

## Hospice Foundation of America's Program

# #GRIEF: SOCIAL MEDIA AND MOURNING

### Self-Study ONLINE Course

#### DESCRIPTION

Both adolescents and adults are using social media both to explore and to cope with grief. This webinar reviews the strengths and limitations of social media – offering sage advice to counselors on ways to monitor and utilize social media with their clients.

#### 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.

<b>RELEASE DATE:</b>	Program originally premiered August 21, 2018
<b>ON DEMAND:</b>	to registered individuals for 1 year after purchase
<b>LENGTH:</b>	90 minutes
<b>CE HOURS:</b>	1.5 hours for a wide variety of professional boards
<b>CE FEE:</b>	One CE certificate is included in the cost of registration. Additional certificates (if selecting more than one board) are \$10 each.
<b>CONTENT LEVEL:</b>	The program is mainly for professionals already working in the field, but is practical for all levels of education – entry level, intermediate or advanced.
<b>TARGET AUDIENCE:</b>	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](http://www.hospicefoundation.org). To have a registration form mailed to you, contact HFA at 800-854-3402 or by email at [educate@hospicefoundation.org](mailto:educate@hospicefoundation.org).

For current prices, please refer to HFA's website at [www.hospicefoundation.org](http://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](mailto: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. Compare and contrast various types of online/social media platforms (FaceBook, Twitter, Instagram, etc.) to reach different audience types.
2. Discuss the implications of these types of social media for counselors in use with grieving individuals.
3. Describe the benefits and drawbacks of functions of Facebook and other social media for coping with grief.
4. Apply tips for creating interaction and connection in an online bereavement group.

### **PROGRAM OUTLINE**

- I. Introduction (5 minutes)
- II. Forms and Functions of Social Media (15 minutes)
  - a. overview of social media and technology terms (Digital native, digital immigrant)
  - b. review various types of social media platforms & age demographics
- III. Seeking Support Online (18 minutes)
  - a. Benefits and disadvantages of grief in digital platforms
  - b. Benefits and disadvantages of social media vs website based system
- IV. Facebook and Grief (20 minutes)
  - a. Types of facebook groups
  - b. Carroll & Landry (2010)
  - c. Williams & Merten
- V. Functions of Facebook Communication (22 minutes)
  - a. News dissemination
  - b. Tips for creating interaction in an online group
  - c. The importance of a disclaimer and tracking ER contacts
  - d. Preservation
  - e. Community
- VI. Conclusions (5 minutes)
- VII. Questions 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](http://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](http://www.hospicefoundation.org).

### **EXPERT SPEAKERS**

**Kelly Rossetto, PhD, MA**, holds a Ph.D. (2009) from the University of Texas at Austin, an M.A. (2005) from the University of Montana, and a B.A. (2001) from the University of California, Davis. Since earning her degrees, Dr. Rossetto has enjoyed teaching courses in interpersonal and family communication, stress and coping in relationships, and research methods. Her research centers on how families navigate stressful events, online and face-to-face, through meaning making, coping and support. Specifically, she evaluates the enactment, functions and paradoxes of coping and support, along with how these social processes influence reactions to stressful events including military deployment and bereavement. Overall, Dr. Rossetto connects supportive, family and mediated communication literatures and advances theory and practice surrounding communicative resilience processes. She utilizes a variety of methods, but her particular expertise and interest lies in qualitative research and the potential benefits it may have for participants. You can find Dr. Rossetto's work published in various journals, including *Communication Monographs*, *Journal of Social and Personal Relationships*, *Personal Relationships*, *Journal of Family Communication*, and *Western Journal of Communication*. She has also been cited in *Newsweek*, *Psychology Today*, and other local news outlets.

**Michelle A. Post, MA, LMFT, CTBS**, is a Licensed Marriage and Family Therapist, Continued Education Provider, and Clinical Supervisor in private practice in Los Angeles. Michelle Post internationally consults and trains in areas of grief, death notification with children and teens, stress and burn-out prevention, group facilitation, ASIST (suicide prevention), executive leadership and team-building. As Manager of Donor Family Aftercare for OneLegacy (the So Cal Donate Life Organization), she expanded the bereavement services offered to donor families to include free monthly workshops, short-term counseling and an online Facebook support group (and she teaches others how to utilize social media to reach bereaved clients). She provides staff and community training and bereavement services and is the former chair AOPPO Donor Family Services Council and former board member and secretary for National Alliance for Grieving Children. She has been a faculty member for Global Leadership Symposium and American Academy of Bereavement. She is a member of Dr. J. William Worden's SoCal Bereavement Specialist group. Ms. Post has presented multiple topics at 100s of locations across the U.S. She has authored more than 40 guest pieces in newsletters, blogs, and educational membership journals with a focus on caregivers, psychotherapy, parenting, children's grief, poetry and grief, dreams and grief, death notification, donor family grief and loss, holiday grief, and self-growth in a demanding work environment. Her research interests vary from suicide survivors, trauma survivors, organ and tissue donor families, multicultural families, children's grief and organizational behavior.

### **REVIEWER**

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

## **BIBLIOGRAPHY/REFERENCES:**

### **Other organization's websites:**

What's Your Grief? ([www.whatsyourgrief.com](http://www.whatsyourgrief.com))

### **Peer-reviewed Journal/resource:**

Moore, J., Magee, S., Gamrekidze, E. (May 24, 2017). *Social Media Mourning: Using Grounded Theory to Explore How People Grieve on Social Networking Sites*. In OMEGA: The Journal of Death and Dying.

Lingel, J. (2013). "The Digital Remains: Social Media and Practices of Online Grief." In The Information Society: An International Journal. Vol. 29, Issue 3.

Rossetto, K., Lannutti, P., & Strauman, E. (Oct. 21, 2014). *Death on Facebook: Examining the roles of social media communication for the bereaved*. In The Journal of Social and Personal Relationships.

### **Expert resources:**

Our program Speakers are expert resources (see biographies, above)

### **Textbook references:**

Cox, G. and Thompson, N. (Eds). (2017). Handbook of the Sociology of Death, Grief, and Bereavement: A Guide to Theory and Practice. New York: Taylor & Francis.

## **COPYRIGHT NOTICE**

**HFA's program is copyrighted. Its use and dissemination is restricted and unauthorized duplication is strictly prohibited.** HFA strictly prohibits any other dissemination of this program by any method, including internal WAN or LAN computer networks or telemedicine networks.

## **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](mailto: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**

Hospice Foundation of America (HFA)

1707 L Street NW, Suite 220

Washington, DC 20036

[educate@hospicefoundation.org](mailto:educate@hospicefoundation.org)

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

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*End-of-life Care Resources for Professionals and the Communities they Serve*

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