

Living with Grief®
INTIMACY AND SEXUALITY DURING ILLNESS AND LOSS

PROGRAM INFORMATION

DESCRIPTION:

Holistic treatment of individuals who are terminally ill or bereaved should include the needs of the whole person. Yet the most basic of human desires, those that include intimate and sexual relationships, are frequently avoided, dismissed, or unaddressed by healthcare, social service, clergy and bereavement professionals. Patients, family caregivers, and clients can be inhibited by the deeply personal nature of intimacy and sexuality and often do not raise concerns with professionals.

In this program, Hospice Foundation of America will identify barriers to intimacy and sexuality for terminally ill persons and the bereaved. The program will emphasize the knowledge and skills that professionals must have to sensitively address intimacy and sexuality and suggest interventions that can help dying and bereaved persons address these elemental human needs.

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. If you login for the live version of the program, you'll have the opportunity to email or text the experts questions that they will discuss and answer during the program's Q & A session.

LIVE DATE:	March 25, 2020
TIME:	1:00pm to 2:30pm ET
ON DEMAND:	Available for 1 year; until March 24, 2021
LENGTH:	90 minutes
CEs:	1.5 hours for a wide variety of professional boards
CE FEE:	\$9.00 per certificate
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:	Health professionals, psychologists, counselors, clergy, social workers, nurses, and other health care workers, educators, and community members who support older adults.

This program will be live on the air date, recorded and made available for on demand viewing. The recorded program will be available online within 48 hours of the live webcast and available on DVD by May 1.

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 be sure to test on the SAME equipment you will use on the day of the program viewing.

PROGRAM REGISTRATION AND FEES:

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

Registration fees are as follows:

Registration for *Living with Grief*® 2020

<u>Individual Viewer</u> <i>(one viewer per program)</i> Member: \$68.25 Non-member: \$91.00	<u>Multi-Viewer - Level 1</u> <i>(2-10 viewers)</i> Member: \$97.50 Non-member: \$130.00	<u>Multi-Viewer - Level 2</u> <i>(11-50 viewers)</i> Member: \$168.75 Non-member: \$225.00
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Education Partner Packages

Includes access to all 7 HFA programs in 2019-2020, including *Living with Grief*® 2020.

<u>Individual Package</u> <i>(one viewer per program)</i> Member: \$236.25 Non-member: \$315.00	<u>Multi-Viewer - Level 1</u> <i>(2-10 viewers per program)</i> Member: \$420.00 Non-member: \$560.00	<u>Multi-Viewer - Level 2</u> <i>(11-50 viewers per program)</i> Member: \$731.25 Non-member: \$975.00
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Unlimited CE Certificate Bundles

Living with Grief® only: \$300
 Living with Grief® + Webinars: \$800
 (Individual CEs are \$9 per certificate)

HOW TO REGISTER:

Online at: <https://hospicefoundation.org>

By phone at: 202-457-5811

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.

MATERIALS AREA:

Course materials are accessible to all registered individuals immediately after registering. Materials are available on HFA's website at <https://hospicefoundation.org/Shop-HFA/My-Account>. From here, click on "Orders/Courses." Materials include log-in information (viewing instructions and technical information), 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 webinar, participants will be able to:

1. Define and contrast *intimacy* and *sexuality* and describe how these needs may affect the care and well-being of dying and bereaved individuals;
2. Describe barriers to meeting the needs of intimacy and the sexual desires of individuals who are coping with life-threatening illness;
3. Discuss sensitivities, skills and knowledge that end-of-life professionals should possess to use appropriate interventions that address the intimacy and sexual needs of dying persons;

4. Describe the intimacy and sexual needs of individuals who are bereaved and identify barriers that inhibit opportunities to address such needs;
 5. Discuss sensitivities, skills and knowledge that end-of-life professionals should employ when addressing issues of intimacy and sexuality with bereaved individuals;
 6. Identify the ethical issues, including boundaries, that healthcare professionals should be aware of when helping clients and patients meet intimate and sexual needs.
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PROGRAM OUTLINE:

