

Support document for the application

1. Poster

Compassionate Support Programme for Bereaved Families Seeking Meaning in Loss: Training Series in Meaning-Focused Grief Therapy

Grieving is a process of reconstructing our bonds with the deceased. Professor Neimeyer and Dr. Ng will introduce core techniques, such as the Tripartite Model of Meaning Reconstruction, narrative retelling and Composition Work to assist with grief therapy.



Professor Robert A. Neimeyer

Professor Neimeyer is Professor Emeritus of Psychology at the University of Memphis and the Director of the Portland Institute for Loss and Transition. Having authored 37 books and over 600 articles, he is recognised as a leading scholar and practitioner in grief therapy.

Dr. Carolyn Ng

Dr Ng is the Associate Director of the Portland Institute for Loss and Transition. Dr. Ng is a registered counsellor, master clinical member, and approved supervisor with the Singapore Association for Counselling.



Date	Time	Topic	Venue
July 23, 2026	9:00AM - 12:30PM 1:30 PM - 5:00 PM	Attachment-Informed Grief Therapy	MWT7, Meng Wah Complex, The University of Hong Kong
July 24, 2026	9:00AM - 12:30PM 1:30 PM - 5:00 PM	Trauma-Informed Grief Therapy	KKLG102, K.K. Leung Building, The University of Kong Kong
July 25, 2026	9:00AM - 12:30PM 1:30 PM - 5:00 PM	Resilience-Informed Grief Therapy	KKLG102, K.K. Leung Building, The University of Kong Kong

You may register for AM/PM sessions OR Full day sessions for any day(s)

Training mode: Face to face

Target Audience: Social care, healthcare & relevant professionals*

Language: English

Fee: Free of Charge

Registration Deadline: July 16, 2026

*Quota is limited, a confirmation email will be sent to successful registrants



Register Now

Advisory Committee of Mental Health

Partner institution



HKU
SWSA

Department of Social Work and Social Administration
The University of Hong Kong
香港大學社會工作及社會行政學系

Funded by



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2. Trainers' biography

Professor Robert A. Neimeyer is Professor Emeritus of Psychology at the University of Memphis and the Director of the Portland Institute for Loss and Transition. Having authored 37 books and over 600 articles, he is recognised as a leading scholar and practitioner in grief therapy.

Dr. Carolyn Ng is the Associate Director of the Portland Institute for Loss and Transition. Dr. Ng is a registered counsellor, master clinical member, and approved supervisor with the Singapore Association for Counselling.

3. Course details

Name: Seeking Meaning in Loss: Training Series in Meaning-Focused Grief Therapy

Date & Time:

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July 23, 2026	09:00 – 12:30; 13:30 – 17:00	Attachment-informed Grief Therapy
July 24, 2026	09:00 – 12:30; 13:30 – 17:00	Trauma-informed Grief Therapy
July 25, 2026	09:00 – 12:30; 13:30 – 17:00	Resilience-informed Grief Therapy

Training Mode: Face to face

Registration Deadline: July 16, 2026

Target audience: Social care, healthcare & relevant professionals

Language: English

Fee: Free of Charge

4. Course information

Topic of presentation: Meaning-Focused Grief Therapy

Content: Grieving is a process of reconstructing our bonds with the deceased.

Professor Neimeyer and Dr. Ng will introduce core techniques, such as the Tripartite Model of Meaning Reconstruction, narrative retelling and Composition Work to assist with grief therapy.

Learning Objectives:

Session 1: Recruiting Relational Resources

- Summarize the attachment domain of the Tripartite Model of Meaning Reconstruction for grief therapy for assessment and intervention;
- Discuss the concept of continuing bonds with the deceased and identify

- how it can both support and interfere with adaptive grieving;
- Apply Secure Base Mapping to trace sustaining bonds over time to identify internal and external resources to promote adaptation to life transitions; and
 - Utilize Introducing the Loved One and Object Stories to invoke the presence of the deceased as a resource in bereavement adaptation and grief therapy.

Session 2: Addressing Relational Complications

- Summarize the use of the Unfinished Business in Bereavement Scale for assessing residual conflicts and disappointments in the relationship with the deceased that invite therapeutic work;
- Describe the structural phases of imaginal dialogues and the circumstances under which they can be effectively utilized as a powerful experiential intervention in grief therapy;
- Discuss the essential process-oriented skills required by the therapist to deepen the client into such work, foster realignment of the relationship with the deceased and prompt client “witnessing” the interaction; and
- Describe procedures for safety in entry into and exit from the encounter and tailoring this practice to use safely in cases when the deceased has profoundly abused, neglected or abandoned the client.

Session 3: Titrating Trauma after Violent Death

- Summarize the trauma domain of the Tripartite Model of Meaning Reconstruction for grief therapy for assessment and intervention;
- Review research using the Grief Attack Questionnaire, listing its 4 dimensions and implications for mastering intense surges of loss-related fear and pain;
- Summarize evidence regarding the outcomes of Approach vs. Avoidance Coping; and
- Practice an art-assisted technique for promoting approach coping and enhancing clients’ mastery to manage turbulent emotion following violent loss.

Session 4: Restorative Retelling of a Tragic Loss

- Distinguish between therapeutic “presence” and “absence” in the process of therapy;
- Identify markers for the use of narrative retelling of an event story of loss, and guidelines for avoiding re-traumatization;
- Discuss the concept of narrative braiding and the three strands of the client’s story that this involves; and

- Implement restorative retelling procedures for mastering the event story of the loss.

Session 5: Loss of Another, Loss of Self

- Summarize the resilience domain of the Tripartite Model of Meaning Reconstruction for grief therapy for assessment and intervention;
- Conceptualize grief for the lost self in terms of the reorganization or reinvention of the self-concept of the mourner;
- Summarize evidence supporting two meaning-oriented measures of challenges to personal identity and personal growth in bereavement; and
- Execute Chapters of Our Lives and Virtual Dream Stories to safely explore the narrative themes for assimilating loss into the mourner's biography and to discover new significance in it.

Session 6: Re-composing the Self and System

- Describe the relevance of Dialogical Self Theory in conceptualizing the self in the context of significant relationships to relevant others, including the deceased;
- Apply Composition Work to access, differentiate and symbolize a variety of self-aspects and feelings involved in adapting to transition and loss; and
- Visualize significant shifts in the broader family system as a function of the loss, and promote their adaptive realignment.