

UNDERSTANDING AMBIGUOUS LOSS

DESCRIPTION:

Dr. Pauline Boss, who coined the term *ambiguous loss*, will discuss its two types, research updates, and whether there is some ambiguity even in the finality of death. She explains why traditional grief therapy does not work with ambiguous losses and offers ways of thinking both/and, which helps people manage the stress of “not knowing.” Instead of closure and acceptance, the therapeutic goal with ambiguous loss is to build enough resilience to live with the stress of this unique and ubiquitous kind of loss. Six guidelines are offered to assist therapists and counselors in this work.

PROGRAM DETAILS:

This 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. If you login for the live version of the program, you'll also have the opportunity to email or text the experts' questions that they will discuss and answer during the program's Q & A session.

LIVE DATE:	December 13, 2022
TIME:	Noon to 1:30pm ET
ON DEMAND:	Available for 1 year; until December 12, 2023
LENGTH:	90 minutes
CEs:	1.5 hours for a wide variety of professional boards
CE FEE:	Included with registration
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:	Health care clinicians, social service clinicians and others working in the hospice, palliative care, counseling, hospital, nursing home, funeral home, or faith community environments

This program will be live on the air date, recorded and made available for on demand viewing. The recorded program will be available approximately a day after the live event.

TECHNICAL REQUIREMENTS

To view this online program, you will need a computer and screen, reliable internet access, and speakers. If you are showing to a large group, you will need a way to project on a large screen and a sound amplification system. Please test your system ahead of time to ensure you have the capabilities to view and hear the program, as HFA does not provide refunds on registration. Please be sure to test on the SAME equipment you will use on the day of the program viewing.

TEST LINK for Audio and Video: <https://zoom.us/test>

Technical Questions? Please go to <https://zoom.us/> and click “support”

PROGRAM FEES/MATERIALS:

Registration includes continuing education and on-demand viewing for 1 year from live date. As there are no refunds on registration (all registrations have immediate access to program video & materials), please be sure to test the system requirements prior to purchase.

ADVANCE PURCHASE Single Webinar Registration

Individual Viewer: Member: \$27.30 | Non-member: \$39.00
Organizational Viewing*: Member: \$152.60 | Non-member: \$218.00
Organizational + Community Access License+: Member: \$187.60 | Non-member: \$268.00

SAME DAY Single Webinar Registration and ON-DEMAND Purchase

Individual Viewer: Member: \$34.30 | Non-member: \$49.00
Organizational Viewing*: Member: \$175.00 | Non-member: \$250.00
Organizational + Community Access License+: Member: \$210.00 | Non-member: \$300.00

FULL PROGRAM PACKAGE (10 programs)

Registration includes 9 webinars + *Living with Grief*® 2023

Individual Viewer: Member: \$245.70 | Non-member: \$351.00
Organizational Viewing*: Member: \$1,398.60 | Non-member: \$1,998.00
Organizational + Community Access License+: Member: \$1,748.60 | Non-member: \$2,498.00

**Organizational viewing registration provides access to an unlimited number of staff within the organization per registered location.*

+Organizational + Community Access License provides access to an unlimited number of staff within the organization location and to community members within the organization's immediate geographic service area.

HOW TO REGISTER:

Register directly online, on HFA's website: <https://www.hospicefoundation.org>

If an individual would like information on which organizations are registered in their state (so they may attend a site viewing in their area), they may contact HFA at 800-854-3402.

MATERIALS AREA:

Course materials are accessible to all registered individuals immediately after registering. Materials are available on HFA's website at <https://hospicefoundation.org/Shop-HFA/My-Account>. From here, click on "Orders/Courses." Materials include log-in information (viewing instructions and technical information), 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 webinar, participants will be able to:

1. Define ambiguous loss, describe its effects, and how it relates to hospice and end-of-life work.
 2. Demonstrate a tool for increasing tolerance for ambiguity of absence and presence as end of life nears.
 3. Apply six guidelines for your end-of-life work.
 4. Transform your tolerance for ambiguity as self-care with end-of-life work.
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PROGRAM OUTLINE:

