

Hospice Foundation of America's Program

ATTACHMENT THEORY AND GRIEF SUPPORT

Self-Study ONLINE Course

DESCRIPTION

Attachment-informed grief therapy enriches an understanding of how and why individuals grieve and how they can be helped. This webinar will review attachment-informed grief therapy and explore the ways attachment styles mediate mourning and influence the therapeutic process.

PROGRAM DETAILS

Hospice Foundation of America has taken its popular webinar program and created a self- study course for professionals. The online presentation features experienced professionals offering their own expertise on the topic. On the screen, you will see the slide presentation and will be able to hear the experts talking and presenting.

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| RELEASE DATE: | Program originally premiered June 19, 2018 |
| ON DEMAND: | to registered individuals for 1 year after purchase |
| LENGTH: | 90 minutes |
| CE HOURS: | 1.5 hours for a wide variety of professional boards |
| CE FEE: | One CE certificate is included in the cost of registration. Additional certificates (if selecting more than one board) are \$10 each. |
| CONTENT LEVEL: | The program is mainly for professionals already working in the field, but is practical for all levels of education – entry level, intermediate or advanced. |
| TARGET AUDIENCE: | The course is useful to Health care clinicians, social service clinicians and others working in the hospice, palliative care, counseling, hospital, nursing home, funeral home or faith community environments |

HOW THE ONLINE SELF-STUDY PROGRAM WORKS:

Step 1 - Register/purchase the course

Step 2 - View the course online through the link in your confirmation email or in your account.

Step 3 - Follow the instructions provided to receive your CE certificate*.

*An evaluation and a short exam are a part of this process.

TECHNICAL REQUIREMENTS

To view this online program, you will need a computer and screen, reliable internet access, and speakers. Please test your system ahead of time to ensure you have the capabilities to view and hear the program. Mobile service provider charges may apply.

TEST LINK for Audio and Video:

<http://hospicefoundation.org/Professionals/All-Programs/All-Self-Studies/Video-Test-Page>

REGISTRATION INFORMATION/FEEES

Register directly online, on HFA's website: www.hospicefoundation.org. To have a registration form mailed to you, contact HFA at 800-854-3402 or by email at educate@hospicefoundation.org.

For current prices, please refer to HFA's website at www.hospicefoundation.org.

There are no refunds on registration. *Few exceptions may occur depending on the circumstance. To request a refund, a written request must be received (and granted) by HFA.

REGISTRATION POLICY

INDIVIDUAL REGISTRATION

Provides one person, the registrant, access to the self-study course for personal viewing.

MULTIPLE VIEWER REGISTRATION

Provides one person, the registrant, access to the webcast for streaming from one computer to a group of people. Program access fees remain the same; CEs are included in course fees for the registered user and are \$12 per additional participant per course. **Please note that self-study courses accommodate individual learners only unless prior arrangements are made through HFA for additional certificates.** Contact HFA at 202-457-5811 or email us at educate@hospicefoundation.org to register the additional participants.

MATERIALS AREA

Course materials are accessible to all registered individuals immediately after registering. Program materials are available on HFA's website at <https://hospicefoundation.org/Shop-HFA/My-Account>. From here, click on "Orders/Courses." Materials contain the full-length video, CE instructions, the program's slides, and additional program material. Information will be posted to your account as they become available.

LEARNING OBJECTIVES

AT THE CONCLUSION OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:

1. Discuss the fundamentals of attachment theory.
2. Explain how early attachment experience influences attachment orientation and impacts later reactions to loss and separation.
3. Describe the principles of an attachment informed approach to grief therapy and the clinical skills that the presenters regard as the core elements of an effective therapeutic relationship with bereaved clients.

PROGRAM OUTLINE

- I. Introduction (10 minutes)
- II. Fundamentals of attachment theory (15 minutes)
- III. Early experience with attachment figures and later reactions to loss/separation (15 minutes)
- IV. The therapeutic relationship in grief therapy (20 minutes)
 - A. Therapist as a "transitional" attachment figure
 - B. Core Capacities
- V. Attachment style – customizing the therapy to the client's attachment style: Case studies (25 minutes)
- VI. Question and Answers (5-10 minutes)

CONTINUING EDUCATION

This program is available for 1.5 credits of continuing education. CE credits are available to the registered participant online (after completing the course). One CE certificate is included in the cost of registration. Additional certificates (if selecting more than one board) are \$10 each. A complete list of board approvals for this course is posted to HFA's website (at www.hospicefoundation.org).

