

Hospice Foundation of America's Program

HELPING MOURNERS DEAL WITH JEALOUSY, GUILT AND SHAME IN BEREAVEMENT

Self-Study ONLINE Course

DESCRIPTION

Grieving people may experience surprising and unsettling emotions after a death including jealousy, guilt and shame. This webinar will offer interventive strategies to help grieving individuals recognize, validate, and resolve such complicated reactions.

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 October 17, 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. Identify six different types of guilt experienced by individuals who are bereaved;
2. Describe the ways that jealousy and envy can be evident in grief;
3. Explain the relationships between shame and disenfranchised grief;
4. List and describe three types of interventive strategies that can be used with individuals struggling with difficult emotions.

PROGRAM OUTLINE

- I. Introduction: The Difficult Emotions of Grief (10 minutes)
- II. Experiencing the Difficult Emotions of Grief
 - A. Guilt (20 minutes)
 1. Guilt in grief
 2. Types of guilt
 - a. Causation
 - b. Moral
 - c. Role
 - d. Survivor
 - e. Grief
 - f. Recovery
 - B. Envy and Jealousy (15 minutes)
 1. The nature of jealousy
 2. Sources of jealousy
 - C. Shame (15 minutes)
 1. Understanding shame
 2. Shame and disenfranchised grief
- III. Interventions (25 minutes)
 - A. Validation
 - B. Interventive Strategies
 - C. Therapeutic Ritual
- IV. Questions 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

Kenneth J. Doka, PhD, MDiv, is a professor of gerontology at the Graduate School of The College of New Rochelle and Senior Consultant to the Hospice Foundation of America. A prolific author and editor, Dr. Doka serves as editor of HFA's *Living with Grief*[®] book series, its *Journeys* newsletter, and numerous other books and publications. Dr. Doka was elected president of the Association for Death Education and Counseling in 1993. In 1995, he was elected to the board of directors of the International Work Group on Death, Dying and Bereavement and served as chairperson from 1997-1999. The Association for Death Education and Counseling presented him with an Award for Outstanding Contributions in the Field of Death Education in 1998. In 2006, Dr. Doka was grandfathered in as a Mental Health Counselor under New York's first state licensure of counselors. He has been the keynote speaker at conferences throughout North America as well as Europe, Asia, Australia, and New Zealand, and is a frequent guest on television and radio news programs. Dr. Doka is an ordained Lutheran minister.

Dale G. Larson, PhD, is a Professor of Counseling Psychology at Santa Clara University, where he directs graduate studies in health psychology. He is a Fulbright Scholar, a Fellow in the American Psychological Association, and member of the International Work Group on Death Dying and Bereavement. Dale authored the award-winning book, *The Helper's Journey: Working with People Facing Grief, Loss, and Life-Threatening Illness*, and was Senior Editor and a contributing author for *Finding Our Way: Living with Dying in America*, the Robert Wood Johnson funded national newspaper series that reached 7 million Americans. His scholarly publications on grief and loss, grief counseling, stress and stress management in health professionals, and self-concealment and secrets are widely cited, both in the scientific literature and in the popular media. He was the recipient of the Association for Death Education and Counseling Death Educator Award in 2016.

REVIEWER

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

BIBLIOGRAPHY/REFERENCES

Other organization's website:

Association for Death Education and Counseling www.adec.org

Dale Larson (panelist): <http://www.dalelarsonphd.com/>

Peer-reviewed Journal/resource:

“Getting Grief Working: A guide for the new grief therapist” by Dale Larson. Published in The New Therapist (March/April 2014)

<http://www.dalelarsonphd.com/wp-content/uploads/2015/09/Larson-2014-New-Therapist-Getting-grief-working-.pdf>

“Are Shame and Self-Esteem Risk Factors in Prolonging Grief after Death of a Spouse?” by Thomas Dellman. In Death Studies, July 13, 2017. <http://dx.doi.org/10.1080/07481187.2017.1351501>

Expert resources:

Our program Speakers are expert resources

Textbook references:

Larson, D. (1993). *The Helper's Journey*. Published by Research Press, NYC.

Doka, K. (2017). *Grief is a Journey: Finding Your Path Through Loss*. Simon and Schuster, NYC.

COPYRIGHT NOTICE

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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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