Definition and Effects

- I. Ambiguous loss: definition, two types, what ambiguous loss is not, link to disenfranchised grief (10 minutes)
- II. Effects of ambiguous loss, including frozen grief, prolonged grief (5 minutes)
- III. The myth of closure: What does ambiguous loss teach us about closure, cultural beliefs about closure after death, update on loss and grief research (5 minutes)

Treatment and Intervention

- IV. Assessment: rules, roles, and rituals (5 minutes)
 - V. Resilience: definitions, update, cautions about, increasing tolerance for ambiguity with both/and thinking (10 minutes)
 - VI. Six guidelines for living with ambiguous loss (10 minutes)
 - VII. Self-Care (5 minutes)
 - VIII. Moderated Question and Answer Session (40 minutes)
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CONTINUING EDUCATION (CE) CREDITS:

This program is valid for 1.5 continuing education contact hours. CE hours are available for 1 year, until December 12, 2023.

A complete list of board approvals for this webinar program is posted to HFA's website at www.hospicefoundation.org.

COURSE COMPLETION REQUIREMENTS:

Participants must attend the entire 1.5 hour program. Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline (see above for specific CE deadlines). In order to go online, attendees will need to enter in a Course Code, which is only provided at the end of the program. Attendees will also need to enter in their Site ID# (same as their Invoice # when they purchased the program). 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*) and will then be able to print their CE certificate immediately after completing all CE requirements online (on HFA's CE site at educate.hospicefoundation.org).

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EXPERT PANELISTS:

Pauline Boss, PhD, Professor Emeritus at the University of Minnesota is a Fellow in the American Psychological Association and the American Association for Marriage and Family Therapy, and a former president of the National Council on Family Relations. She practiced family therapy for over 40 years. With her groundbreaking work in research and practice, Dr. Boss coined the term *ambiguous loss* in the 1970s and since then, developed and tested the theory of ambiguous loss, a guide for working with families of the missing, physically or psychologically. She summarized this research and clinical work in her widely acclaimed book *Ambiguous Loss: Learning to Live with Unresolved Grief* (Harvard University Press, 2000). In addition to over 100 peer reviewed academic articles and chapters, her other books include *Loss, Trauma, and Resilience: Therapeutic Work with Ambiguous Loss* (W. W. Norton, 2006) and *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress*

and Grief (Jossey-Bass, 2011). Her most recent book is *The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change* (W. W. Norton, 2022). Her work is known around the world wherever ambiguous losses occur, and thus her books are now available in 18 different languages. For more information about Dr. Boss, her writings, and the ambiguous loss online training program, see www.ambiguousloss.com.

Kenneth J. Doka, PhD, MDiv, is Senior Vice President, Grief Programs at Hospice Foundation of America (HFA) and the recipient of the 2019 Lifetime Achievement Award from the Association of Death Education and Counseling (ADEC). 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. He has been a panelist on HFA's *Living with Grief*® program for 28 years. Dr. Doka is a past president of ADEC, a former board member of the International Work Group on Death, Dying and Bereavement, and an Advisory Board member to the Tragedy Assistance Program for Survivors (TAPS). He is the recipient of The International Work Group on Death, Dying, and Bereavement's prestigious Herman Feifel Award and ADEC's Award for Outstanding Contributions in the Field of Death Education. In 2006, he was grandfathered in as a Mental Health Counselor under New York's first state licensure of counselors. Dr. Doka is an ordained Lutheran minister.

REVIEWER:

Angela Novas, MSN, RN, CRNP, *Senior Medical Officer*, Hospice Foundation of America

BIBLIOGRAPHY/REFERENCES:

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Abigail Nathanson, Madeline Rogers, When Ambiguous Loss Becomes Ambiguous Grief: Clinical Work with Bereaved Dementia Caregivers, *Health & Social Work*, Volume 45, Issue 4, November 2020, Pages 268–275, <https://doi.org/10.1093/hsw/hlaa026>

Yusen Zhai, Xue Du, Loss and grief amidst COVID-19: A path to adaptation and resilience, in *Brain, Behavior, and Immunity*, Volume 87, 2020, Pages 80-81, <https://doi.org/10.1016/j.bbi.2020.04.053>.

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NHPCO (National Hospice and Palliative Care Organization), Facts & Figures, 2022; <https://www.nhpco.org/hospice-facts-figures/>

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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 Review Committee Members) 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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