



## GRIEF TO GROWTH : A ROADMAP TO A HEALTHY GRIEF JOURNEY

### DESCRIPTION:

Over the past decade, the Tragedy Assistance Program for Survivors (TAPS) has served over 11,000 suicide loss survivors, and has developed a best-practice postvention model to support suicide loss survivors. In the course of developing our model of care, we have discovered some interesting, and perhaps counter-intuitive, truths. For example, while suicide loss is utterly devastating, it is also true that suicide loss survivors are often uniquely positioned to achieve post-traumatic growth after loss. Survivors in the post-traumatic growth phase of TAPS postvention model often describe positive changes in the way they see and interact with the world. While grief is a lifelong journey, many survivors also report enhanced relationships, a deeper capacity for empathy, and a feeling of new meaning and purpose in their lives. This training develops insight around best-practice grief support for suicide loss survivors, with the ultimate goal of helping survivors find new meaning and purpose as they progress along their healing journey.

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### PROGRAM DETAILS

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

<b>LIVE DATE:</b>	February 5, 2019
<b>TIME:</b>	noon – 1:00pm ET, with optional 30-min question/answer session
<b>ON-DEMAND:</b>	through February 4, 2020
<b>LENGTH:</b>	60 minutes, with optional 30-min question/answer session
<b>CEs:</b>	1 hour for a variety of professional boards
<b>CE FEE:</b>	\$25 per certificate
<b>TARGET AUDIENCE:</b>	Health care clinicians, social service clinicians, counselors and others working in or providing counseling in the hospice, palliative care, counseling, hospital, or nursing home environments.

\*CE credits are included in the price of registration for the in-person event and for the live webcast  
**This program will be live on the air date, recorded and made available for on demand viewing.**

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### CONTINUING EDUCATION (CE) CREDITS

This program is valid for 1 hour of CE credit for the following professional boards. The CE cost is \$25 per certificate. CE credits are available until February 4, 2020.

- **National Association of Social Workers (NASW)**  
*Grief to Growth: A Roadmap to a Healthy Grief Journey* is approved by the National Association of Social Workers for 1 Social Work continuing education contact hours. **Approval expires 12/31/2019\***. Accepted/recognized in all states except ID, MI, NJ, NY, OR, and WV.  
*\*Program and online CE process must be completed prior to expiration for NASW CE credit to be awarded.*

- **Alabama State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation**

This continuing nursing education activity was approved by the Alabama State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

*Note: Alabama nurses are responsible for reporting their hours to the Alabama Board of Nursing. When doing so, please leave the "provider number" field blank on your individual transcript; however all other information must be completed.*

- **National Board for Certified Counselors (Approved for LIVE course only)**

*Grief to Growth: A Roadmap to a Healthy Grief Journey*, a course by TAPS Institute for Hope and Healing®, has been approved by NBCC for NBCC credit. TAPS Institute for Hope and Healing® is solely responsible for all aspects of the program.

- **Commission for Case Manager Certification (CCMC)**

This program has been pre-approved by the Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

- **Association of Death Education and Counseling (ADEC)**

Pre-approval for *Grief to Growth: A Roadmap to a Healthy Grief Journey* is granted by the Association for Death Education and Counseling's (ADEC) Distance Education Committee for 1 contact hour to count toward certification/re-certification for ADEC's Certified Thanatologist (CT) and Fellow in Thanatology (FT).

- **The American institute of Health Care Professionals, Inc. and the American Academy of Grief Counseling**

This continuing education program has been approved by The American Institute of Health Care Professionals, Inc. & The American Academy of Grief Counseling for 1.0 contact hours of continuing education credits.

- **Academy of Professional Funeral Service Practice (APFSP)**

Approved for 1 Contact Hour (APFSP Category B, 0.1 CEUs, Instructor Led/Video).

- **Association of Professional Chaplains**

Continuing Chaplaincy Education Credits (CCEs) are no longer required; a Certificate of Attendance will be issued for use in reporting continuing education hours

- **Certificate of Attendance**

\*Approval numbers will be provided on CE certificate

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## TECHNICAL REQUIREMENTS

To view this 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. Please also be sure to test on the SAME equipment you will use on the day of the program viewing.

TEST LINK for Audio and Video:

[http://eventcenter.commpartners.com/se/Meetings/BrowserTest\\_New.aspx?account.id=CommPart](http://eventcenter.commpartners.com/se/Meetings/BrowserTest_New.aspx?account.id=CommPart)

**Technical Questions?** Please contact CommPartners at 1-800-274-9390 or via e-mail at: [TAPS@commpartners.com](mailto:TAPS@commpartners.com).

