

American University Center for Well-Being Programs and
Psychological Services presents:

Beyond the Five Stages: Modern Grief Theory and the STAY Model for Grief-Informed Care

Wednesday, March 4, 2026

12:00-1:00pm Eastern Time



Dr. Heather Taylor, PsyD, is a licensed psychologist and grief specialist based in Washington State. She is the founder of Grief is the New Normal Psychological Services and host of the Grief is the New Normal podcast. Dr. Taylor provides therapy, consultation, and continuing education trainings focused on modern grief concepts, identity shifts after loss, and grief informed clinical practice. She has presented nationally on grief education and is passionate about helping clinicians move beyond stage based models toward more integrated, compassionate approaches to care.

This seminar is free of cost and limited to current American University employees. The target audience is clinical psychotherapists and allied health professionals who currently work for American University. This is an intermediate level training. This live, in-person seminar will be offered at 4400 Massachusetts Ave NW (MGSC 327), Washington, DC 20016. At the completion of this training, participants will be able to:

- Describe key limitations of traditional stage-based grief models and summarize at least three principles of contemporary grief theory, including the non-linear, multidimensional, and identity-shifting nature of loss.
- Differentiate common grief responses from symptoms of mood, anxiety, and trauma-related disorders, using culturally responsive clinical judgment and an awareness of the risks of over-pathologizing normative grief
- Apply the STAY model (Slow down, Track the loss, Allow complexity, Yield to the moment) as a grief-informed clinical orientation to support assessment, case conceptualization, and moment-to-moment therapeutic intervention.

1.0 hour of CE are available for participants who attend entire program and complete the evaluation. Social workers receive 1.0 clinical credit. Certificates will be issued via email within 7 days of receipt of the completed course evaluation.

The registration deadline is 12:00pm Eastern Time on Tuesday, March 3, 2026. Use the registration link here: https://american.co1.qualtrics.com/jfe/form/SV_0J1HyZpb51hW8U6

American University Center for Well-Being Programs and Psychological Services, #1936, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 6/20/2025-6/20/2028. Social workers completing this course receive 1.0 clinical continuing education credit.

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To request accommodations, to file a grievance, or for or additional information please contact Continuing Education Director Dr. Marika Gilbert, 202-885-3500 (phone) or mgilbert@american.edu