- I. Sexuality and Intimacy during Advanced and Terminal Illness (40 minutes)
 - A. The difference between sexuality and intimacy as basic human desires and needs.
 - B. How advanced illness treatment, terminal diagnosis, and conditions of the illness (medication, equipment, physical/mental status, bodily functions) can impede sexuality and intimacy.
 - C. Professional responses to sexuality and intimacy concerns of patients: A history of neglect
 - D. Developing effective, sensitive and appropriate professional queries and responses to patient and family concerns regarding sexuality and intimacy.
 - II. Sexuality and Intimacy after Loss (35 minutes)
 - A. Understanding ways that loss of a loved one may affect sexuality and intimacy.
 - B. Identifying taboo concerns: Starting the discussion about sexuality and intimacy with bereaved persons.
 - III. Professional Caregiver Relationships with Patients, Clients, and Families (15 minutes)
 - A. Negotiating personal boundaries
 - B. Sensitivity to ethical issues
 - C. Self-care
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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 1.5 hours of CE credit; until March 24, 2021. The CE cost is \$9 per certificate.

A complete list of professional board approvals is posted on HFA's website at <https://hospicefoundation.org/lwg2020>. 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 1.5-hour video program. Partial credit is not awarded.

Participants must also complete the entire CE process online, before the CE deadline of March 24, 2021:

1 - 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 (Same as your order number from your purchase of the program)
 - 4 - Complete the exam. The exam must be completed at 80% or above to pass (the exam may be re-taken, if necessary)
 - 5 - Choose the board from which they wish to receive credit
 - 6 - Fill out the evaluation form
 - 7 - Pay for the certificate. (If your organization has arranged to pay for certificates, participants will enter the "Discount Code," provided to you, instead of entering payment information)
 - 8 - Print or email your CE certificate immediately
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EXPERT PANELISTS:

Carrie Arnold, PhD, FT, MEd, RSW, CCC, obtained a Bachelor of Arts (Honours) in Psychology, a Master of Education (Counselling), both from the University of Western Ontario, and a Ph.D. (Psychology) from Saybrook University. She is a Certified Canadian Counsellor with the Canadian Counselling and Psychotherapy Association, is registered with the Ontario College of Social Workers and Social Service Workers and is an approved service provider with the First Nations and Inuit Health Branch of Health Canada. Dr. Arnold provides psychotherapy to adolescent and adult clients in the areas of grief, loss, and trauma. Her publications include articles on issues related to the experiences of adolescent girls, attachment and loss, and an edited volume entitled *Understanding Child and Adolescent Grief: Supporting Loss and Facilitating Growth* (Routledge).

Additionally, Dr. Arnold has launched The Grief and Loss Research Lab at King's University College. Current research interests include the use of photo narrative with the bereaved, as well as medical assistance in dying (MAiD). Dr. Arnold is currently an assistant professor, thanatology, at King's University College at Western University.

Alua Arthur, JD, is a death doula, attorney, and the founder of Going with Grace, an end of life planning organization that exists to support people as they answer the question 'What must I do to be at peace with myself so that I may live presently and die peacefully?' From private end of life consultations to online coursework to train death doulas, she is tirelessly committed to bringing awareness to death and dying and passionately believes considering death can inspire the way we live.

John Cagle, PhD, MSW is an assistant professor at the University of Maryland-Baltimore, School of Social Work with a substantive interest in improving care at the end of life. As a translational health services researcher, his efforts have focused on identifying effective models of care and support for dying patients and their families – and implementing those models into routine clinical practice. His research is informed by nearly a decade of clinical work as a hospice social worker. Dr. Cagle completed his PhD from Virginia Commonwealth University where his dissertation thesis explored the needs and experiences of informal caregivers of advanced cancer patients.

