

Living With Grief[®]:
TRANSFORMING LOSS: FINDING POTENTIAL FOR GROWTH

PROGRAM INFORMATION

DESCRIPTION:

Although we have little choice about loss and the ensuing grief, we do retain choice on whether we will grow up or down, or grow bitter or better, as a result of our loss. This program explores the most current theoretical perspectives on loss and grief, emphasizing that loss engenders not only grief, but also growth. The presentation addresses the phenomena of post-traumatic growth, noting research on the concept as well as strategies professionals can use in assisting grieving individuals. In addition, individuals struggling with loss will learn self-help strategies as they cope with loss.

PROGRAM DETAILS:

This educational program combines a moderated discussion, informative interviews, and additional complimentary learning materials. Some registered sites may choose to use this program as a community outreach/engagement event.

TARGET AUDIENCE: The presentation will be useful to a range of professionals who counsel persons who are bereaved, including psychologists, counselors, clergy, social workers, nurses and other health care workers, as well as educators, teachers and school-based personnel and individuals who offer education on loss, grief, dying or death.

RELEASE DATE: March 19, 2018

ON DEMAND: to registered organizations through March 18, 2019

LENGTH: 1.5 hours, plus 30-minute post-program discussion at individual viewing locations

CEs: 2 hours of credit for a wide variety of professional boards

PROGRAM REGISTRATION AND FEES:

Registration for each site (viewing location) includes online access to the program until March 18, 2019, one DVD* of the program, one companion book, 25 viewer guides for the audience, as well as access to all support materials needed for hosting an event. Registration fees are as follows:

- **\$150.00** – Non-Member Price
- **\$112.50** – HFA Member Price

*DVDs will ship early March 2018

HOW TO REGISTER:

Online at: <http://hospicefoundation.org/HFA-Products/Transforming-Loss>

Over the phone: 202-457-5811

LEARNING OBJECTIVES:

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

1. Define post-traumatic growth and differentiate it from resilience;
 2. Identify factors associated with resilience and post-traumatic growth;
 3. Discuss six possible and identified areas of growth;
 4. Describe ways that support groups can facilitate post-traumatic growth;
 5. Describe appropriate interventive strategies that encourage post-traumatic growth;
 6. Identify self-help strategies that can assist individuals who are grieving to grow even as they grieve.
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PROGRAM OUTLINE:

TBA

CONTINUING EDUCATION (CE) CREDITS:

Offering and publicizing the availability of CEs will help you attract interested learners. This program is valid for 2 hours of CE credit; until March 18, 2019. The CE cost is \$21 per certificate.

A complete list of professional board approvals is posted on HFA's website at <http://hospicefoundation.org/HFA-Products/Transforming-Loss>. Nursing, social work, family physician, counselor, nursing home administrator, funeral director, and more board approvals are available.

Registered organizations will have web access to print an official Certificate of Attendance for this course. Note: The Certificate of Attendance is not accepted by professional boards.

COURSE COMPLETION REQUIREMENTS:

Participants must attend the entire 2-hour program (1.5 hour video presentation plus 30-minute post-program discussion). Partial credit is not awarded.

Participants must also complete the entire CE process online, before the CE deadline of March 18, 2019:

- 1 - Participants go to educate.hospicefoundation.org and create an account
 - 2 - Enter the Course Code (Provided at the end of the program.)
 - 3 - Enter the Site ID (You will need to provide to participants. It is the order number from your purchase of the program and can be obtained from your receipt.)
 - 4 - Choose the board from which they wish to receive credit
 - 5 - Fill out the evaluation form
 - 6 - Complete the exam. Participants must receive an 80% or above on the exam to complete the CE process (the exam may be re-taken, if necessary).
 - 7 - Pay for their certificate. (If your organization has arranged to pay for certificates, participants will enter the "Discount Code," provided to you when you purchased the CE credits, instead of entering payment information.)
 - 8 - Print their CE certificate immediately
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MODERATOR:

Frank Sesno, *Director of the School of Media and Public Affairs at The George Washington University*

EXPERT PANELISTS:

Patti Anewalt, PhD, LPC, FT, is Director of the Pathways Center for Grief & Loss with Hospice & Community Care. The focus of her clinical practice, writing and teaching is on issues related to end of life, grief, compassion fatigue and crisis response, presenting at the national, state and local level. Patti provides trainings for school administrators and counselors on grief, trauma and crisis response and authored the book chapter titled *Violent, Traumatic Death in Schools* in the third edition of Nancy Boyd Webb's book *Healing Bereaved Children, A Handbook for Practitioners*. A disaster mental health specialist and instructor for the American Red Cross, she serves on several community crisis teams, providing trainings, debriefings and support when local tragedies occur.

Kenneth J. Doka, PhD, MDiv, is a professor of gerontology at the Graduate School of The College of New Rochelle and senior consultant to Hospice Foundation of America. Dr. Doka serves as editor of HFA's *Living with Grief*® book series, its Journeys newsletter, and numerous other books and publications. Dr. Doka has served as a panelist on HFA's *Living with Grief*® video programs for 22 years. He is a past president of the Association for Death Education and Counseling (ADEC) and received the Special Contributions Award in the field of Death Education from the Association for Death Education and Counseling. He is a member and past chair of the International Work Group on Death, Dying and Bereavement. In 2006, Dr. Doka was grandfathered in as a mental health counselor under New York's first state licensure of counselors. Dr. Doka is an ordained Lutheran minister.

Rich Tedeschi, PhD, is Professor of Psychology at the University of North Carolina at Charlotte, and a Licensed Psychologist specializing in bereavement and trauma. With his colleague Lawrence Calhoun, he has published several books on posttraumatic growth, an area of research that they have developed that examines personal transformations in the aftermath of traumatic life events. Dr. Tedeschi serves as a consultant to the American Psychological Association on trauma and resilience, and is a Fellow of the Division of Trauma Psychology. He is recipient of the First Citizens Bank Medal for Scholarship at UNC Charlotte, the Mary G. Clarke Award for Distinguished Service to Psychology given by the North Carolina Psychological Association, and is Past President of NCPA.

REVIEWERS:

Pamela Kushner, MA, MD, FAAFP, *Clinical Professor Family Medicine, University of California Irvine*

Lynda Shand, CHPN, CNE, RN, PhD, *Associate Professor, The College of New Rochelle*

TECHNICAL REQUIREMENTS

To view the 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.

COPYRIGHT NOTICE:

HFA's program, content, and DVDs are copyrighted. Their use and dissemination is restricted and unauthorized duplication is prohibited. A single registration covers multiple viewers at one location. DVDs and program links must be used at the registered site address and cannot be copied or viewed outside the registered site location or on an internal or external network without written permission from HFA.

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

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.

CONFLICT OF INTEREST:

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

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

Please contact Hospice Foundation of America (HFA)

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