

Hospice Foundation of America's Program

THE SHADOW PANDEMIC: PSYCHOLOGICAL SCREENING AND INTERVENTION IN THE COVID-19 CRISIS

Self-Study ONLINE Course

DESCRIPTION

With astonishing rapidity, the global pandemic of COVID-19 brought with it the threat of death as it simultaneously assaulted a world of once familiar routines, relationships, and resources that previously conferred a sense of security and meaning. In this webinar, Dr. Neimeyer and Dr. Lee present recently validated screening tools for both debilitating anxiety as the contagion spreads and the complicated bereavement it is leaving in its shadow. Using the clinical outcomes predicted by both measures, the presenters suggest evidence-informed interventions for assisting clients struggling with coronavirus anxiety and dysfunctional levels of pandemic grief, as well as reiterate the importance of reaffirming or reconstructing a world of meaning as a major mediator of adaptive functioning underscore the relevance of grief counseling strategies that assist clients in this effort.

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 26, 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. Outline the refinement of the *Coronavirus Anxiety Scale 2.0* and review recent research documenting the role of conservation of core beliefs in mitigating distress
2. Introduce a newly developed screening tool for dysfunctional grief following COVID-19 bereavement, the *Pandemic Grief Scale*, and its clinical correlates
3. Identify four therapeutic procedures for addressing Coronavirus anxiety and unfinished business in bereavement.
4. Note two techniques for working with embodied emotion and ambiguous loss related to the pandemic

PROGRAM OUTLINE

- I. Validated screening tools for assessing coronavirus anxiety and dysfunctional grief following COVID-19 bereavement (20 minutes)
 - a. Coronavirus Anxiety Scale (CAS)
 - b. Pandemic Grief Scale (PGS)
- II. Risk factors for complicated or prolonged grief exacerbated by the COVID-19 pandemic (25 minutes)
 - a. Social isolation
 - b. Unexpectedness of the death
 - c. Insecure and anxious attachment
 - d. Inability to make sense of the loss
- III. Therapeutic procedures for addressing Coronavirus anxiety and unfinished business in bereavement (15 minutes)
- IV. Clinical interventions for working with embodied emotion and ambiguous loss related to the pandemic (20 minutes)
- V. Question and Answer Session (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

Robert A. Neimeyer, PhD, is Professor Emeritus of the Department of Psychology, University of Memphis; maintains an active consulting and coaching practice; and also directs the *Portland Institute for Loss and Transition*, where he oversees extensive online and onsite professional training modules. Neimeyer has published 30 books, including Routledge's series on *Techniques of Grief Therapy*, and serves as Editor of *Death Studies*. The author of over 500 articles and chapters and a popular workshop presenter, he is currently working to advance a more adequate theory of grieving as a meaning-making process. In recognition of his contributions, he has been given Lifetime Achievement Awards by both the Association for Death Education and Counseling and the International Network on Personal Meaning.

Sherman A. Lee, PhD, is an associate professor of psychology at Christopher Newport University. Lee studies negative feeling states, such as anxiety and grief, and the role personality and religion play in those emotional experiences. He also teaches courses in the psychology of personality, psychology of the human-animal bond (Anthrozoology), and the psychology of death, dying, and bereavement (Thanatology). The creator of the *Trait Sympathy Scales*, *Islamophobia Scale*, *Persistent Complex Bereavement Inventory*, and the *Coronavirus Anxiety Scale*, he is currently researching the impact of the COVID-19 pandemic on the psychological well-being of people around the world.

REVIEWER

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

BIBLIOGRAPHY/REFERENCES:

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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)

1707 L Street NW, Suite 220

Washington, DC 20036

educate@hospicefoundation.org

1-800-854-3402 toll-free / (202) 457-5811 phone / (202) 457-5815 fax

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