



## UNDERSTANDING AND ADDRESSING THE NEEDS OF BEREAVED MILITARY FAMILIES

### DESCRIPTION:

The death of a family member is a life-changing event for the entire family. Although bereavement eventually occurs in every family, not all bereaved persons grieve in the same way. Surviving members of military families may offer a unique perspective to understanding grief. From the initial distress of notification to longer-term challenges, family members face difficult emotional and practical issues possibly related to distinctive characteristics of military death. However, families impacted by a military death may also possess unique protective factors that affect their bereavement process and experience of loss. This webinar will help clinicians to better understand the impact of a service member's death on his or her family, and how available resources impact resilience or vulnerability in surviving families.

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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>	January 11, 2019
<b>TIME:</b>	noon – 1:30pm ET
<b>ON-DEMAND:</b>	through January 10, 2020
<b>LENGTH:</b>	90 minutes
<b>CEs:</b>	1.5 hours 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 1.5 hours of CE credit for the following anticipated professional boards. The CE cost is \$25 per certificate. CE credits are available until January 10, 2020.

- **National Association of Social Workers (NASW)**  
**Pending – please check back for updates on approval status.**  
*Understanding and Addressing the Needs of Bereaved Military Families* is approved by the National Association of Social Workers for 1.5 Social Work continuing education contact hours. **Approval expires 11/30/2019\***. 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**  
**Pending – please check back for updates on approval status.**  
 This activity has been submitted to Alabama State Nurses Association for approval to award contact hours. Alabama State Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.  
*For more information regarding contact hours, please call TAPS Institute for Hope and Healing® at 800-959-8277.*
- National Board for Certified Counselors (Approval for LIVE course only)**  
**Pending – please check back for updates on approval status.**  
*Understanding and Addressing the Needs of Bereaved Military Families*, a course by TAPS Institute for Hope and Healing®, has been submitted to NBCC for NBCC credit. Sessions approved for NBCC credit will be clearly identified. TAPS Institute for Hope and Healing® is solely responsible for all aspects of the program.
- Commission for Case Manager Certification (CCMC)**  
**Pending – please check back for updates on approval status.**  
 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)**  
**Pending – please check back for updates on approval status.**  
 Pre-approval for *Understanding and Addressing the Needs of Bereaved Military Families* is granted by the Association for Death Education and Counseling's (ADEC) Distance Education Committee for 1.5 contact hours 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**  
**Pending – please check back for updates on approval status.**
- Academy of Professional Funeral Service Practice (APFSP)**  
**Pending – please check back for updates on approval status.**  
 Approved for 1.5 Contact Hours (APFSP Category B, 0.15 CEUs, Instructor Led/Web).
- 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).

## REGISTRATION

There is no registration fee for this program.

Register directly online at <https://bereavedfamilies.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. Describe the framework and principles of Complicated Grief Therapy (CGT)
  2. Outline the seven themes used in Complicated Grief Therapy (CGT)
  3. Explain the results of randomized controlled trials of Complicated Grief Therapy (CGT)
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## PROGRAM OUTLINE

1. Premise of the treatment:
  - a. Loss triggers acute grief
  - b. Loss triggers a natural adaptive process
  - c. Sometimes impediments complicate grief
  - d. Result is persistent pervasive grief that interferes with ongoing life
2. Complicated Grief Therapy (CGT) targets adaptation processes
  - a. Adapting entails accepting the loss and restoring possibilities for happiness in the future
  - b. We do not target grief
3. Complicated Grief Therapy (CGT) centers on seven major themes
  - a. Understanding and accepting grief
  - b. Managing painful emotions
  - c. Thinking about the future
  - d. Strengthening social relationships
  - e. Telling the story of the death
  - f. living with reminders
  - g. Connecting with memories
4. Complicated Grief Therapy (CGT) is a structured approach
  - a. Delivered in 16 sessions with 4 phases
  - b. Each session is structured
  - c. Therapists act as a Sherpa-like guide
5. Complicated Grief Therapy (CGT) has been rigorously tested in rCT's comparing it to good treatment for depression
  - a. Overall rate of response in over 600 participants was 71%
  - b. No difference in response based on circumstances of the death
  - c. No differences based on age of the bereaved person
6. Complicated Grief Therapy (CGT) is a simple, short term evidence-based treatment for bereaved people with complicated grief

7. Military Family Bereavement
    - a. Background/Rationale
    - b. Challenges to Bereaved Military Family Survivors
  8. National Military Family Bereavement Study
  9. Adapting to Loss
  10. Complicated Grief
  11. Coping Strategies
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### **COURSE COMPLETION REQUIREMENTS**

Participants must attend the entire 1.5 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 PANELISTS**

**M. Katherine Shear, MD**, is the Marion E. Kenworthy Professor of Psychiatry and the founding Director of the Center for Complicated Grief at Columbia School of Social Work. Dr. Shear is a clinical researcher who first worked in anxiety and depression. For the last two decades she has focused on understanding and treating people who experience persistent intense grief. She developed and tested complicated grief treatment (CGT), a short-term targeted intervention and confirmed its efficacy in three large NIMH-funded studies. CGT is strength-based and focused on fostering adaptation to loss. Dr. Shear is widely recognized for her work in bereavement, including both research and clinical awards from the Association for Death Education and Counseling and invited authorship of articles for Uptodate and the New England Journal of Medicine.

**Stephen J. Cozza, MD**, is Professor of Psychiatry at the Uniformed Services University where he serves as Associate Director, Center for the Study of Traumatic Stress. He is a graduate of the United States Military Academy at West Point, New York. He received his medical degree from the George Washington University School of Medicine and Health Sciences. He completed his residency in General Psychiatry and fellowship in Child and Adolescent Psychiatry at Walter Reed Army Medical Center in Washington, DC. Dr. Cozza is a diplomate of the American Board of Psychiatry and Neurology in the specialties of General Psychiatry and Child and Adolescent Psychiatry. He has served in a variety of positions of responsibility in the Department of Psychiatry at Walter Reed Army Medical Center to include Chief, Child and Adolescent Psychiatry Service, Program Director of the Child and Adolescent Psychiatry Fellowship Program and Chief, Department of Psychiatry. He retired from the U.S. Army in 2006 after 25 years of military service. Dr. Cozza's professional interests have been in the areas of clinical and community response to trauma and the impact of deployment and combat injury, illness and death on military service members, their families and their children. He was instrumental in organizing and executing the initial mental health response to the September 11th 2001 attack on the Pentagon. Under his leadership, the Walter Reed Department of Psychiatry spearheaded the initiative to provide mental

health services, support and follow up to the many injured service members, their families and their children who receive medical treatment. Dr. Cozza has highlighted the impact of deployment, injury, illness and death on the children and families of military service members. He is published in the scientific literature and has presented on these topics at multiple national and international scientific meetings. Dr. Cozza serves as a scientific advisor to several national organizations that focus on the needs of military children and families.

#### REVIEWER

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

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#### COPYRIGHT NOTICE

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**CE Credits for this program may only be obtained through TAPS Institute for Hope and Healing®.** CE instructions will be provided prior to the live air date and to attendees at the end of the program.

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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*