COURSE COMPLETION REQUIREMENTS:

Participants must view the entire 90-minute program (online-streaming video). Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline (1 year after purchase of course). In order to go online, two codes will be issued to you and verified online; a Site # (same as your Order/Invoice #) and the Course Code (provided in your CE instruction sheet). 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*). Participants will then be able to print

their CE certificate immediately after completing all CE requirements online (on HFA's CE site at <https://educate.hospicefoundation.org>).

*A complete list of board approvals is posted on HFA's website at www.hospicefoundation.org.

EXPERT SPEAKERS

Phyllis Kosminsky, PhD, LCSW, FT, is a clinical social worker in private practice and at the Center for Hope in Darien, Connecticut, where her work focuses on grief, loss and trauma. Over the past 24 years, Dr. Kosminsky has provided individual counseling to hundreds of bereaved individuals, and has helped many more in bereavement support groups and in the aftermath of traumatic events. She has conducted trainings for mental health professionals nationally and internationally in the treatment of normal and problematic grief. Her publications include journal articles, book chapters, and the book *Getting Back to Life When Grief Won't Heal* (McGraw Hill, 2007) Her book with John R. Jordan, *Attachment Informed Grief Therapy: The Clinician's Guide to Foundations and Applications* was published by Routledge in February of 2016. Dr. Kosminsky is Vice President Elect of the Association for Death Education and Counseling and is a member of the International Work Group on Bereavement and Loss.

John (Jack) R. Jordan, PhD, is a licensed psychologist in private practice in Pawtucket, Rhode Island where he has specialized in work with survivors of suicide and other traumatic losses for more than 35 years. He is the Clinical Consultant for Grief Support Services of the Samaritans in Boston, Massachusetts, and the Professional Advisor to the Loss and Healing Council of the American Foundation for Suicide Prevention (AFSP). He is Co-Chair of the Survivors of Suicide Loss Task Force of the National Action Alliance for Suicide Prevention. This Task force has recently released postvention guidelines for the United States, titled *Responding to Grief, Trauma, and Distress After Suicide: U.S. National Guidelines*. For over 30 years, Jack has provided training nationally and internationally for professional caregivers, and has helped to lead many healing workshops for suicide survivors. Jack has published over 50 clinical and research articles, chapters, and full books in the areas of bereavement after suicide, support group models, the integration of research and practice in thanatology, and loss in family and larger social systems. He is the co-author of four books: "*After Suicide Loss: Coping with Your Grief— 2nd Edition*" (2015 – self-published); "*Grief After Suicide: Understanding the Consequences and Caring for the Survivors*" (Routledge, 2011), "*Devastating Losses: How Parents Cope With the Death of a Child to Suicide or Drugs*" (Springer, 2012); and the newly published "*Attachment Informed Grief Therapy: The Clinician's Guide to Foundations and Applications*" (Routledge, 2016).

MODERATOR

Kenneth J. Doka, PhD, MDiv, *Professor of Gerontology* at the Graduate School of The College of New Rochelle and *Senior Consultant* to the Hospice Foundation of America

REVIEWER

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

BIBLIOGRAPHY/REFERENCES

Other organization's website:

Association for Death Education and Counseling (www.adec.org)

Peer-reviewed Journal/resource:

Niemeyer, R., Burke, L., Mackay, M., and Stringer, J. (June 2010). Grief Therapy and the Reconstruction of Meaning: From Principles to Practice. In the Journal of Contemporary Psychotherapy, Vol 40 (2), pp. 73-83.

Shear, M.K, Reynolds, C.F., Simon, N.M., et al. (July 2016). "Optimizing Treatment of Clinical Grief: A Randomized Clinical Trial." In JAMA Psychiatry, 73(7): 685-694.

Expert resources:

Our program Speakers are expert resources

Textbook references:

Kosminsky, P. and Jordan, J. (2016) Attachment-Informed Grief Therapy: The Clinician' Guide to Foundation and Applications. New York, NY: Routledge

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SPECIAL ACCOMMODATIONS FOR DISABILITY (ADA)

Reasonable accommodation may be made available, on an individual basis. To request accommodation, please contact HFA via email at educate@hospicefoundation.org or call 800-854-3402, or write to HFA, 1707 L Street NW, Suite 220, Washington, DC 20036.

CONFLICT OF INTEREST

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

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

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