

## CENTER CITY COUNSELING CLINIC – Missouri State University

### Two workshops – One day: Friday – April 14, 2023

#### **“GRIEF COUNSELING IN THE MODERN WORLD”**

*with Genevieve “Gen” Nelson, MS LPC NCC*

**8:30am – 11:30am**



Grief and loss can profoundly affect our sense of safety, upend any sense of normalcy and completely reconfigure our sense of place in the world. This is especially true for children, 200,000 of whom lost a parent or caregiver during the Covid19 pandemic. As mental health professionals we are often called upon to be with and assist clients in their grief journeys.

In this workshop, attendees will dive deeper into understanding grief and all of its complications in today's world. Through an overview of old and new grief work theories, we will come to have a better understanding of the needs as well as the societal stigmas and barriers many grievers experience. Discussion topics will include appropriate grief terminology, secondary losses, suicide loss and Prolonged Grief Disorder (DSM-V TR). Additionally, we will look at the specific complications of death due to Covid19. The presentation is designed to assist in working with children as well as adult clients.

**Genevieve “Gen” Nelson, MS LPC** is the Program Director at Lost & Found Grief Center in Springfield. A graduate from Missouri State University's Counseling Masters program, she spent 9 years as a middle school counselor, while also serving as a group coordinator for Lost & Found's middle school and high school therapeutic grief groups. Nelson also served on the American School Counselor Association's Board of Directors, and as assistant chair for the Missouri School Counselor Association's Board of Directors.

#### **“LET'S TALK ABOUT SUICIDE”**

*with Sandra Parisi, MS LPC*

**1:00pm – 4:00pm**



In 2022, Congress designated 9-8-8 as a toll-free national hotline as a way of meeting this country's growing suicide and mental health crisis. Death by suicide is a concern most mental health care professionals share, and something we hope never happens to any of our clients. In this workshop, we will be discussing how to normalize and create safe spaces so our clients can openly engage in a conversation around suicide ideology.

As humans, we are often passive or fearful of suicidal ideations and intentions; As social workers and counselors, we are generally hyper-alert to our clients indications that they are struggling with thoughts of ending their life.

In this presentation, Parisi draws on her experience of working as a Lead Behavioral Health Consultant in an Emergency Department; how to assess suicidal risk; when to recommend Acute Inpatient hospitalization; how to prevent hospitalization; as well as alternatives to Hospitalization and what resources to give clients when they are vulnerable to suicide.

**Sandra Parisi, MS LPC** has a Bachelors' in Social Work and a Masters' in Counseling from Missouri State University. She is a Licensed Professional Counselor in the state of Missouri and is EMDR certified. She has had experience as a residential therapist with the Good Samaritan Boys Ranch; and as an outpatient therapist, and system director of Clinical Support and Retention with Burrell Behavioral Health. She currently works in private practice at the Beyond Healing Center, and as a licensure supervisor with Cox Health Systems and Burrell.