

# SOUL INJURY: LIBERATING UNMOURNED LOSS AND UNFORGIVEN GUILT

## DESCRIPTION:

The mental and emotional injuries that accompany trauma are readily identified. Less recognized are the *insidious* wounds that occur with trauma and, indeed, with all of us whenever we lose a sense of our own goodness/inner beauty or we think we are inadequate or defective. Whether traumatic or insidious, these “soul injuries” cut us off from the energy of our deepest self, robbing us of the essence of our being. Connecting with the part of self generating the emotional pain, paradoxically, restores wholeness. Thus, soul restoration includes learning how to re-own and re-home scattered pieces of self by cultivating *personal* intimacy with the part of self carrying our emotional pain. The basis for addressing “soul injury” originated with a group of VA hospice nurses who cared for 10,000 dying Veterans. The nurses witnessed “soul injuries” firsthand as they surfaced unbidden on combat Veterans’ deathbeds. Let “warrior wisdom” show you how the heart can be disarmed through love, forgiveness, and self-compassion, starting a process that “restoreth the soul.”

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## PROGRAM DETAILS:

This educational program combines presentations by experts with a power point presentation, slide show, story-telling, clinical application and questions and answers from the panel moderator.

**ON DEMAND:** beginning January 1, 2017 to January 1, 2018  
**LENGTH:** 90 minutes, plus 30 minute post-program discussion at individual viewing locations  
**CEs:** 2 hours for a wide variety of professional boards  
**CE FEE:** \$12.00  
**TARGET AUDIENCE:** Victims of sexual assault, crime, accidents, natural disasters, bullying, abuse, neglect; People who have experienced heartache, loss of personal health or a loved one’s health, death of a loved one, or betrayal by a significant other; Minorities and marginalized members of a society, culture, or group, including not being the “favorite” child; Stoic cultures that hide or are ashamed of expressing pain; Veterans, families of veterans, civilians who experienced a war zone, first responders & their families; Personal and professional caregivers vulnerable to “burn-out” or “compassion fatigue” from caring for the above; Professional caregivers who want to learn how to assess and respond to “soul injuries” with their clients; and Health care clinicians, social service clinicians and others working in the hospice, palliative care, counseling, hospital, nursing home, funeral home or faith community environments.

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## ONLINE TECHNICAL REQUIREMENTS

To view this online program, you will need a computer and screen, reliable internet access, and speakers. If you are showing to a large group, you will need a way to project on a large screen and a sound amplification system. Please test your system ahead of time to ensure you have the capabilities to view and hear the program, as HFA does not provide refunds on registration. Please also be sure to test on the SAME equipment you will use on the day of the program viewing.

TEST LINK for Audio and Video:

[http://media01.commpartners.com/CP/browser\\_test/iframe.html](http://media01.commpartners.com/CP/browser_test/iframe.html)

**Technical Questions?** Please contact CommPartners at 1-800-274-9390 or via e-mail at: [hospice@commpartners.com](mailto:hospice@commpartners.com).

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## PROGRAM FEES/MATERIALS:

As there are no refunds on registration (all registrations have immediate access to program materials), please be sure to test the system requirements prior to purchase.

<u>Non-Member Price</u>	<u>HFA Member Price</u>	<u>Product</u>
\$39.00	\$33.15	Webcast Registration
\$69.00	\$58.65	Webcast + DVD Registration
\$45.95	\$39.06	Personal Use DVD (no CE Credits available)

\*If an individual would like information on which organizations are registered in their state (so they may attend a site viewing in their area), they may contact HFA at 800-854-3402.

## HOW TO REGISTER:

Register directly online, on HFA's website: [www.hospicefoundation.org](http://www.hospicefoundation.org).

## REGISTRATION POLICY:

**A registered site is licensed to show this program at one, single location.** The definition of a site is as follows:

- Any individual accessing the streaming webcast from a computer at home or in the hospice or other office.
- Any group accessing the streaming webcast from a computer and projecting it so an entire room of people can access it.
- Each computer accessing the streaming webcast.

## MATERIALS AREA:

Course materials are accessible to all registered individual and organizations immediately after registering for the program(s). Materials include your log-in information (viewing instructions and technical information), CE information/instructions, the program's slides, and additional program material. Information will be posted to your account as they become available. A link to the materials is also available in your receipt for the program.

