

☑ IN-PERSON ☑ LIVE-ONLINE

JULY 14-18, 2025

Meghan Riordan Jarvis, MA, LICSW is an author, podcast host (*Grief is My Side Hustle*), two-time Tedx Speaker, sought-after keynote speaker, psychotherapist, educator, and consultant specializing in trauma, and grief and loss. Meghan is trained in a host of intensive healing modalities (including IFS, EMDR, sensorimotor psychotherapy, IMAGO and integrative nutrition and Reiki). Meghan's 20 years as a clinician (combined with personal experience with grief and trauma) helped to create the Grief Mentor Method™ an interactive therapeutic process used to teach C-suite leadership, clinicians-in-training, and anyone adjusting to loss how to create grief-educated workplaces, therapeutic spaces and personalized daily grief practices. Meghan is the founder of the GRIEFTASTIC Book Fair ("Like your middle school book festival, only sadder") and sits on the board of The William Wendt Center for Loss and Healing in Washington, D.C. Meghan's book *Can Anyone Tell Me? Essential Questions About Grief and Loss* published with Sounds True Media in October of 2024. Her memoir about her personal experience with PTSD after the successive deaths of her parents titled "End of the Hour" published with Zibby Books in November 2023.

Speaker Disclosures

Financial: Meghan Riordan Jarvis has no relevant financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-financial: Meghan Riordan Jarvis has no relevant non-financial relationships with ineligible organizations.

Meghan Riordan Jarvis, MA, LICSW

Grief as a Daily Practice: Tools to Educate and Support in Times of Profound Loss

**Monday - Friday: 9:00a.m. - 12:30p.m. EDT | 30-Minute Break Daily
15-Hour Course | Delivery Format: In-Person or Live-Online**

If loss is an inevitable part of life, why is so little formal education offered to support grievers? Though we understand that everyone will eventually experience profound loss, Western culture and clinical training programs often leave grievers and those supporting them without essential tools for navigating the complex physical, emotional, and relational symptoms that are so common in grief.

Taught by a trauma-trained psychotherapist who specializes in grief and loss, this course addresses this critical gap in our understanding. By exploring how we grieve in our bodies, how grief manifests most commonly, and the many ways in which grief is minimized and missed by Western medicine, this course offers a framework to help grievers (and those supporting them) answer the question so many ask after profound loss — "What am I supposed to do now?"

This workshop will outline the core concepts of the Grief Mentor Method™, a flexible framework that considers both the skills and experiences of the supporter (clinician) and the griever, enabling clinicians to empower grievers to develop agency and intentional grief practices during a time of rapid (and often unwanted) change.

Using a scientific approach of hypothesizing, testing, and adapting, the approach encourages bereaved individuals to deepen trust in their instincts, integrate loss, and anticipate and tolerate aspects of setbacks while also pursuing hope for finding practices to support themselves as grievers. Grounded in both qualitative experience and a host of scientific research, this course will incorporate practices grounded in neuroscience, bioscience, integrative nutrition, trauma and grief theories, and spiritual and cultural traditions, offering a holistic and compassionate approach to understanding and supporting grievers.

Participants will be encouraged to engage with the material as inquisitive learners and helping professionals (as well as humans) who have and will experience grief. Each day's course work will include an educational lecture and a short experiential exercise which will illustrate the process we use with clients. While this course will cover clinical approaches to working directly with grieving individuals, the outlined approach will also benefit organizational leaders, educators, clergy, managers, and anyone who finds themselves supporting others (and themselves) through loss.

Course Agenda

Monday:

Introduction, Data, and Experience

- Challenging the traditional view of grief work: The six tenants of the Grief Mentor Method
- What existing scientifically supported models uphold this approach to grief work
- Exercise: Guided Meditation

Meghan Riordan Jarvis, MA, LICSW | Grief as a Daily Practice: Tools to Educate and Support in Times of Profound Loss | July 14-18, 2025**Tuesday:**

Mindfulness and Energy

- What is mindfulness? How is it defined and experienced, and why is it so important in grief?
- The neuroscience of grief— Central nervous system dysregulation and how to use grounding and connection to help others navigate loss
- Exercise: Mindful Practice, Bilateral stimulation, and grounding exercises

Wednesday:

Nourishment & Translation

- Importance of nutrient-dense food in healing, and how art, music, creative pursuits, spirituality, and philanthropy play a part in our experience with grief
- The stories we tell ourselves and others. How the narrative we create impacts our present-day experience. Exploration of journaling and writing techniques to calm the brain
- Exercise: Expressive art practices to activate the parasympathetic nervous system

Thursday:

Outside, Ritual and Rest

- The role of nature in grounding and healing, and the importance of expanding your current network to meet your needs in grief
- Exploration of current grief and death traditions and rituals across cultures and the importance of giving the brain time to "learn loss" by building in rest as a tool for adapting to change
- Exercise: "awe" walk or support mapping

Friday:

Challenges

- Prolonged Grief disorder, PTSD, and grief as an illness
- What do personalized grief processes look like? Overview of the six core components, six tenants, sharing, discussion, and feedback

Course Objectives

Upon completion of this course participants will be able to:

1. Define grief and its complex physical, emotional, and relational symptoms
2. Identify three ways grief symptoms impact the body
3. Identify two interventions that help support executive control and psychobiological regulation
4. Discuss how to create a personalized grief practice
5. Discuss the impact of mindfulness-based interventions on psychological distress (trauma, anxiety, and depression) and well-being (mindfulness and self-compassion) in bereaved individuals
6. Discuss the neuroscience of grief
7. Discuss current research literature on complicated grief processes (traumatic grief and bereavement, prolonged grief, rumination, etc.)
8. Distinguish the sympathetic from the parasympathetic nervous system
9. Identify the two concepts behind how to support client well-being in grief processes
10. Discuss the therapeutic effectiveness of using visual and narrative approaches with the bereaved
11. Summarize current research findings surrounding nature-based interventions for mental health outcomes
12. Explain why rest matters in grief and how sleep supports emotional regulation processes
13. Name common ways an individual's relationship to spirituality can impact grief response

Continuing Education

*Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced. **Courses must be completed in one delivery format.***

This program is being offered for 15 NBCC credit hours. Please see the CE section starting on pg. 71 for the NBCC Approval Statement.

Please see the [course CE page](#) for a complete listing of course-specific CE approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>.

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

15-hour course format: Monday-Friday 9:00a.m. - 12:30p.m. EDT with a 30 min break daily

12-hour course format: Monday-Wednesday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

8-hour course format: Thursday-Friday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible.

Tuition:

Early tuition rates (through 4/1/25)		Full tuition rates (after 4/1/25)		Student pricing*:	
15-hour in-person early:	\$750	15-hour in-person full:	\$800	15-hour in-person:	\$600
15-hour live-online early:	\$625	15 hour live-online full:	\$675	15 hour online:	\$475
12-hour in-person early:	\$650	12-hour in-person full:	\$700	12-hour in-person:	\$500
12-hour online early:	\$550	12-hour online full:	\$600	12-hour online:	\$400
8-hour in-person early:	\$450	8-hour in-person full:	\$500	8-hour in-person:	\$300
8-hour online early:	\$350	8-hour online full:	\$400	8-hour online:	\$200

*Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Change Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in-person or live-online), you will receive a refund less a \$50 cancellation fee

Between 14 days and 1 day: Credit may be applied to any 2025 or 2026 Cape Cod Institute course. No refunds will be issued within this time period.

Once your course begins: No credit or refund is available if you cancel on the day of arrival, do not show up, are dissatisfied with the presentation or content, or leave an event early for any reason. No partial credit/CE hours can be given if you need to leave for any reason. We understand that circumstances outside of your control may impact your ability to continue attending your course. Common examples include: situations affecting a participant directly or their travel plans, unexpected injury or illness, and significant connectivity problems; however, we cannot offer credit or refunds for these scenarios.

The Cape Cod Institute is not responsible for participants' travel, lodging, or incidental expenses.

Course Changes:

Before June 1: You may switch your course or the format (in-person or live-online) without a fee. A refund will be provided for the difference in price.

After June 1: Course or format (in-person or live-online) changes made after June 1, will incur a \$50 change fee. There will be no price reduction for switching to a live-online course.