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## REGISTRATION

There is no registration fee for this program.

Register directly online at <https://griefftogrowth.eventbrite.com>, or contact TAPS Institute for Hope and Healing® at 800-959-5277 or email [Institute@taps.org](mailto:Institute@taps.org).

Course materials will be emailed to registered users and will also be available on the TAPS Institute for Hope and Healing® website at <https://www.taps.org>. Materials include log-in information (viewing instructions and technical information), CE instructions, the program's slides, and additional program material. *Information will be posted and/or emailed as soon as they become available.*

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## LEARNING OBJECTIVES

At the conclusion of this webinar, participants will be able to:

1. Identify three specific practices that may help people experience healthy grief journeys
  2. Describe why suicide loss survivors are uniquely positioned for post-traumatic growth
  3. Identify two issues that may interfere with a healthy grief journey
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## PROGRAM OUTLINE

### I. Learning objectives (3 minutes)

### II. Background (5 minutes)

1. Personal story of suicide loss and PTG
2. TAPS Suicide survivor data

### III. TAPS Postvention Model (5 minutes)

1. Three phases
2. Focus on phase two and three

### IV. Healthy Grief (9 minutes)

1. Common fears about grief
2. Grief avoidance
3. Finding a grief rhythm
4. Ways to express grief
5. Moving away from COD

### V. A New Relationship (7 minutes)

1. The love never dies
2. Soul-to-soul connection
3. Ways to communicate

### VI. Questions to Explore (7 minutes)

1. Maintaining a connection
2. Expressing feelings
3. Focus on life lived

### VII. Post-traumatic growth (6 minutes)

1. Making meaning
2. Examples

### VIII. Questions to Explore (7 minutes)

1. Positive relationship changes

2. Ways to honor
3. Connection to organizations
4. Sharing your story

#### **IX. Cycling Through the Model** (6 minutes)

1. Regression
2. Anniversaries
3. New losses

#### **X. Final thoughts** (5 minutes)

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### **COURSE COMPLETION REQUIREMENTS**

Participants must attend the entire 1-hour program. Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline (see above for specific CE deadlines). In order to go online, attendees will need to enter in a Course Code, which is only provided at the end of the program. 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 the approved list of boards\*) and will then be able to print their CE certificate immediately after completing all CE requirements online (on the TAPS Institute for Hope and Healing® CE site at [educate.hospicefoundation.org](http://educate.hospicefoundation.org)).

\*A complete list of board approvals for this webinar program will be posted to this document (see above). Please check back for updates on the approval status for each board.

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### **EXPERT PANELIST**

**Kim Ruocco, MSW**, is Vice President, TAPS Suicide Prevention and Postvention. Ms. Ruocco has been the keynote speaker at many national events and is regularly quoted in national newspapers articles on the topics of suicide, military culture, mental illness, PTSD, and Department of Veterans Affairs and Department of Defense policy matters. She assisted in the development of the Department of Defense Suicide prevention Office (DSPO) Postvention Toolkit and was a reviewer for the current national strategy for postvention. She and her sons were lead participants in the Sesame Street *When Families Grieve* video which is distributed internationally to families who have a recent death. Ms. Ruocco created a team of peer-professionals who provide care and comfort to nearly 5000 survivors of military suicide. Ms. Ruocco is currently the co-lead on the National Action Alliance Military and Family Task force and a member of the National Expert Advisory Panel for Research. She is also the surviving widow of Marine Corp Major John Ruocco, who died by suicide in 2005.

### **MODERATOR**

**Shauna Springer, PhD**, is the Senior Director of TAPS Suicide Prevention and Postvention Initiatives. She has particular expertise in attachment processes, trauma recovery, innovative suicide prevention approaches, close relationships, peer support program development, and working with veterans, including post-discharge adjustment and strategies for engaging veterans in behavioral health care. Prior to coming to TAPS, for eight years, she served as a front line mental health psychologist for hundreds of Veterans, helping them see their worth in the community, reconnect with their military and homefront Tribes, and build lives driven by their deepest values. Dr. Springer is a licensed Psychologist with an undergraduate degree from Harvard University and a Doctoral degree from the University of Florida.

### **REVIEWER**

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

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### COPYRIGHT NOTICE

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### 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.

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### CONFLICT OF INTEREST

Planners (Panelist and Review Committee Members) disclose no conflict of interest relative to this educational activity.

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### FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

Please contact TAPS Institute for Hope and Healing®  
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[Institute@taps.org](mailto:Institute@taps.org) / 800-959-TAPS (8277)

*Presented by Boeing*

