

2025 National Conference & Webcast

Family Dynamics and Grief: Culturally-Attuned Strategies for Empowering Young People through Loss

This interactive presentation will explore grief from a systemic perspective, emphasizing the role of family systems in the experiences of children and adolescents navigating loss. Understanding that grief is a collective experience affecting the entire family unit, this culturally-attuned presentation will highlight the importance of recognizing how family dynamics shape the grieving process for young people.

Participants will receive tools to help support grieving youth in ways that respect their unique cultural and familial contexts. Additionally, strategies will be discussed to empower children and teens with skills to navigate their grief, enabling them to actively engage with their families and communities in ways that foster learning and contribute to healthier grieving processes for all family members.

The session will feature a blend of presentation, practical exercises, and reflective engagement.

Objectives:

1. Recognize the role of family dynamics and cultural contexts in shaping the grieving process of children and adolescents navigating loss.
2. Apply culturally responsive strategies to support grieving youth within their family systems, emphasizing collective healing practices.
3. Develop tools for empowering young people to engage with their grief and contribute to healthier family and community relationships.
4. Evaluate the impact of family systems on the grieving process, identifying opportunities for culturally-attuned interventions.
5. Implement practical exercises that enable grieving youth to build resilience and agency while navigating familial and cultural expectations.