

Hospice Foundation of America's 24th Annual National *Living With Grief*[®] Program

LIVING WITH GRIEF[®]: WHEN GRIEF IS COMPLICATED

Self-Study ONLINE Course

DESCRIPTION

While most individuals experiencing loss face grief, most grievers can cope with loss and subsequent grief in ways defined by their culture as appropriate and can fulfill, after brief and intermittent impairment, their social and workplace roles. However, research shows that between 10 and 20 percent of individuals who experience loss experience more disabling reactions, including Complicated Grief or other conditions triggered by the loss, such as PTSD, Major Depressive Disorder, Separation Anxiety Disorder, Adjustment Disorder, or substance abuse. Complicated Grief reactions may also be a factor in physical illness. This program looks at how to identify disabling grief reactions and when referrals to specially trained clinicians or professionals may be indicated and necessary. This is HFA's 2017 *Living with Grief*[®] program.

PROGRAM DETAILS

Hospice Foundation of America has taken the award-winning HFA *Living With Grief*[®] program and created an online self-study course for professionals. This is a recorded video presentation. The presentation includes an in-studio panel discussion with roll-in video clips containing candid, compelling interviews.

RELEASE DATE:	Program originally premiered on April 27, 2017
ON DEMAND:	to registered individuals for 1 year after purchase
LENGTH:	video is approximately 2 hours + selected chapters of HFA's companion book (approx. 30min reading time)
CE HOURS:	2.5 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 and social service clinicians and others working in hospice, palliative care, counseling, hospital, nursing home, funeral home or faith community.

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 - Read the pdf chapters provided

Step 4 - 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, pdf chapters, CE instructions, and additional program material. Information will be posted to your account as they become available.

Self-Study Chapters include:

Chapter 2: Forms of Complicated Grief (J. William Worden): Word Count: 4,599

Chapter 9: Recognizing and Treating Complicated Grief (M. Katherine Shear): Word Count: 8,598

LEARNING OBJECTIVES

AT THE CONCLUSION OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:

1. Describe typical grief patterns and differentiate typical grief from more complicated forms;
2. List and describe two typologies of complicated grief;
3. List and describe six danger signs of complicated grief;
4. Describe the ways that the DSM 5 acknowledges complications of grief;
5. Describe and discuss different approaches to treating complicated forms of grief and note resources that might be utilized in such treatment.

AGENDA / SEGMENT HIGHLIGHTS

The program will run approximately 2 hours in length, with a brief intermission about halfway through. Segment summaries will be as outlined below:

PART I:	Introduction	(33 minutes)
PART II:	The Nature of Complicated Grief	(43 minutes)
	<i>Brief Intermission</i>	(recommended 10-20 minute break)
PART III:	Treating Complicated Grief	(46 minutes)

CONTINUING EDUCATION

This program is available for 2.5 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 program (ONLINE video) and read the selected pdf book chapters (approximately reading time is 30-minutes). 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.

MODERATED BY

Frank Sesno, *Director*, School of Media and Public Affairs, The George Washington University

EXPERT PANELISTS

- **Kenneth J. Doka, PhD, MDiv**, *Professor of Gerontology*, The College of New Rochelle; participant in 23 *Living with Grief*[®] programs
- **Robert Neimeyer, PhD**, *Professor of Psychology*, University of Memphis
- **Therese Rando, PhD, BCETS, BCBT**, *Clinical Psychologist* in Warwick, Rhode Island and *Clinical Director* of The Institute for the Study and Treatment of Loss

REVIEWERS

Pamela Kushner, MA, MD, FAAFP and Lynda Shand, CHPN, CNE, RN, PhD

BIBLIOGRAPHY/REFERENCES

Other organization's websites:

Bellet, B., Jones, P. Neimeyer, R., & McNally, R. (2018). "Bereavement Outcomes as Causal Systems: A Network Analysis of the Co-Occurrence of Complicated Grief and Posttraumatic Growth." In *Clinical Psychological Science*, Vol. 6, Issue 6, 797-809. <https://doi.org/10.1177/2167702618777454>

Shear, K.M. (2015). "Complicated Grief." In *The New England Journal of Medicine*, 372: 153-160. DOI: 10.1056/NEJMc1315618. <https://www.nejm.org/doi/10.1056/NEJMc1315618>.

Peer-reviewed journal/resource:

Lobb, E. A., Rando, T. A., Doka, K. J., Fleming, S., Franco, M. H., Murray Parkes, C., & Steele, R. (2012). *A call to the field: Complicated grief in the DSM-5*. *Omega: Journal of Death & Dying*, 65 (4), 251-255. <http://doi.org/10.2190/OM.65.4.a>

Expert resources:

Our program presenters are all expert resources.

Textbook references:

Neimeyer, R. A. (2016). *Complicated grief: Assessment and intervention*. In J. Cook, S. Gold & C. Dalenberg (Eds.). *APA handbook of trauma psychology*.

Shear, K.M., Skritskaya, N.A., and Gribbin, C. (2016). *Complicated Grief Treatment*. In *Managing Conflict, Finding Meaning: Supporting Families at Life's End*. Doka, K. J. and Tucci, A.S. (Eds.). Washington, DC: Hospice Foundation of America.

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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 Hospice Foundation of America (HFA)

CONTACT INFORMATION

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