

## Hospice Foundation of America's Program

# GRIEF AFTER SELF-INFLICTED CAUSES OF DEATH

## Self-Study ONLINE Course

### DESCRIPTION

While all loss is difficult, those whose friends or loved ones die due to self-destructive deaths such as a drug overdose can face unique challenges. This program explores the latest research into these grief situations and how professionals can help survivors cope.

### 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.

<b>RELEASE DATE:</b>	Program originally premiered March 21, 2017
<b>ON DEMAND:</b>	to registered individuals for 1 year after purchase
<b>LENGTH:</b>	90 minutes
<b>CE HOURS:</b>	1.5 hours for a wide variety of professional boards
<b>CE FEE:</b>	One CE certificate is included in the cost of registration. Additional certificates (if selecting more than one board) are \$10 each.
<b>CONTENT LEVEL:</b>	The program is mainly for professionals already working in the field, but is practical for all levels of education – entry level, intermediate or advanced.
<b>TARGET AUDIENCE:</b>	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](http://www.hospicefoundation.org). To have a registration form mailed to you, contact HFA at 800-854-3402 or by email at [educate@hospicefoundation.org](mailto:educate@hospicefoundation.org).

For current prices, please refer to HFA's website at [www.hospicefoundation.org](http://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](mailto: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 how self-inflicted deaths—such as deaths due to suicide or drug overdose—can complicate grief and affect relationships between survivors;
2. Discuss the grief trajectories of survivors when individuals die from self-destructive deaths and identify factors that influence such trajectories;
3. Discuss self-help strategies and interventive techniques that can assist survivors of individuals who die from self-destructive deaths;
4. Identify the strengths of survivor groups and Internet support.

## PROGRAM OUTLINE

- I. Introduction: Understanding Devastating Losses (30 minutes)
  - A. Self-Destructive Deaths
  - B. Issues and Complications
- II. Understanding Grief Issues (30 minutes)
  - A. Grief Trajectories
  - B. Factors Affecting Grief
- III. Interventive Approaches (15 minutes)
  - A. Self-Help Strategies
  - B. Self-Help Groups
  - C. Internet Support
  - D. Counseling Concerns
- IV. Conclusion: Facilitating Post-Traumatic Growth (10 minutes)
- V. 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](http://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](http://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*<sup>®</sup> 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.

**William Feigelman, PhD**, is Professor Emeritus of Sociology at Nassau Community College (Garden City, New York), where he taught for 50 years. Author and co-author of seven books, including his most recent co-authored work in 2012, *Devastating Losses: How parents cope with the death of child to suicide or drugs* (NY: Springer). He is also an author or coauthor of more than 50 journal articles, written on a wide variety of social science subjects including child adoptions, youth alcohol and drug abuse, problem gambling, tobacco use and cessation, and intergroup relations. Since 2002, after his son Jesse's suicide, Dr. Feigelman has focused his professional writings on youth suicide and suicide bereavement. This work has appeared in *Suicide and Life-Threatening Behavior*, *Death Studies*, *Omega: Journal of Death and Dying and Illness*, *Crisis and Loss*. He is a member of the American Association of Suicidology and the Association for Death Education and Counseling, a frequent presenter at bereavement conferences in the U.S., Canada, Australia, Norway and Japan, and a co-facilitator of a survivors' support group.

**John (Jack) R. Jordan, PhD**, is a licensed psychologist in private practice in Pawtucket, Rhode Island where he has specialized in work with survivors of suicide and other traumatic losses for more than 35 years. He is the Clinical Consultant for Grief Support Services of the Samaritans in Boston, Massachusetts, and the Professional Advisor to the Loss and Healing Council of the American Foundation for Suicide Prevention (AFSP). He is Co-Chair of the Survivors of Suicide Loss Task Force of the National Action Alliance for Suicide Prevention. This Task force has recently released postvention guidelines for the United States, titled *Responding to Grief, Trauma, and Distress After Suicide: U.S. National Guidelines*. For over 30 years, Jack has provided training nationally and internationally for professional caregivers, and has helped to lead many healing workshops for suicide survivors. Jack has published over 50 clinical and research articles, chapters, and full books in the areas of bereavement after suicide, support group models, the integration of research and practice in thanatology, and loss in family and larger social systems. He is the co-author of four books: "*After Suicide Loss: Coping with Your Grief – 2<sup>nd</sup> Edition*" (2015 – self-published); "*Grief After Suicide: Understanding the Consequences and Caring for the Survivors*" (Routledge, 2011), "*Devastating Losses: How Parents Cope With the Death of a Child to Suicide or Drugs*" (Springer, 2012); and the newly published "*Attachment Informed Grief Therapy: The Clinician's Guide to Foundations and Applications*" (Routledge, 2016).

## REVIEWER

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

## BIBLIORAPHY/REFERENCES

### Other organization's website:

American Foundation for Suicide Prevention (<https://afsp.org/>)

American Association of Suicidology ([www.suicidology.com](http://www.suicidology.com))

### Peer-reviewed Journal/resource:

Jordan, J. R. (2015). Grief After Suicide: The Evolution of Suicide Postvention. In J. M. Stillion & T. Attig (Eds.), *Death, Dying, and Bereavement: Contemporary Perspectives, Institutions, and Practices* (pp. 349 - 362). New York, NY: Springer.

Cook, F., Padgett, J. H., Jordan, J. R., Marshall, D. S., & Berkowitz, L. (2015). Responding to Grief, Trauma, and Distress After a Suicide: Introducing New U.S. National Guidelines. Paper presented at the American Association of Suicidology - 48th Annual Conference, Atlanta, GA

Andriessen, K., Draper, B., Dudley, M., & Mitchell, P. (April, 2015). *Bereavement after suicide; Disentangling Clues to Better Help Bereaved Adolescents*. In *The Journal of Crisis Intervention and Suicide Prevention*.

### Expert resources:

Our program Speakers are all expert resources

### Textbook references:

*Devastating Losses: How Parents Cope With the Death of a Child to Suicide or Drugs*. (2012). William Feigelman Ph.D., Beverly Feigelman LCSW, John Jordan Ph.D., & John McIntosh Ph.D. New York NY: Springer Publishing.

*Managing Conflict, Finding Meaning: Supporting Families at Life's End*. (2016). 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](mailto: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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