



Promoting Diversity and Inclusion in Suicide Prevention

Dr. Melaney Sreenan Ph.D: Spirit Unlimited Suicide Prevention and Grief Recovery Expert

Date: Friday May 18, 2018

Location: Regis University – Lowell Campus

Time: 2:45-4:00pm

Title:

SUICIDE: From Shock & Shame to Healing & Wholeness

Abstract:

The most characteristic symptoms of complicated grief are intrusive thoughts of the deceased person and a painful yearning for his or her presence. When grief is most severe, a person may deny the death or consider suicide.

This program leads the participant on a guided tour of their strengths and opportunities as they claim the unexpected loss in their lives. Listeners are given focus and guidance to help them pass through the stages of loss with the an opportunity to inventory their overall emotional well-being, hang out with the love stories that seem unbearable, the feelings they wish they would never have to have, and the often overwhelming challenges that life seems to hand to them. Dr. Sreenan will give insights to help attendees review their core values, belief systems, goals and general operating procedures.

Learning Objectives:

At the conclusion of this talk, participants should be able to:

- Understand the process & stages of loss
- Identify top grief triggers and coping mechanisms
- Utilize the 'three brains' during recovery
- Identify the unconscious programming of guilt, shame & self-blame

Presenter Biography:

Neuroscience Expert, Dr. Melaney Sreenan has inspired audiences for over 30 years. With a Ph.D. in clinical psychology and extensive research and training by masters in the field of neuroscience, her innovative keynotes elevate and propel audiences into immediate, unparalleled action.

Dr. Sreenan transforms listeners by assisting them to commit to new and dynamic belief paradigms. By helping individuals adopt new operating systems, Dr. Sreenan provides listeners with insight, tools, and concrete plans to redefine their status quo and utilize their highest energy, immediately.

Dr. Sreenan is one of 50 elite Consultants certified and trained by renowned neuroscience expert, Dr. Joe Dispenza, and currently resides on his top leadership team. She is a certified trainer in Trauma Release Exercises, a method founded by David Berzeli, and worked with the late Elizabeth Kubler Ross who inspired her to create a nonprofit Center for Grieving and Dying and their families.

She has worked as a primary consultant for non-profit Colorado Life Work that received the Colorado Mental Health Award for assisting individuals, families and communities in dealing with mental illness, stress, suicide prevention, divorce, and aging.

Dr. Sreenan is listed in *Who's Who Among American Women*, *Who's Who in America*, *Who's Who Among Human Service Professionals*, and was also nominated Distinctive Woman of the Year in 1994. She has presented her research to the International Conference of Suicidology, and has presented other findings in her years of practice to the American Association of Marriage and Family Therapy.

Citations:

The Effectiveness of Mindfulness Training on the Grieving Process and Emotional Well-Being of Chronic Pain Patients, *Journal of Clinical Psychology in Medical Settings*, Vol. 11, No. 4, December 2004 (C 2004)

A possible explanation for the decrease in the initial stages of grieving while not also realizing a significant increase in the Growth aspects of grieving may be that moving from the initial stage of grieving (determining what is lost) to the Growth stage (determining what is left) may not be a clear, stage-wise progression.

The increased awareness fostered through mindfulness meditation may offer this "new information or new perspective," which may instigate a recycling of the initial stages of the grieving process, and therefore minimize progression into the growth stages of grieving. Schneider (1994) also commented that entering into the full awareness of what is lost (the first stages of grieving) are "the most painful, lonely, helpless, and hopeless times we will ever face" (p. 158), and therefore the most

difficult. Thus, it may take considerable time to move through the initial stages of grieving, and once this happens there may not be an immediate increase in the growth phase.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1112778/>

The majority of studies investigating emotion regulation in depression have focused on the use of rumination. According to Nolen-Hoeksema and her collaborators, rumination is a particularly detrimental response to negative affect that hinders recovery from negative mood and prolongs depressive episodes (Nolen-Hoeksema, Wisco, & Lyubomirsky, 2008). Rumination is a style of thought rather than just negative content (Nolen-Hoeksema, 1991; Nolen-Hoeksema et al., 2008)

Complicated grief can be treated with traumatic grief therapy

Published: October, 2006

BOSTON, MA — Sometimes, after the loss of a loved one, symptoms of grief linger and become increasingly debilitating. This condition, called complicated grief, has features of both depression and post-traumatic stress disorder (PTSD). And there is some evidence that a distinct type of treatment may bring relief, reports the October issue of the Harvard Mental Health Letter.