



## The Therapy Collaborative, LLC is pleased to offer: **Silent Nights. Heavy Hearts: Clinical Approaches to Holiday Grief**

**Description of presentation:** While often associated with celebration, connection, and tradition, holidays can intensify feelings of sadness, loneliness, and longing for those who are mourning the loss of a loved one or navigating significant life changes. This continuing education presentation will explore the unique impact of grief during the holiday season, including common emotional, cognitive, physical, and behavioral responses that may emerge or intensify during this time of year.

Participants will examine foundational and contemporary theories of grief to better understand the diverse ways individuals experience and adapt to loss. The presentation will also provide practical, evidence-informed therapeutic strategies and interventions that counselors can use to support clients as they manage grief-related challenges, cope with holiday triggers, maintain meaningful connections, and develop healthy ways to honor their losses while navigating the season.

### **Upon completion, participant will be able to:**

1. Recognize and identify common symptoms and manifestations of grief, particularly as they may intensify during the holiday season.
2. Explore and understand key theories and models related to the grieving process.
3. Describe therapeutic strategies and clinical interventions demonstrated to be effective in supporting clients experiencing grief and loss during the holidays and throughout the year.

**Presenter:** Tara Hagan is a Licensed Professional Clinical Counselor with supervision designation and more than 30 years of experience helping individuals navigate life's most challenging seasons. As the owner of Hagan Counseling Services and co-owner of The Therapy Collaborative, Tara is dedicated to providing compassionate, client-centered care that fosters healing, resilience, and personal growth utilizing different therapeutic modalities including CBT, DBT, and EMDR. She specializes in working with individuals experiencing grief and loss, anxiety, depression, and significant life transitions. In addition to her clinical work, Tara is passionate about mentoring and supporting fellow therapists, particularly those interested in building and sustaining successful private practices. Tara earned her Master's degree in Marriage and Family Counseling from Wright State University and remains committed to lifelong learning and excellence in the counseling profession.

**When:** Tuesday, November 17, 2026 3:30 pm (In Person) and November 17, 2026 at 6 pm (Virtual)

**Where:** The Therapy Collaborative LLC: 405 Public Square, Suite 350, Troy, OH

**The registration fee is \$25. Click here to [register](#). Registration closes on Nov 16, 2026.**

**Continuing Education Credits Available: 1.5 NBCC credit hours.**



**The Therapy Collaborative LLC has been approved by NBCC as an Approved Continuing Education Provider. ACEP No. 7906. Programs that do not qualify for NBCC credit are clearly identified. The Therapy Collaborative LLC is solely responsible for all aspects of the program.**

If you have special accommodations or questions, please contact us.  
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