

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 posttraumatic 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 health professionals, 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 online 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 *posttraumatic growth* and differentiate it from *resilience*;
 2. Identify factors associated with resilience and posttraumatic growth;
 3. Discuss five possible and identified areas of growth;
 4. Describe ways that support groups can facilitate posttraumatic growth;
 5. Describe appropriate interventive strategies that encourage posttraumatic growth;
 6. Identify self-help strategies that can assist grieving individuals to grow even as they grieve.
-

PROGRAM OUTLINE:

Part I: *Understanding Growth in Grief*

1. Growth is possible throughout the life cycle and in a range of loss situations. (5 min. panel discussion)
2. The individual experiences of bereaved persons, focusing on increased research and interest on resilience and posttraumatic growth (10 min. panel discussion)
3. Defining Growth and resiliency and their similarities and differences (10 min. panel discussion)
 - A. Perceptible positive change
 - B. Growth is on a continuum, from minor to life-transforming
 - C. Internal and external factors that are conducive to growth
4. Resilience and growth – how are they related? (15 min. panel discussion)
 - A. Resilient grievers cope well with significant loss
 - B. The relationship between resilience and growth is debated
 - C. Does positive change occur naturally or through the stress-related struggle?
 - D. Resilience may be needed to achieve growth

Part II: *Transforming Loss*

1. Strategies to achieve growth (10 min. panel discussion)
 - A. Faith, and philosophical traditions and cultural perspectives
 - B. Individual external and internal strengths
2. Examples of strength-based approaches for counselors (12 min. panel discussion)
 - A. Using a language of survivorship that emphasizes concepts such as challenge, choice, and confidence.
 - B. Reframe the loss to foster positive narratives
3. Techniques for peer support groups to achieve growth (12 min. panel discussion)
 - A. Labels and organization
 - B. Consistently assess and share the growths experienced, both individually and collectively
 - C. Transformation, rather than coping as a therapeutic goal for groups
 - D. Recognition of the valued roles that support groups play
4. Menu of grief support options and how they should be utilized to support growth after grief (10 min. panel discussion)
 - A. Individual and group support
 - B. Varied group modalities
 - C. Educational events
 - D. Opportunities for ritual
5. Growth can also occur in bereavement professionals (6 min. panel discussion)
 - A. Expanded skills, perspectives and spirituality
 - B. Alternative to compassion fatigue

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
-

MODERATOR:

Frank Sesno is director of the School of Media and Public Affairs at The George Washington University, a former anchor for CNN, and a longtime moderator of the Living with Grief® program. He is an Emmy-award winning journalist and creator of PlanetForward.org, a user-driven web and television project that highlights innovations in sustainability, and he is the author of *Ask More: The Power of Questions to Open Doors, Uncover Solutions and Spark Change*.

EXPERT PANELISTS:

Patti Anewalt, PhD, LPC, FT, is the Director of Pathways Center for Grief & Loss with Hospice & Community Care, serving Lancaster, York and surrounding counties in Pennsylvania. She is a member of the International Work Group on Death, Dying, and Bereavement and a fellow in thanatology with the Association for Death Education and Counseling. Dr. Anewalt is a disaster mental health specialist for the American Red Cross and serves on several community crisis teams, providing trainings, debriefings, and support. She is a contributing author to HFA's *Journeys* bereavement newsletter. Dr. Anewalt has had key leadership roles with the National Hospice and Palliative Care Organization's bereavement committees,

and in that capacity has mentored hospice bereavement professionals throughout the country. She is a frequent presenter at many national hospice conferences.

Kenneth J. Doka, PhD, MDiv, is Senior Bereavement Consultant to HFA and a Professor of Gerontology at the Graduate School of The College of New Rochelle. 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 and a member and past chair of the International Work Group on Death, Dying, and Bereavement. The Association for Death Education and Counseling presented him with an Award for Outstanding Contributions in the Field of Death Education in 1998. Dr. Doka is an ordained Lutheran minister and a licensed mental health counselor in the state of New York. This is Dr. Doka's 25th year of involvement with the *Living with Grief*[®] program.

Richard Tedeschi, PhD, is a Professor of Psychology at the University of North Carolina at Charlotte and a member of the core faculty for the Health Psychology PhD program at UNC. Dr. Tedeschi serves as a consultant to the American Psychological Association (APA) on trauma and resilience. He is a fellow for the Division of Trauma Psychology at APA and has he has written several books on posttraumatic growth, an area of research he developed. Dr. Tedeschi is past president of the North Carolina Psychological Association. Dr. Tedeschi's specific research interests include posttraumatic growth in survivors of various traumas, including combat, serious illness, bereavement, and natural disaster; grief and loss; and clinical interventions to facilitate posttraumatic growth in trauma 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 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)

1707 L Street NW, Suite 220, Washington, DC 20036

educate@hospicefoundation.org / www.hospicefoundation.org

1-800-854-3402 toll-free / (202) 457-5811 phone / (202) 457-5815 fax