After being awarded his doctoral degree in 2008, he trained as an NIA-funded postdoctoral fellow at the University of North Carolina at Chapel Hill, Institute on Aging as well as the University of California, San Francisco, Division of Geriatrics. His current research examines disparities in care at the end of life, psychosocial barriers to pain management, and improving palliative care outcomes in long-term care settings. His research has been supported by a number of public and private entities, including the Hospice Foundation of America, the National Palliative Care Research Center, the John A. Hartford Foundation, the National Institute on Aging, the Agency

for Healthcare Research and Quality, the National Hospice and Palliative Care Organization, and the Foundation for Care at the End of Life.

Kenneth J. Doka, PhD, MDiv, is Senior Bereavement Consultant to HFA and recipient of the 2019 Lifetime Achievement Award from the Association for Death Education and Counseling. He serves as editor of HFA's *Living with Grief*[®] book series and its *Journeys* bereavement newsletter. He is a prolific author, editor, and lecturer; past president of the Association for Death Education and Counseling (ADEC); and a member and past chair of the International Work Group on Death, Dying, and Bereavement (IWG). In 2018, the IWG presented Doka with the Herman Feifel Award for outstanding achievement in thanatology. He received an award for Outstanding Contributions in the Field of Death Education from ADEC in 1998. Doka is an ordained Lutheran minister and a licensed mental health counselor in the state of New York. This is Dr. Doka's 27th year of involvement with the *Living with Grief*[®] program.

MODERATOR:

Frank Sesno is director of the School of Media and Public Affairs at the George Washington University. He is an Emmy Award-winning journalist and creator of Planet Forward, a user-driven web and television project that highlights innovations in sustainability. Inspired by his mother's experience with Hospice, Mr. Sesno has hosted the Hospice Foundation of *Living with Grief*[®] program for 10 years. Mr. Sesno's diverse career spans more than three decades, including 21 years at CNN where he served as White House correspondent, anchor and Washington Bureau Chief. He has interviewed five U.S. presidents and thousands of political, business and civic leaders — ranging from Hillary Clinton and Israeli Prime Minister Benjamin Netanyahu to Microsoft founder Bill Gates and broadcast legend Walter Cronkite. He has won several prestigious journalistic awards, including an Emmy, several cable ACE awards, and an Overseas Press Club Award. Mr. Sesno is a member of the board of trustees at Middlebury College, a member of the National Advisory Board for the Poynter Institute, a member of the Council on Foreign Relations and a board member at the National Council for Science and the Environment and at AmeriCares.

REVIEWERS:

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

Morrissey Stahl, K. A., Bower, K. L., Seponski, D. M., Lewis, D. C., Farnham, A. L., & Cava-Tadik, Y. (2018). A practitioner's guide to end-of-life intimacy: Suggestions for conceptualization and intervention in palliative care. *OMEGA-Journal of Death and Dying*, 77(1), 15-35.

Simpson, P., Wilson, C. B., Brown, L. J., Dickinson, T., & Horne, M. (2018). 'We've had our sex life way back': Older care home residents, sexuality and intimacy. *Ageing & Society*, 38(7), 1478-1501.

Thys, K., Mahieu, L., Cavolo, A., Hensen, C., Dierckx de Casterlé, B., & Gastmans, C. (2019). Nurses' experiences and reactions towards intimacy and sexuality expressions by nursing home residents: A qualitative study. *Journal of Clinical Nursing*, 28(5-6), 836-849.

Textbook:

Acquaviva, K. D. (2017). *LGBTQ-inclusive hospice and palliative Care: A practical guide to transforming professional practice*. New York: Columbia University Press.

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Individual Registration - Provides one person, the registrant, access to the webcast for personal viewing.

Multi-Viewer Registration - Provides one person, the registrant, access to the webcast for streaming from one computer to a group of people.

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.

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 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)

CONTACT INFORMATION

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