



Silent Suffering: The Weight of Grief Demoralization and Depression



DESCRIPTION

Emotional distress involves various psychological experiences affecting well-being, especially those with chronic/serious or psychiatric conditions. Forms of distress include grief, demoralization, and depression, if untreated or improperly diagnosed, can lead to increased distress and suicidal thoughts. Healthcare professionals often struggle with effective treatment due to their limited understanding of these distinctions. This gap in assessment, diagnosis, and treatment can perpetuate distress and pain, thus increasing risks to the individual. By improving healthcare professionals' knowledge of these forms of distress and addressing suicidal ideation, they can enhance their interventions, reduce distress, and foster a sense of purpose, meaning, and competence in patients. Participants will deepen their understanding of the similarities and differences between grief, demoralization, and depression, gaining insight into the factors that contribute to emotional distress and increased risk of suicidal ideation. Through this knowledge, they will explore effective strategies and tools for supporting individuals in distress, assessing and intervening with suicidal ideation, fostering resilience, and promoting meaning intervention to improve their patient's overall well-being.

OBJECTIVES

Upon completion of the course, participants should be able to:

1. Understand the emotional states of distress.
2. Gain insight into the contributing factors to emotional states of distress and suicidality. Explain ambiguous loss and its effects on social systems and connections.
3. Learn evidence-based, effective tools and strategies to support and intervene with emotional states of distress.
4. Develop skills in assessing, preventing, and intervening with suicidality.

FEE \$22.00 Consortium Member \$44.00 Non-consortium Member

Deadline to register 11/4/25

Cancellations and Refund Policy: Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10-15 business days after that.

INSTRUCTOR: Liz Robinson is a licensed clinical social worker in South Carolina, California, Washington, and Utah, and holds certifications as an advanced palliative and hospice social worker and clinical trauma professional. In 2023, she began work on her private practice where she provides virtual therapy to those individuals living with chronic/serious illness, navigating grief and loss, and recovering from trauma. She has 30 years of experience working in medical and mental health agencies. Liz currently serves as the Secretary for the NASW-SC Chapter Board of Directors and is also involved with various committees in this organization. She also is a member of the Social Work Hospice and Palliative Network, and serves on Grief and Bereavement, Peer Consultation, and Outpatient Billing Committees. She believes in the worth and dignity of every individual, and believes in the Social Work ethics and values.

To register visit www.scahec.net/learn/login or scan QR code
or contact Kimberly Morris 843-777-5352
kimberlymorris@mcleodhealth.org

**Wednesday,
November 5, 2025**

**9:00am - 11:00am
Webinar via WebEx**

CREDIT

AHEC: This program is approved for 0.2 CEU's (2.0 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice standards. Participants must attend 90% of the program and complete an evaluation in order to receive a certificate of attendance. No partial credit will be given.

Counselors and Therapists: This program is approved for 2.0 hours of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

Social Workers: Pee Dee AHEC, as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 2.0 hours of social work credit.

