

## Normal Grief and Loss vs. PTSD

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**June 9, 2026**

12:00 - 1:00 P.M. CT

Virtual Meeting

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Sciences Center

### Overview

Primary Care Physicians currently demonstrate a significant gap in knowledge and clinical competence regarding the identification and management of mental health disorders in youth. This professional practice gap is primarily attributed to insufficient training and limited access to mental health resources. As a result, PCPs often serve as the first point of contact for families dealing with adolescent mental and behavioral health issues, yet they report lacking the necessary skills to effectively screen, assess, and treat conditions such as depression, anxiety, suicidal ideation, and behavioral disorders. This series aims to enhance PCPs' capabilities in recognizing and managing mental health conditions to improve outcomes for youth within their clinical practice.

### Learning Objectives

At the conclusion of this activity, the participants should be able to:

- List the 3 phases of grief, and approximate timelines of the processes
- Identify ways that grief responses in infants, children, and adolescents may look different than adult patterns of grieving
- Distinguish diagnostically between normal grief, complicated grief, depression, and posttraumatic stress disorder, and distinguish the treatments thereof

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