

Hospice Foundation of America's Program

GRIEF THROUGH THE LENS OF THE BODY

Self-Study ONLINE Course

DESCRIPTION

Traditional counseling approaches pay little attention to the physical manifestations of grief and yet our bodies are not separate from our thoughts and hearts. Grievers experience a wide range of physical reactions such as heart palpitations, shoulder tension, stomachaches and headaches. This webinar focuses on ways to integrate the body in the grief narrative. Working collaboratively with clients to help them notice, track and regulate their physical sensations can relieve discomfort and help them develop useful resources in their grief journey.

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 January 5, 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. Identify how our bodies are affected when we are grieving.
2. Demonstrate familiarity with words they can use to help clients track physical sensations.
3. Demonstrate ability to use contact statements with clients.
4. Discuss how this material can be used to support clients who are grieving.

PROGRAM OUTLINE

- I. Common physical manifestations of grief (10 minutes)
- II. Current theory and research that highlights focus on the body (15 minutes)
- III. Assisting clients with noticing how their body expresses emotion (20 minutes)
- IV. Supporting clients in using their body to regulate their emotions (20 minutes)
- V. Case examples (10 minutes)
- VI. Question and Answer Session (15 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

Maria Georgopoulos, LMHC, FT, is Director of the Bereavement Services Department at Calvary Hospital. She is responsible for 32 bereavement support groups in the Bronx, Brooklyn and Manhattan that serve hundreds of adults, children and teenagers each year; leads a team of 7 bereavement counselors, and spearheads Calvary's efforts to expand the Hospital's professional learning programs in the New York area. Prior to Calvary, Ms. Georgopoulos worked in the mental health profession in other settings including The American Red Cross of Greater New York after 9/11. In addition to her work in bereavement, Ms. Georgopoulos is a licensed mental health counselor with a private practice in NYC and provides counseling for diverse populations of people with varying difficulties.

MODERATOR

Kenneth J. Doka, PhD, MDiv, is Senior Bereavement Consultant to HFA and recipient of the 2019 Lifetime Achievement Award from the Association for Death Education and Counseling. He serves as editor of HFA's *Living with Grief*[®] book series and its *Journeys* bereavement newsletter. He is a prolific author, editor, and lecturer; past president of the Association for Death Education and Counseling (ADEC); and a member and past chair of the International Work Group on Death, Dying, and Bereavement (IWG). In 2018, the IWG presented Doka with the Herman Feifel Award for outstanding achievement in thanatology. He received an award for Outstanding Contributions in the Field of Death Education from ADEC in 1998. Doka is an ordained Lutheran minister and a licensed mental health counselor in the state of New York.

REVIEWER

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

BIBLIOGRAPHY/REFERENCES:

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Christopher P. Fagundes, Ryan L. Brown, Michelle A. Chen, Kyle W. Murdock, Levi Saucedo, Angie LeRoy, E. Lydia Wu, Luz M. Garcini, Anoushka D. Shahane, Faiza Baameur, Cobi Heijnen, Grief, depressive symptoms, and inflammation in the spousally bereaved, *Psychoneuroendocrinology*, Volume 100, 2019, Pages 190-197.
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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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