You can notify our staff of your cancellation or change requests at info@cape.org

Please visit <https://www.cape.org/policies> for more information.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at + 1(203) 781- 6492 or info@cape.org.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

Contact Information

Cape Cod Institute Administration
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E-mail: info@cape.org

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JUNE 30 - AUGUST 22, 2025

JUNE 30-JULY 4, 2025

Amanda Blake, PhD

Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance
In-Person

Janina Fisher, PhD

Transforming Trauma-Related Resistance and Stuckness
In-Person & Live-Online

Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT

Expressive Arts Therapy and Sensory Processing to "Reset" the Nervous System
In-Person & Live-Online

Natasha Prenn, LCSW

Put Deliberate Practice into your AEDP Practice
In-Person & Live-Online

JULY 7-11, 2025

Suzanne Goh, MD, BCBA

Transformative Care for Neurodivergent Individuals: State-of-the-art Therapies to Optimize Health, Development and Wellbeing
In-Person & Live-Online

Gabriella Rosen Kellerman, MD

Tomorrowmind: Building Intra- and Interpersonal Resilience at Work and Beyond
In-Person & Live-Online

Licia Sky

Embodied Awareness: The Art of Presence & Attunement
In-Person

Bessel van der Kolk, MD

Frontiers of Trauma Treatment
In-Person & Live-Online

JULY 14-18, 2025

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR
In-Person & Live-Online

Meghan Riordan Jarvis, MA, LICSW

Grief as a Daily Practice: Tools to Educate and Support in Times of Profound Loss
In-Person & Live-Online

Richard Schwartz, PhD & Jeanne Catanzaro, PhD

Internal Family Systems Workshop
In-Person & Live-Online

Stan Tatkin, PsyD, MFT

Introduction to a Psychobiological Approach to Couple Therapy (PACT)
In-Person & Live-Online

JULY 21-25, 2025

Sebastian Barr, PhD

Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults
In-Person & Live-Online

Jeanne Catanzaro, PhD

Unburdened Eating: An IFS Workshop for Mental Health Professionals
In-Person & Live-Online

Deb Dana, LCSW

Polyvagal Theory in Therapy: Practical Applications for Treating Trauma
In-Person & Live-Online

Richard Schwartz, PhD

Transformative Healing: An IFS Workshop on Addressing Legacy Trauma
In-Person & Live-Online

JULY 28-AUGUST 1, 2025

Farah Harris, MA, LCPC

The Color of Emotional Intelligence: Leveraging Self-Awareness to Address Inequities in Clinical and Organizational Practice
In-Person & Live-Online

Deborah Korn, PsyD

EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect
In-Person & Live-Online

Maria Sirois, PsyD

The Fateful Story: How Narratives Shape Health, Growth and Resilience
In-Person & Live-Online

Jeffrey Zeig, PhD & Julie Anné Zeig, PhD

Master Class in Experiential Psychotherapy
In-Person & Live-Online

AUGUST 4-8, 2025

Gloria Burgess, PhD

Sanctuary: Rekindling the Heart of Leadership®
In-Person

James Hawkins, PhD, LPC

Emotionally Focused Therapy: Strengthening Bonds in Couples, Individuals, and Families
In-Person & Live-Online

George McCloskey, PhD

Intervention for Child and Adolescent Executive Function Difficulties
In-Person & Live-Online

8 & 12 HR COURSES - NEW!

AUGUST 4-6, 2025 *12-HR

Jonah Paquette, PsyD

Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection
In-Person & Live-Online

AUGUST 7-8, 2025 *8-HR

Christopher Willard, PsyD

Adapting Mindfulness Techniques for Children, Teens, and Adults
In-Person & Live-Online

AUGUST 11-15, 2025

Bob Anderson

The Journey of Conscious Leadership
In-Person

John Forsyth, PhD & Jamie Forsyth, PhD

Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life is Hard
In-Person & Live-Online

Pilar Jennings, PhD

Buddhism & Psychotherapy in Conversation: A Healing Partnership
In-Person & Live-Online

Cece Sykes, LCSW, ACSW

Internal Family Systems: Compassion for "Big A" and "Small a" Addictive Processes
In-Person & Live-Online

AUGUST 18-22, 2025

Edward Hallowell, MD with Sue George Hallowell, LICSW

Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span
In-Person & Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach
In-Person

Ronald D. Siegel, PsyD

What Clinicians Need to Know about Non-Ordinary States: Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy
In-Person & Live-Online

Eboni Webb, PsyD, HSP

From Chaos to Calm with DBT – A Path to Connection and Emotional Regulation
In-Person & Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT: www.cape.org