

Six Milestones of Grief
1. Accept grief and manage grief emotions (psychoeducation and grief monitoring)
2. Envision a positive future (aspirational goals and rewarding activities)
3. Strengthen relationships (bring a friend or family member to a session)
4. Narrate a story of the death (imaginal revisiting exercise)
5. Learn to live with reminders (situational revisiting)
6. Connect with memories of the deceased (imaginal conversation)

From the Expert Q&A:
"Prolonged Grief Disorder"
by M. Katherine Shear, MD
The Carlat Psychiatry Report, Volume 21, Number 2, February 2023
www.thecarlatreport.com