

Simon Shimshon Rubin / Ruth Malkinson

Clinical Applications of the Continuing Bonds with the Deceased

The memories, affects and representations of significant others and our interactions with them are central to psychological well-being. This is true when both partners are living and interacting and it remains true when a significant other has died. The Two-Track Model of Bereavement (Rubin, 1981, 1999; Rubin, Malkinson & Witztum, 2012) assists in the specification of how to adapt interventions to the needs of the client. By separating biopsychosocial functioning (Track I) and the nature of the ongoing relationship to the deceased and the death story (Track II) following loss, it is possible to assess and plan intervention based on one or both tracks in the intervention schema.

The importance of reworking and reorganizing the connection to the person who died is the primary focus in this workshop. Such reworking can assist the bereaved take up authorship of their life narratives, live fully in the world with themselves and others, and retain the connection to the deceased (Rubin, Malkinson & Witztum, 2012). Assessment and intervention benefit from an understanding of the contribution of individual, family, and cultural factors. We make use of background materials and clinical case examples to illustrate the issues and interventions. Cognitive-behavioral, interpersonal and psychodynamic interventions paradigms are presented and make the workshop appropriate for those with a variety of therapeutic orientations.

Reference: Rubin, S.S., Malkinson, R., & Witztum, E. (2012). *Working with the Bereaved: Multiple Lenses on Loss and Mourning*. New York: Routledge.



Simon Shimshon Rubin, Ph.D. is Professor of Psychology, Director of the International Center for the Study of Loss, Bereavement and Human Resilience and Director of the Postgraduate Program in Psychotherapy at the University of Haifa. An active clinician, Dr. Rubin has lectured and published on matters related to bereavement, ethics, and psychotherapy. Professor Rubin has held visiting appointments as professor at the Northwestern and Harvard University Medical Schools.



Ruth Malkinson, Ph.D., is Director of Training at the International Center for the Study of Loss, Bereavement and Human Resilience at the University of Haifa. She is the director of the Israeli Center of REBT (Rational Emotive Behavior Therapy). Her book "Cognitive grief therapy: Constructing a rational meaning to life following loss" was published in 2007 by Norton.