



INTERNATIONAL
TRAUMASTUDIES
PROGRAM

1st International Congress on Trauma Prevention Studies

“From Darkness to Hope: Healing from Trauma in a World Facing Violence and Poverty”

January 9–11, 2026

Istanbul, Türkiye

	<p style="text-align: center;">CLINICAL WORKSHOP</p> <p>Instructor Name: Prof. Dr. Froma Walsh</p> <p>Workshop Title: Working with Complex and Traumatic Loss: Fostering Healing and Resilience</p>
<p style="text-align: center;">Workshop Description</p> <p style="text-align: center;"><i>(A brief overview of the topic)</i></p>	<p>This workshop explores the psychological, relational, and social impacts of complex and traumatic loss. Participants will learn evidence-informed approaches to support individuals and families coping with grief, collective trauma, and cumulative loss. Emphasis will be placed on fostering resilience, promoting adaptive coping strategies, and understanding the nuances of complicated grief experiences.</p>
<p style="text-align: center;">Topics Covered</p>	<ol style="list-style-type: none">1. Understanding complex and traumatic loss and resilience2. Learning evidence-based understanding of grief processes.3. Psychological, family, and social responses to grief and trauma: how they can hinder or support healing and resilience4. Identification of complicated grief and trauma-related challenges5. In-depth practice challenges: applying interventions in real-world scenarios6. Guiding principles for supporting individuals and families through traumatic loss experiences7. Case illustrations: real-life examples for experiential learning

	<p>8. Discussion and reflective exercises to enhance understanding and skill-building</p> <p>9. Evidence-informed interventions for healing and resilience</p> <p>10. Strategies for supporting healing and resilience across diverse populations and types of loss.</p>
Duration	3 hours 30 minutes
Maximum Number of Participants	40
Target Audience	<p>Mental health professionals (therapists, counselors, psychologists, social workers)</p> <p>Healthcare providers and nurses</p> <p>Educators and school counselors</p> <p>Pastoral care and spiritual support workers</p> <p>Any professionals or individuals supporting people experiencing significant loss or trauma</p>



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