

Hospice Foundation of America's Program

ADVERSE CHILDHOOD EXPERIENCES AS A RISK FACTOR FOR COMPLICATED GRIEF

Self-Study ONLINE Course

DESCRIPTION

Current research is showing links between trauma and poor physical and psychological outcomes, including at the end of life and during bereavement. Dr. Burke and Dr. Crunk will discuss the clinical implications of the relation between adverse childhood experiences (ACES) and complicated grief and offer some recommendations for intervention. They will also provide ways to incorporate trauma assessment and intervention into bereavement settings.

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 20, 2020
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/FEES

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. Identify adverse childhood experiences (ACEs) and the risks they pose for increased physical and psychological distress in adulthood
2. Recognize the relation between complicated grief (CG) and ACEs
3. Consider trauma-informed strategies to incorporate into clinical practice when working with ACEs- and trauma-exposed bereaved clients

PROGRAM OUTLINE

- Introduction (25 minutes)
 - Growing evidence points to the prevalence of toxic stress in childhood and its cascading effects on lifetime physical and psychological health.
 - ACEs:
 - Exposure to adverse childhood experiences (ACEs; Felitti et al., 1998; e.g., abuse, neglect, household dysfunction) has been linked to insecure attachment and demonstrates graded associations with increased risk of suicidality, lifetime depressive disorders, substance abuse, severe obesity, ischemic heart disease, cancer, and early mortality. However, little is known about the role of ACEs in adults who have experienced the death of a loved one.
 - Complicated grief:
 - Although many individuals respond to loss and trauma with relative resilience (Galatzer-Levy, Huang, & Bonanno, 2018), a subset of grievers struggle greatly, experiencing a protracted, debilitating, and sometimes life-threatening grief response known as *complicated grief* (CG; Prigerson et al., 1995; Shear et al., 2011).
- Aim of webinar (10 minutes)
 - In this webinar, the researchers will present findings from their study examining the role of ACEs in the development of CG using data from a national sample of bereaved adults ($N = 324$).

- Study procedures (10 minutes)
- Results (15 minutes)
 - Results revealed that higher ACEs scores were associated with increased risk of CG. Younger adults in our sample who had recently lost a child, sibling, or romantic partner to violent death, or who had a history of prior losses were at greatest risk for experiencing CG.
- Discussion of Findings and Clinical Implications (25 minutes)
 - The present research can assist clinicians and researchers in identifying the enduring impact of ACEs, the relation between ACEs and CG, and the utility of promoting specific coping strategies to help survivors address painful grief symptoms.
 - Specifically, this study supports the inclusion of ACEs in screening and assessment protocols when working with bereaved individuals with a focus toward preventive intervention and trauma-informed bereavement care (Burke & Neimeyer, 2012).
 - In addition, identifying ACEs as a CG predictor could promote proactive support for grievers with a history of trauma or toxic stress. The webinar presenters will discuss study results and recommendations for trauma-informed grief therapy and bereavement research.
- Question and Answer Session (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).

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

Elizabeth Crunk, PhD, is a mental health counselor and an Assistant Professor of Counseling at the George Washington University in Washington, DC. She provides psychotherapy to individuals and couples who are coping with a range of concerns, including grief and loss, depression and other mood disorders, anxiety, relationship concerns, breakup recovery, self-esteem, family estrangement, family of origin concerns, chronic illness, and stress. In particular, she specializes in treating diverse issues in grief and bereavement, including complicated grief, anticipatory grief, non-death loss, and life transitions. Dr. Crunk's specialized training and nine years of research experience in grief and loss equips her to help individuals navigate these challenging experiences.

Laurie A. Burke, PhD, provides psychotherapy to bereaved adults. Her specialty is treating Complicated Grief, Traumatic/Violent Death Loss, and Spiritual Crisis. A loved one's death can be distressing, but most mourners ultimately adapt. Even though there is no "right" way to grieve or length of time it "should" take,

some mourners feel "stuck" in their grief. They have difficulty accepting the loss, struggle to create a new life, or feel life is meaningless after the loved one's death. They may feel numb, shocked, angry, or other distressing emotions. Dr. Burke's training, research, and clinical experience gives her the confidence to help griever maneuver through difficult losses.

REVIEWER

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

BIBLIOGRAPHY/REFERENCES:

Other organization's websites:

National Child Traumatic Stress Initiative <https://www.samhsa.gov/child-trauma>

Peer-reviewed journal/resource:

Zakarian, R., McDevitt-Murphy, M., Bellet, B., Neimeyer, R. and Burke, L. (March 25, 2019). Relations Among Meaning Making, PTSD, and Complicated Grief Following Homicide Loss. In *Journal of Loss and Trauma*, pp. 279-291.

Shear, K., Reynolds, C., Simon, N., and Zisook, S. (2016). Complicated Grief in Adults: Epidemiology, Clinical Features, Assessment, and Diagnosis. In the *Journal of Trauma and Stress*.

Heeke, C., Stammel, N., Heinrich, M., and Conflict-related trauma and bereavement: Exploring differential symptom profiles of prolonged grief and posttraumatic stress disorder. (2017). In *BMC Psychiatry*, 17:118.

Textbook:

Rando, T. (1993). *Treatment of Complicated Mourning*. New York, NY: Research Press.

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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

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