical organization and support all losses together (suicide or other). Only separate parents who have lost a child. Community-based peer support model.

-All groups run by volunteers who have all been a 36hour, 4 day intensive training.

-They treat kids 3+ y/o and adults – all separated by age ranges in groups.

*\*For complete set of slides from this talk go to mcpanj.com and look under Event Materials – Thanks to Jesse and Sarah for providing these.*

**Respectfully submitted by:**

**MCPA Secretary – Hayley Hirschmann, PhD**