

Hospice Foundation of America's Program

DIGNITY THERAPY

Self-Study ONLINE Course

DESCRIPTION

Dignity Therapy is a brief, individualized psychotherapy designed to address the emotional needs of adults who are receiving hospice or palliative care. During Dignity Therapy, clinicians complete a personal interview with their patients, allowing them to discuss their most important memories, accomplishments, and life roles, as well as any lessons learned in life, and hopes or dreams they may have for their loved ones in the future.

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 21, 2017
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. Describe the underlying rationale for Dignity Therapy;
2. List the characteristics of patients who would benefit from Dignity Therapy and those who would likely not benefit from such a therapeutic approach;
3. Identify the process of Dignity Therapy with patients;
4. Outline the generativity project that emerges from Dignity Therapy;
5. Discuss practical issues associated with Dignity Therapy such as the costs and use of volunteers;
6. Discuss the research evidence on the value of Dignity Therapy to patients and families.

PROGRAM OUTLINE

- I. Introduction (30 minutes)
 - A. Underlying Rationale for Dignity Therapy
 - B. The Dignity Therapy Model
- II. Beginning Dignity Therapy (35 minutes)
 - A. Selecting Appropriate Patients
 - B. The Dignity Therapy Process
 - C. The Generativity Project
- III. Concluding Comments (20 minutes)
 - A. Practice Concerns
 - B. Research
- IV. Question and Answers (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

Lori P. Montross-Thomas, PhD, is an Assistant Professor in Family Medicine and Public Health, Division of Behavioral Medicine, at the University of California San Diego. She is a licensed clinical psychologist trained in hospice and palliative care, with specific expertise in Dignity Therapy. Over the past 15 years, Dr. Montross-Thomas has been engaged in clinical practice and research focused on dignity, hospice care, multiculturalism, positive psychology, psychosocial oncology, and resilience. She has received funding from the American Cancer Society (ACS), the Clinical and Translational Research Institute (CTRI), the International Alzheimer's Association, the National Alliance for Research on Schizophrenia and Depression (NARSAD), the MAPI Research Trust, and the Westreich Foundation. She has authored more than 40 journal articles and book chapters, and has more than a decade of experience as an educator, with both teaching and managerial experience in academic, counseling, and hospice settings.

MODERATOR

Kenneth J. Doka, PhD, MDiv, *Professor of Gerontology* at the Graduate School of The College of New Rochelle and *Senior Consultant* to Hospice Foundation of America.

REVIEWER

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

BIBLIOGRAPHY/REFERENCES

Other organization's website:

Dignity in Care: <http://www.dignityincare.ca/en/>

Peer-reviewed Journal/resource:

Montross-Thomas, L., et. al. (2015). *Enhancing legacy in palliative care: study protocol for a randomized controlled trial of Dignity Therapy focused on positive outcome*. BMC Palliative Care, **14**:44.

Zhang, V., Nilsson, B.S., and Prigerson, H.G. (2012). *Factors Important to Patients' Quality of Life at the End of Life*. *Archives of Internal Medicine*, 172(15):1133-1142

Expert resources:

Our program Speakers are all expert resources

Textbook references:

Chochinov, H. M. (2012). *Dignity Therapy: Final Words for Final Days*. New York: Oxford University Press.

Montross-Thomas, L. and Trejo, A.N. (2016). *Having Their Stories Heard: Dignity Therapy at the End of Life*. In *Managing Conflict, Finding Meaning*, Kenneth Doka and Amy Tucci (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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