

1. Differentiate between at least three features of typical bereavement and traumatic grief following a sudden or unexpected death.
2. Explain the concept of the assumptive world and illustrate at least two ways it may be disrupted after a traumatic loss.
3. Describe the *Window of Tolerance* and identify at least three physiological or emotional indicators that clients are operating outside this window.
4. Demonstrate two stabilization or grounding techniques to help clients manage acute grief reactions and regulate distress.
5. Implement at least one clinical intervention that supports clients in exploring uncertainty and living with unanswered questions related to the death.
6. Identify common grief triggers and teach clients two strategies to reduce reactivation and emotional overwhelm.
7. Apply two interventions that help clients tolerate and process difficult emotions such as anger, guilt, shame, and fear.
8. Develop a conceptual framework for helping clients cultivate a long-term, adaptive relationship with their grief.
9. Identify the three pillars of self-compassion recommended for traumatic loss
10. List the diagnostic criteria for *Prolonged Grief Disorder (PGD)* and compare them with criteria for depression and post-traumatic stress disorder.
11. Evaluate clients' adaptation to loss and create treatment plans to facilitate continued bonds.
12. Design at least one intervention that promotes posttraumatic growth in the aftermath of traumatic loss.