



Unseen Grief: Recognizing the Losses That Often Go Unacknowledged

Presented by: Marianne Trent, PhD

Delivery method: On-Demand

Instruction level: Intermediate

Sponsored by: NCS Pearson, Inc.

Course Description

Grief is not always obvious, socially recognized, or linked to bereavement. People may grieve relationships, health, identity, fertility, careers, independence, pets, public figures, or complicated relationships with those who have died. In this practical session, UK Clinical Psychologist, Dr. Marianne Trent explores hidden and disenfranchised grief, including the guilt, shame and ambivalence that can make loss harder to acknowledge. Participants will consider how grief may present in children, adolescents, and adults; how it can overlap with other forms of distress; and how professionals can respond with curiosity, validation, and compassion.

Learner Outcomes

After completing this learning track, participants will be able to:

1. Identify different forms of hidden, non-death, and disenfranchised grief across clinical, educational, and healthcare settings
2. Recognize how social expectations, stigma, guilt, shame, and ambivalence can affect whether grief is acknowledged by others or by the grieving person themselves
3. Apply practical, evidence-informed approaches to validating loss, exploring meaning, and supporting adjustment

Time-Ordered Agenda

5 minutes	Opening: What counts as grief?
7 minutes	Grief beyond the stereotype
8 minutes	What is disenfranchised grief?
8 minutes	When we disenfranchise our own grief
9 minutes	What hidden grief can look like in practice
9 minutes	How professionals can respond
4 minutes	Three take-home messages
10 minutes	Q&A

About the Presenter

Dr Marianne Trent is an HCPC Registered Clinical Psychologist, author, speaker and host of the *Psychology, Actually* podcast. Founder of Good Thinking Psychology, she is passionate about making evidence-based psychology engaging and accessible. Alongside clinical practice, Marianne delivers keynote talks, contributes regularly to national media, and supports aspiring and early career psychologists through coaching, training, and the Aspiring Psychologist Membership. She has authored and edited five psychology books.

Disclosure

Financial: Dr. Marianne Trent receives an honorarium from Pearson for delivering this presentation and has undertaken a separate paid educational partnership with Pearson Clinical UK.

Non-financial: There is no relevant non-financial relationship to disclose.

NCS Pearson Inc., the sponsor of this learning track, develops and distributes assessments and intervention tools for speech-language pathologists, occupational therapists, and psychologists.

References

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