

Hoyt, W. T., Del Re, A. C., & Larson, D. G. (2011). Bereavement counseling for “normal” grievers: Another look at the data. Manuscript submitted for publication.

This study is under review. The findings were briefly presented at the 2011 ADEC conference in Miami in the following symposium:

### **A New Look at the Evidence: Grief Counseling is Effective**

Larson, Dale G., PhD<sup>1</sup>; Hoyt, William T., PhD<sup>2</sup>; Del Re, Aaron C., MA<sup>2</sup>  
<sup>1</sup>*Santa Clara University, Santa Clara, CA, US*; <sup>2</sup>*University of Wisconsin, Madison, WI, US*

A consensus has emerged in the last decade that grief counseling has little empirical support, with the possible exception of high risk (chronic) grievers. However, reviews of this literature (including recent meta-analyses by Currier, Neimeyer, & Berman, 2008; Rosner, Kruse, & Hagl, 2010) have ignored three important issues: ecological validity, heterogeneity of outcome measures, and the importance of within-study comparisons for follow-up findings. Findings from a new meta-analysis of interventions delivered by trained bereavement counselors (or counselors-in-training) demonstrate that grief therapy is effective, producing clinically meaningful gains in grief and depression symptoms that are maintained over time.