

Hospice Foundation of America's Program

INNOVATIVE TECHNIQUES IN MANAGING GRIEF GROUPS

Self-Study ONLINE Course

DESCRIPTION

This self-study course examines the newest thinking about providing grief support in a group setting, including a discussion of group structure (closed or open-ended) and group make-up (loss-specific, gender-specific). The webinar will also look at how to deal with difficult dynamics that may arise between group members.

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 May 9, 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. List six values of grief groups for children and adolescents;
2. Describe five factors that should be considered in beginning a support group;
3. List and discuss four critical factors that will influence interpersonal dynamics within the group;
4. Discuss disruptive behaviors that may manifest in the group and strategies to limit such behaviors.

PROGRAM OUTLINE

- I. Introduction: The Value of Grief Groups (15 minutes)
- II. Beginning Grief Groups (30 minutes)
 - A. Need Assessment
 - B. Planning Considerations
 1. Type, Structure, and Size
 2. Intake
 3. Defining Expectations
 4. Setting Ground Rules
 5. Leadership Approach
- III. Interpersonal Dynamics (15 minutes)
 - A. Inclusion
 - B. Control
 - C. Affection
- IV. Managing the Group: Coping with Destructive Behaviors (15 minutes)
- V. Conclusion: Growth-Oriented Groups (10 minutes)
- VI. 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.

J. William Worden, PhD, ABPP, is a Fellow of the American Psychological Association and holds academic appointments at the Harvard Medical School and at the Rosemead Graduate School of Psychology in California. He is also Co-Principal Investigator of the Harvard Child Bereavement Study, based at the Massachusetts General Hospital. Recipient of five major National Institutes of Health grants, his research and clinical work over 40 years has centered on issues of life-threatening illness and life-threatening behavior. His professional interests led him to become a founding member of the Association of Death Education and Counseling and the International Work Group on Death, Dying, and Bereavement. Worden is the author of *Personal Death Awareness and Children & Grief: When a Parent Dies*, and is coauthor of *Helping Cancer Patients Cope*. His book *Grief Counseling & Grief Therapy: A Handbook for the Mental Health Practitioner*, now in its fourth edition, has been translated into 14 foreign languages and is widely used around the world as the standard reference on the subject.

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)

Peer-reviewed Journal/resource:

Ober, A., Granello, D.H., and Wheaton, J.E. (March 2012). *Grief Counseling: An Investigation of Counselors' Training, Experience, and Competencies*. In *The Journal of Counseling and Development*.

Schut, H. *Grief Counselling Efficacy: Have We Learned Enough?* (April 20, 2010). In *the Journal of Bereavement Care*, Vol. 29, No. 1.

Mancini, A., Griffin, P., Bonanno, G. (January 2012). *Recent Trends in the Treatment of Prolonged Grief*. In *Current Opinion in Psychiatry*, Vol. 25, Issue 1.

Expert resources:

Our program Speakers are all expert resources

Textbook references:

Worden, J.W. (2008). *Grief Counseling and Grief Therapy* (4th Ed.) New York, NY: Springer.

Neimeyer, R.A. (2012). *Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved*. New York, NY: Routledge.

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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)

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