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## LEARNING OBJECTIVES:

At the conclusion of this webinar, participants will be able to:

- Identify and define an overlooked, unassessed wound: Soul Injury.
  - Describe the importance of acknowledging and addressing soul injury, especially in at-risk populations.
  - Compare and contrast traumatic soul injury, insidious soul injury, PTSD, and moral injury.
  - Identify the impact that soul injuries have on family, personal caregivers, and professional caregivers.
  - Describe how stoicism, fear of emotional pain, unmourned loss, and unforgiven guilt/shame contribute to the creation and perpetuation of soul injuries.
  - Learn how to support others in the cultivation of honesty, courage, and humility to disarm the fearful heart through love, forgiveness, and self-compassion so that *personal* intimacy can be achieved
  - Discuss re-owning and re-homing processes that facilitate Soul Restoration.
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## PROGRAM OUTLINE:

- I. Introduction: Concept of “soul injury”, including: definitions, populations at risk for acquiring, current gaps in services, distinguish soul injury from moral injury
  - II. Traumatic Soul Injury: illustrative stories, contrast PTSD with Soul Injury, compare the anatomy of the brain affected by PTSD vs. soul injury, clinical value of acknowledging and valuing soul injury
  - III. Insidious Soul Injury: Definition of “Insidious,” illustrative stories, relationship of soul injury to secondary trauma with family/caregivers.
  - IV. Factors that influence the creation and perpetuation of soul injury: stoicism, fear of loss/change/failure/disappointment/death, cultural values that assign a “negative value” to loss/change/disappointment/death, knowledge deficit related to not knowing how to grieve, forgive, or develop personal intimacy with the part of self carrying the loss and guilt.
  - V. Re-owning & re-homing unmourned loss, disappointment, failure
  - VI. Re-owning & rehomeing unforgiven guilt/shame, the role of helplessness in creating unreasonable guilt.
  - VII. Elements of Soul restoration: Creating personal safety, activating the “self-compassionate” part of the brain, hand-heart connection, programs/practices that promote soul restoration.
  - VIII. 3-person panel discussion responding to the above content
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## CONTINUING EDUCATION (CE) CREDITS:

This program is valid for 2 hours of CE credit. The CE cost is \$12 per certificate. CE credits are available until January 1, 2018.

A complete list of board approvals for this webinar program is posted to HFA’s website at [www.hospicefoundation.org](http://www.hospicefoundation.org).

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## COURSE COMPLETION REQUIREMENTS:

Participants must attend the entire 2-hour program. Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline of January 1, 2018. (In order to go online, attendees will need to enter in a Course Code, which is only provided at the end of the program). The online CE process includes a required evaluation form and exam. The exam must be completed at 80% or above (the exam may be re-taken, if necessary). Attendees will be able to choose the board they wish to receive credit from (from Hospice Foundation of America’s list of board approvals\*) and will then be able to print their CE certificate immediately after completing all CE requirements online (on HFA’s CE site at [educate.hospicefoundation.org](http://educate.hospicefoundation.org)).

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## EXPERT PANELIST:

**Deborah Grassman, ARNP**, is a mental health Nurse Practitioner whose 30-year career at the Department of Veterans Affairs included being the Director of the Hospice program, as well as personally taking care of more than 10,000 dying veterans. She is recognized as one of the nation’s leading experts in caring for Veterans nearing the end of life. Deborah is most well-known for her pioneering *Wounded Warriors: Their Last Battle* presentation which was the first of its kind to identify the unique needs of Veterans as they age and their “warrior wisdom” emerges. In 2002, she introduced "pinning ceremonies" to honor dying veterans -- a ceremony which has now become standard practice in hospices and long-term-care facilities throughout the nation. Deborah is the author of two books: *Peace at Last* and *The Hero Within*. She is now CEO and co-

founder of *Opus Peace*, a 501(c)3 non-profit organization whose mission is to provide programs that raise awareness about the **soul injury** that occurs during trauma, abuse, self-neglect, and chronic or serious illness.

### **CONTENT EXPERTS:**

Paul Tschudi, MA, EdS, LPC  
Linda Trageser, MPA  
Kathleen A. Bixby, MSN, RN, CHPN

### **PROGRAM REVIEWERS:**

Deborah Grassman, ARNP, CEO  
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Robert G. Carroll, MD

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**CE Credits for this program may only be obtained through HFA.** CE instructions will be provided to the registered contact for the organization (or to the registered individual) prior to the live air date and to attendees at the end of the program.

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### **SPECIAL ACCOMMODATIONS FOR DISABILITY (ADA):**

This is based on individual viewing location(s). For program organizers, please post all ADA instructions when advertising the program.

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### **CONFLICT OF INTEREST:**

Planners (Panelists and Review Committee Members) disclose no conflict of interest relative to this educational activity.

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**FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES**

**Please contact Hospice Foundation of America (HFA)**

**CONTACT INFORMATION**

Hospice Foundation of America

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*End-of-life Care Resources for Professionals and the Communities they Serve*



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