

**LIVING WITH GRIEF®: WHEN GRIEF IS COMPLICATED
PROGRAM INFORMATION**

DESCRIPTION:

While most individuals experiencing loss face grief, most grievers can cope with loss and subsequent grief in ways defined by their culture as appropriate and can fulfill, after brief and intermittent impairment, their social and workplace roles. However, research shows that between 10 and 20 percent of individuals who experience loss experience more disabling reactions, including Complicated Grief or other conditions triggered by the loss, such as PTSD, Major Depressive Disorder, Separation Anxiety Disorder, Adjustment Disorder, or substance abuse. Complicated Grief reactions may also be a factor in physical illness. This program looks at how to identify disabling grief reactions and when referrals to specially trained clinicians or professionals may be indicated and necessary. This is HFA's 2017 Living with Grief® program.

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: Health and social service clinicians and others working in hospice, palliative care, counseling, hospital, nursing home, funeral home, or faith community.

RELEASE DATE: April 27, 2017

ON DEMAND: to all registered organizations through April 26, 2018

LENGTH: 2 hours, plus 30-minute post-program discussion at individual viewing locations

CEs: 2.5 hours of credit for a wide variety of professional boards
(https://hospicefoundation.org/hfa/media/Files/Board%20Lists/Board-Approvals_cmb.pdf)

PROGRAM REGISTRATION AND FEES:

Registration includes online access to the program until April 26, 2018, as well as access to all support materials needed for hosting an event and one book per site (viewing location). DVD purchasers will receive the DVD *and* the online video (webcast). Registration fees are as follows:

- \$150 – DVD + Webcast (DVDs will be available to ship starting March 7, 2017)
- \$100 – Webcast Only

* HFA members will receive 15% off registration fees.

HOW TO REGISTER:

Online at: <https://hospicefoundation.org/HFA-Products/When-Grief-is-Complicated>

Over the phone: 202-457-5811

Print a registration form: https://hospicefoundation.org/getattachment/HFA-Products/When-Grief-is-Complicated/LWG-2017_Registration-Form.pdf.aspx

Return via e-mail: educate@hospicefoundation.org

Via fax: 202-457-5815

Via Mail: 1707 L St, NW, Suite 220, Washington DC, 20036

PROGRAM MATERIALS:

Supplemental program materials, such as program guide, organizer checklist, handouts for attendees, etc., are anticipated to be available March 1. We will notify you via email when they are available for download.

LEARNING OBJECTIVES:

At the conclusion of the program, participants will be able to:

1. Describe typical grief patterns and differentiate typical grief from more complicated forms;
 2. List and describe two typologies of complicated grief;
 3. List and describe six danger signs of complicated grief;
 4. Describe the ways that the DSM 5 acknowledges complications of grief;
 5. Describe and discuss different approaches to treating complicated forms of grief and note resources that might be utilized in such treatment.
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PROGRAM OUTLINE:

- I. The Nature of Complicated Grief
 - A. Understanding Typical and Complicated Grief
 1. Typical Grief
 2. Signs and Symptoms of Complicated Grief
 - B. Typologies of Complicated Grief
 1. Worden's Typology
 2. Rando's Typology
 3. Webb – Grief as Disabling
 - C. Developments in the DSM 5
 1. Proposals to the DSM 5
 2. Complicated Grief in the DSM 5
 - II. Supporting Grievers Experiencing Complicated Grief
 - A. Screening and Assessing Grief
 1. Risk Factors
 2. Instruments
 - B. Therapeutic Approaches
 1. Rando – Treatment of Complicated Mourning
 2. Worden – Task Oriented Approach
 3. Shear – Therapy for Complicated Grief
 4. Grief and Trauma
 - C. Resources
 - III. Conclusion: Next Steps
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CONTINUING EDUCATION (CE) CREDITS:

Offering and publicizing the availability of CEs will help you attract interested learners. This program is valid for 2.5 hours of CE credit; until April 26, 2018. The CE cost is \$18 per certificate until May 11,

2017. After this date, CE credits are \$21 per certificate. An unlimited CE package is also available to registered sites for only \$238.95.

A complete list of professional board approvals is posted on HFA's website at www.hospicefoundation.org/HFA-Products/When-Grief-is-Complicated. 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 2.5 hour program (2 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 April 26, 2018:

- 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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EXPERT PANELISTS:

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.

Robert A. Neimeyer, PhD, is a Professor of Psychology, University of Memphis, where he also maintains an active clinical practice. Neimeyer has published 30 books, including *Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved* and *Grief and the Expressive Arts: Practices for Creating Meaning*, the latter with Barbara Thompson, and serves as Editor of the journal *Death Studies*. The author of nearly 500 articles and book chapters and a frequent workshop presenter, he is currently working to advance a more adequate theory of grieving as a meaning-making process. Neimeyer served as President of the Association for Death Education and Counseling (ADEC) and Chair of the International Work Group

for Death, Dying, & Bereavement. In recognition of his scholarly contributions, he has been granted the Eminent Faculty Award by the University of Memphis, made a Fellow of the Clinical Psychology Division of the American Psychological Association, and given Lifetime Achievement Awards by both the Association for Death Education and Counseling and the International Network on Personal Meaning.

Therese A. Rando, PhD, BCETS, BCBT, is a clinical psychologist in Warwick, Rhode Island. She is the Clinical Director of The Institute for the Study and Treatment of Loss, which provides mental health services through psychotherapy, training, supervision, and consultation, and specializes in: loss and grief; traumatic stress; and the psychosocial care of persons with chronic, life-threatening, or terminal illness, and their loved ones. Since 1970, she has consulted, conducted research, provided therapy, written, and lectured internationally in areas related to loss, grief, illness, dying, and trauma. She also has provided expert witness testimony in legal proceedings involving illness or bereavement. Current professional foci include treatment of complicated mourning, loss of a child, the interface between posttraumatic stress and grief, anticipatory mourning, specialized intervention techniques in the treatment of traumatic bereavement, and the integration of EMDR into intervention with grief and mourning. Dr. Rando holds a doctoral degree in Psychology from the University of Rhode Island and has received advanced training in psychotherapy and in medical consultation-liaison psychiatry at Case Western Reserve University Medical School and University Hospitals of Cleveland. A former consultant to the U.S. Department of Health and Human Services' Hospice Education Program for Nurses, she developed its program for training hospice nurses to cope with loss, grief, and terminal illness. Her current research interests focus on the operations and courses of anticipatory and postdeath mourning; development of a short-term treatment protocol for survivors of traumatic loss; construction of a self-help program for coping with the sudden death of a loved one; and integrating EMDR with group intervention for traumatic loss survivors.

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 this program online, 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 and program content is copyrighted. Its use and dissemination is restricted and unauthorized duplication is prohibited.

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.
- Any computer accessing the streaming webcast

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

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