



NEWTOWN-SANDY HOOK
COMMUNITY FOUNDATION, INC.

FOR IMMEDIATE RELEASE

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Newtown-Sandy Hook Community Foundation, Inc. Sponsors Training for Area Clinicians

NEWTOWN, Conn. (May 9, 2017) — The Newtown-Sandy Hook Community Foundation, Inc. (Foundation), in partnership with Walnut Hill Community Church and Regional Hospice and Palliative Care, recently sponsored a training by Columbia University in the Complicated Grief Treatment Model. Twenty area clinicians were trained over two days in the model which is a time-limited, targeted psychotherapy that has been tested and proven efficacious in three National Institute of Mental Health (NIMH) funded randomized controlled trials.

In November the Foundation sponsored a one-day workshop for over 50 local clinicians, clergy, and others working with grieving individuals. That workshop provided a conceptual framework for understanding grief and adaptation to loss generally and in relation to complicated grief. It focused on strategies and procedures for screening, diagnosis and assessment of individuals with complicated grief and discuss how to differentiate this condition from major depression and post-traumatic stress.

The follow up two-day workshop, held April 27 & 28, was for clinicians interested in more advanced training in the treatment model. The Foundation decided to sponsor the training after learning that there were no clinicians in Connecticut who were trained in the CGT model. “Individuals suffering with complicated grief should have access to treatment locally that has been proven to reduce distress in a large percentage of those who complete the 16 week protocol. We are excited to have been able to provide this training and build the treatment capacity in our community,” said Jennifer Barahona, Executive Director of the Foundation.

Joanna Rosen, a local clinical psychologist who participated in the training said, “Although grief is a universal human experience with no timetable for recovery, there are many individuals who, despite the passing of time, are unable to experience any respite from their pain. For these individuals, CGT offers a compassionate opportunity for relief. It is a unique, research-driven treatment program which provides hope to individuals experiencing unrelenting pain from loss. On a local level, I am grateful to have taken part in the training and look forward to offering this treatment to any individuals who feel unable to resume life after loss.”

To learn more about complicated grief and the treatment please visit www.complicatedgrief.columbia.edu. For those interested in receiving a referral for treatment by one of the locally trained clinicians, please contact the Newtown Center for Support & Wellness at 203-270-4612.

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ABOUT THE NEWTOWN-SANDY HOOK COMMUNITY FOUNDATION, INC.

The mission of the Newtown-Sandy Hook Community Foundation, Inc. is to devote itself to furthering and supporting operations and activities which address the short-term and long-term unmet needs of individuals and the Newtown community arising from the tragic events at Sandy Hook Elementary School on December 14, 2012. For more information, visit www.nshcf.org.