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The integration of public and private practice in grief treatment for adult and child cases: How can they work together?

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Bereavement and grief are perhaps the only traumatic event that is common to us all. Bereavement itself is a traumatic event, sharing many of the broader features of disturbances related to trauma. Grief is a process, which requires careful management at any age. Nowadays, there is a trend in psychotherapy of improving treatment outcomes whilst reducing treatment times. An integrated approach helps practitioners work with this contemporary context. This research project aims to assess how this integration can be achieved for adults and children, and the effectiveness of the treatment in a public day hospital setting. Much importance has been given to the inclusion of group therapy as representative of positive psychology and also to EMDR as an individual therapeutic protocol for the treatment of grief as a trauma.

Biography

Mara Fantinati completed her Master's degree in Clinical Psychology from Bologna University of Psychology and the Cognitive-Behavioural Psychotherapy studies at Studi Cognitivi Psychotherapy Training Institute and Research Centre. For 10 years, she worked at the Villa Igea Psychiatric Hospital in Modena, leading DBT psychotherapy groups. She perfected the study of trauma and dissociation at the Trauma Unit (Tavistock and Portman NHS Foundation Trust, London-UK) and at the Centre for Behaviour Research and Therapy (DABATEM, Istanbul-TR). She is a member of Trauma Research Group at Studi Cognitivi and Italian Company Cognitive Behavioural Therapy (SITCC) and Italian Association of EMDR.

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