

## TRANSFORMING LOSS: FINDING POTENTIAL FOR GROWTH

### Self-Study ONLINE Course

#### DESCRIPTION

Although we have little choice about loss and the ensuing grief, we do retain choice on whether we will grow up or down, or grow bitter or better, as a result of our loss. This program explores the most current theoretical perspectives on loss and grief, emphasizing that loss engenders not only grief, but also growth. The presentation addresses the phenomena of posttraumatic growth, noting research on the concept as well as strategies professionals can use in assisting grieving individuals. In addition, individuals struggling with loss will learn self-help strategies as they cope with loss.

#### PROGRAM DETAILS

Hospice Foundation of America has taken the award-winning HFA *Living With Grief*® program and created an online self-study course for professionals. This is a recorded video presentation. The presentation includes an in-studio panel discussion with roll-in video clips containing candid, compelling interviews.

- RELEASE DATE:** Program originally premiered on March 19, 2018
- ON DEMAND:** to registered individuals for 1 year after purchase
- LENGTH:** video is approximately 1.5 hours + selected chapters of HFA's companion book (approx. 30min reading time)
- CE HOURS:** 2 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 presentation will be useful to a range of professionals who counsel persons who are bereaved, including health professionals, psychologists, counselors, clergy, social workers, nurses and other health care workers, as well as educators, teachers and school-based personnel and individuals who offer education on loss, grief, dying or death.

#### 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** - Read the pdf chapters provided

**Step 4** - 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/FEES

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, pdf chapters, CE instructions, and additional program material. Information will be posted to your account as they become available.

### Self-Study Chapters include:

Chapter 1: Death in Life: A Developmental Perspective on Loss in Later Life (Kenneth J. Doka):  
Word Count: 1,779

Chapter 15: *Voices: Turning Trauma, Grief, and Pain into Positive Action* (Dana and Linda O'Brien):  
Word Count: 857

## LEARNING OBJECTIVES

AT THE CONCLUSION OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:

1. Define *posttraumatic growth* and differentiate it from *resilience*;
2. Identify factors associated with resilience and posttraumatic growth;
3. Discuss five possible and identified areas of growth;
4. Describe ways that support groups can facilitate posttraumatic growth;
5. Describe appropriate interventive strategies that encourage posttraumatic growth;
6. Identify self-help strategies that can assist grieving individuals to grow even as they grieve.

## AGENDA / SEGMENT HIGHLIGHTS

The program will run approximately 1.5 hours in length, with a brief intermission about halfway through. Segment summaries will be as outlined below:

**PART I:** Understanding Growth in Grief (40 minutes)

*Brief Intermission* (recommended 10-20 minute break)

**PART II:** Transforming Loss (50 minutes)

## CONTINUING EDUCATION

This program is available for 2 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 program (ONLINE video) and read the selected pdf book chapters

(approximately reading time is 30-minutes). 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).

## **MODERATED BY**

**Frank Sesno**, *Director*, School of Media and Public Affairs, The George Washington University

## **EXPERT PANELISTS**

- **Kenneth J. Doka, PhD, MDiv**, Senior Bereavement Consultant to HFA and Professor of Gerontology, The College of New Rochelle; participant in 24 *Living with Grief*<sup>®</sup> programs
- **Patti Anewalt, PhD, LPC, FT**, Director of Pathways Center for Grief & Loss with Hospice & Community Care, serving Lancaster, York and surrounding counties in Pennsylvania
- **Richard Tedeschi, PhD**, Professor of Psychology at the University of North Carolina at Charlotte and a member of the core faculty for the Health Psychology PhD program at UNC

## **REVIEWERS**

Pamela Kushner, MA, MD, FAAFP and Lynda Shand, CHPN, CNE, RN, PhD

## **BIBLIOGRAPHY/REFERENCES**

### **Expert resources:**

Our program Speakers are expert resources

### **Textbook and Peer-reviewed Journal/resource references:**

Doka, K., & Neimeyer, R. A. (2012). Orchestrating social support. In R. A. Neimeyer (Ed.), *Techniques of grief therapy: Creative practices for counseling the bereaved* (pp. 315-317). New York: Routledge.

Hoy, W. (2016). *Bereavement groups and the role of social support: Integrating theory, research and practice*. NY: Routledge Taylor & Francis Group.

Moore, B. A. (2017, April 5). Kevlar for the Mind: How post-traumatic stress can open paths to personal growth. *Military Times*

Moore, M., Cerel, J., & Jobes, D. (2015). Fruits of trauma? Posttraumatic Growth Among Suicide-Bereaved Parents. *Crisis*, 36, 241–248. <https://doi.org/10.1027/0227-5910/a000318>

Tedeschi, R. G., & Blevins, C. L. (2017). Posttraumatic growth: A pathway to resilience. In U. Kumar & U. Kumar (Eds.), *The Routledge international handbook of psychosocial resilience* (pp. 324-333). New York, NY: Routledge/Taylor & Francis Group

Tedeschi, R. G., & Riffle, O. M. (2016). Posttraumatic growth and logotherapy: Finding meaning in trauma. *International Forum For Logotherapy*, 39(1), 40-47.

Tedeschi, R. G. & Calhoun, L. G. (2013). *Posttraumatic Growth in Clinical Practice*. New York: Routledge.

Tedeschi, R. G. & Moore, B. A. (2016). *The Posttraumatic Growth Workbook: Coming Through Trauma Wiser, Stronger, and More Resilient*. Oakland, CA: New Harbinger Publications.

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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 Hospice Foundation of America (HFA)**

### **CONTACT INFORMATION**

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