

Hospice Foundation of America's Program

12 CORE STRATEGIES FOR TREATING TRAUMATIC BEREAVEMENT

Self-Study ONLINE Course

DESCRIPTION

When a death embodies both trauma and loss, the ensuing traumatic bereavement poses special challenges and demands more than mere grief facilitation. Drawing on cutting-edge information from psychology, traumatology, and thanatology, Dr. Rando identifies 12 essential core strategies for effective clinical intervention after deaths from acute natural causes, accident, disaster, suicide, or homicide.

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.

RELEASE DATE:	Program originally premiered February 2, 2021
ON DEMAND:	to registered individuals for 1 year after purchase
LENGTH:	90 minutes
CE HOURS:	1.5 hours for a wide variety of professional boards
CE FEE:	One CE certificate is included in the cost of registration. Additional certificates (if selecting more than one board) are \$10 each.
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:	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. To have a registration form mailed to you, contact HFA at 800-854-3402 or by email at educate@hospicefoundation.org.

For current prices, please refer to HFA's website at 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 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. Cite recent relevant research on the significant impacts of sudden, traumatic death
2. Define *traumatic bereavement* and identify the four types of traumatic death generating it
3. List the 12 circumstantial high-risk factors associated with traumatic bereavement
4. Explain the "triad of troubles" in traumatic bereavement and identify treatment implications
5. Discuss the critical importance of addressing the mourner's *personal traumatization*
6. Delineate the 12 core strategies for treating traumatic bereavement

PROGRAM OUTLINE

- A. Statement of the problem and why traditional grief facilitation doesn't work (5 minutes)
- B. Review of recent empirical research (5 minutes)
- C. Definition of *traumatic bereavement* (5 minutes)
- D. Four types of traumatic death generating traumatic bereavement (10 minutes)
- E. 12 Circumstantial high-risk factors predisposing to traumatic bereavement (15 minutes)
- F. The "triad of troubles" created in traumatic bereavement and their treatment implications (10 minutes)
- G. The frequently overlooked aspect of the mourner's *personal traumatization* (10 minutes)
- H. 12 Core strategies for treatment of traumatic bereavement that incorporate the nine essential components identified by research as necessary for clinicians to implement (20 minutes)
- I. Question and Answer Session (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).

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.

EXPERT SPEAKERS

Therese A. Rando, PhD, BCETS, BCBT, is a clinical psychologist, traumatologist, and thanatologist. She is the Clinical Director of The Institute for the Study and Treatment of Loss, which provides mental health services through psychotherapy, training, supervision, and consultation, and specializes in: loss and grief; traumatic stress; and the psychosocial care of persons with physical injury, serious acute medical conditions, or with chronic, life-threatening, or terminal illness, and their loved ones. Her current research interests focus on the course of mourning after traumatic loss; construction of a self-help program for coping with the sudden death of a loved one; development of an integrated group intervention for traumatic loss survivors; and evaluation of an intervention program for traumatized first responders after critical incidents. She is the author of *Treatment of Complicated Mourning; How To Go On Living When Someone You Love Dies*; and *Grief, Dying, and Death: Clinical Interventions for Caregivers*; and is a co-author of *Treating Traumatic Bereavement: A Practitioner's Guide*.

REVIEWER

Lynda Shand, CHPN, CNE, RN, PhD, Associate Professor, Mercy College

BIBLIOGRAPHY/REFERENCES:

Benjet, C., et al. (2016). The epidemiology of traumatic event exposure worldwide: Results from the World Mental Health survey consortium. *Psychological Medicine*, 46, 327-343. doi 10.1017/s0033291715001981.

Breslau, N., et al. (1998). Trauma and posttraumatic stress disorder in the community: The 1996 Detroit area survey of trauma. *Archives of General Psychiatry*, 55(7), 626-632.

Keyes, K., et al. (2014). The burden of loss: Unexpected death of a loved one and psychiatric disorders across the life course in a national study. *American Journal of Psychiatry*, 171(8), 864-871.

Kristensen, P., et al. (2012). Bereavement and mental health after sudden and violent losses: A review. *Psychiatry: Interpersonal and Biological Processes*, 75(1), 76-97.

Rando, T. A. (2015). When trauma and loss collide: The evolution of intervention for traumatic bereavement. In Attig, T. & Stillion, J. (Eds.) *Death, Dying and Bereavement: Contemporary Perspectives, Institutions and Practices* (pp. 321-334). New York: Springer Publishing Company.

Rando, T. A. (2015). When trauma and loss collide: The evolution of intervention for traumatic bereavement. In Attig, T. & Stillion, J. (Eds.) *Death, Dying and Bereavement: Contemporary Perspectives, Institutions and Practices* (pp. 321-334). New York: Springer Publishing Company.

Kristine Berg Titlestad, Sari Kaarina Lindeman, Hans Lund & Kari Dyregrov (2019) How do family members experience drug death bereavement? A systematic review of the literature, *Death Studies*, DOI: [10.1080/07481187.2019.1649085](https://doi.org/10.1080/07481187.2019.1649085)

Rando, T. A. (Forthcoming). *Coping with the sudden death of your loved one: A self-help handbook for traumatic bereavement*. Indianapolis, IN: Dog Ear Publishing.

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 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

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

PRODUCED BY

Hospice Foundation of America

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

www.hospicefoundation.org

