

Hospice Foundation of America's Program

BEST PRACTICES IN COUNSELING SURVIVORS OF SUDDEN AND TRAUMATIC LOSS

Self-Study ONLINE Course

DESCRIPTION

Sudden and traumatic loss complicates the grieving process. In this course, participants explore factors unique factors in sudden and traumatic loss as well as effective strategies for assisting survivors of such devastating death.

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.

RELEASE DATE:	Program originally premiered June 18, 2019
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/FEES

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 role of anxiety in sudden and traumatic loss.
2. Explain the concept of *personal traumatization* in sudden and traumatic loss, while identifying it as one of the *triad of troubles* in traumatic bereavement.
3. Identify at least seven of the 12 high-risk elements making any death traumatic.
4. List at least five of the nine intervention components identified by research as necessary to incorporate into the treatment of bereavement after sudden and traumatic loss.
5. Delineate at least eight of the 12 core intervention strategies for treating traumatic bereavement.

PROGRAM OUTLINE

- I. Recent Empirical and Clinical Evidence Mandating Concerted Focus Upon Bereavement After Sudden and Traumatic Loss (7 minutes)
- II. Types of Death Giving Rise to Sudden and Traumatic Death (18 minutes)
 - a. Accidents
 - b. Suicides
 - c. Homicide (including deaths by terrorism and war)
 - d. Acute natural death (including sudden deaths in the context of a life-threatening or terminal illness)
- III. Fundamental Concepts Underlying Sudden and Traumatic Loss (33 minutes)
 - a. Loss
 - b. Trauma
 - i. Definition and implications
 - ii. Sources of trauma in grief and mourning
 - c. Critical importance and relative underappreciation of anxiety
 - d. The phenomenon of *traumatic bereavement*
 - i. Definition
 - ii. Concept of *personal traumatization*
 - iii. The *triad of troubles* and the challenges presented to the mourner
 - iv. Mandate to differentiate *complicated grief/mourning* as a generic clinical phenomenon from a specific syndrome
- IV. The 12 Elements Making Any Death Traumatic (12 minutes)

- V. Interventions with Traumatized Mourners (15 minutes)
 - a. Nine Components Identified in the Literature As Necessary For Integration into the Treatment of Traumatic Bereavement
 - b. 12 Core Strategies for Treating Traumatic Bereavement
- VI. Question and Answer Session (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

Therese A. Rando, PhD, BCETS, BCBT, is the Clinical Director of The Institute for the Study and Treatment of Loss in Rhode Island. Current professional foci include treatment of complicated mourning, self-help after sudden and traumatic death, loss of a child, the interface between posttraumatic stress and grief, anticipatory mourning, and specialized intervention techniques in the treatment of traumatic bereavement. A recipient of numerous awards for her professional accomplishments, Dr. Rando is a national media resource expert in dying, death, loss, and trauma for the American Psychological Association. Among her numerous publications pertaining to the clinical aspects of thanatology is *Treatment of Complicated Mourning*. She is a co-author of *Treating Traumatic Bereavement: A Practitioner's Guide*. Her forthcoming book is *Coping With the Sudden Death of Your Loved One: A Self-Help Handbook for Traumatic Bereavement*.

REVIEWER

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

BIBLIOGRAPHY/REFERENCES:

Other Organization's Websites:

Association for Death Education and Counseling www.adec.org

Peer-reviewed Journal/resource:

Bartone, P., Bartone, J., Gileno, Z. and Violanti, M. (2018). Exploration into best practices in peer support for bereaved survivors. In *Death Studies*, Vol. 42, Issue 9.

Barle, N., Wortman, C.B., and Latack, J. (2017). Traumatic Bereavement: Basic research and clinical implications. In the *Journal of Psychotherapy Integration*, 27(2), 127-139.

Rubin, S.S., Witztum, E., and Malkinson, R. (2017). Bereavement and Traumatic Bereavement: Working with the Two-Track Model of Bereavement. In *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, Vol. 35, Issue 1, p. 78-87.

Expert resources:

Our program Speaker is an expert resource (see biography, above)

Textbook references:

Pearlman, L., Wortman, C.B., Feuer, C.A., Farber, C.H, and Rando, T.A. (2014). *Treating Traumatic Bereavement: A Practitioner's Guide*. Guilford Press.

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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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