

## COMPLICATED GRIEF IN THE COVID-19 ERA



### DESCRIPTION:

This webinar explores complicated grief that will likely emerge from the COVID-19 Pandemic. The Coronavirus pandemic brings in its wake not only pervasive threats to human life and financial security, but also a tsunami of anxiety and grief over countless losses, both intangible and concrete. This presentation summarizes the psychological toll of the pandemic, focusing on its assault on familiar and taken-for-granted meanings on which we previously relied to understand ourselves, our world, and our future. In particular we will focus on the implications of COVID-19 for bereavement care for survivors of both viral and non-viral losses in this era, and sketch the implications for healing interventions at the end of life and in dealing with the unfinished business mourners face in its aftermath.

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### 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.

<b>LIVE DATE:</b>	June 25, 2020
<b>TIME:</b>	Noon to 1:30pm ET
<b>ON DEMAND:</b>	Available for 1 year; until June 24, 2021
<b>LENGTH:</b>	90 minutes
<b>CEs:</b>	1.5 hours for a wide variety of professional boards
<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>	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.**

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### 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”

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## REGISTRATION / VIEWING INSTRUCTIONS:

Eventbrite registration is required to receive viewing instructions. Please register at <https://complicatedgriefcovid.eventbrite.com>. An auto-generated email containing the viewing link will be sent after you register, which may end up in your junk folder.

The program will be recorded and available for on demand viewing at: <https://hospicefoundation.org/Education/Complicated-Grief-in-the-COVID-19-Era>

Please email [educate@hospicefoundation.org](mailto:educate@hospicefoundation.org) if you have any questions.

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## LEARNING OBJECTIVES:

At the conclusion of this webinar, participants will be able to:

1. Define *complicated grief* and describe risk factors that might contribute to Prolonged Grief Disorder or other forms of complicated grief reactions;
  2. Describe 2 tools for assessment of COVID anxiety and unresolved issues in bereavement;
  3. Discuss evidence that meaning making mitigates Coronavirus anxiety;
  4. Describe interventions that can be used with varied populations experiencing complicated grief reactions to COVID-19 deaths;
  5. Assess the possibility of post-traumatic growth following the pandemic.
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## PROGRAM OUTLINE:

- I. Introduction: Complicated Grief and COVID-19 (20 minutes)
    - A. Defining Complicated Grief
    - B. Risk Factors Inherent in the Pandemic—COVID-19 Deaths
    - C. Risk Factors Inherent in the Pandemic—non-COVID-19 Deaths
  - II. Corona Virus and Anxiety (20 minutes)
    - A. Assessment
    - B. Correlates
    - C. Mediators
  - III. Interventive Approaches (30 minutes)
  - IV. Conclusion: After the Pandemic: Is Post-Traumatic Growth Possible? (10 minutes)
  - V. Question and Answer Session (10 minutes)
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## CONTINUING EDUCATION (CE) CREDITS:

This program is valid for 1.5 hours of CE credit. CE credits are free and are available for 1 year, until June 24, 2021.

A complete list of board approvals for this webinar program is posted to HFA's website at [www.hospicefoundation.org](http://www.hospicefoundation.org).

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## 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](http://educate.hospicefoundation.org)).

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### **EXPERT PANELISTS:**

**Kenneth J. Doka, PhD, MDiv**, is Senior Bereavement Consultant to HFA and recipient of the 2019 Lifetime Achievement Award from the Association for Death Education and Counseling. He serves as editor of HFA's *Living with Grief*<sup>®</sup> book series and its *Journeys* bereavement newsletter. He is a prolific author, editor, and lecturer; past president of the Association for Death Education and Counseling (ADEC); and a member and past chair of the International Work Group on Death, Dying, and Bereavement (IWG). In 2018, the IWG presented Doka with the Herman Feifel Award for outstanding achievement in thanatology. He received an award for Outstanding Contributions in the Field of Death Education from ADEC in 1998. Doka is an ordained Lutheran minister and a licensed mental health counselor in the state of New York.

**Robert A. Neimeyer, PhD**, is Professor Emeritus of the Department of Psychology, University of Memphis, and maintains an active consulting and coaching practice. He also directs the *Portland Institute for Loss and Transition*, which provides training internationally in grief therapy. Neimeyer has published 30 books, including *Techniques of Grief Therapy: Assessment and Intervention* and *Grief and the Expressive Arts: Practices for Creating Meaning*, the latter with Barbara Thompson, and serves as Editor of the journal *Death Studies*. The author of over 500 articles and book chapters and a frequent workshop presenter, he is currently working to advance a more adequate theory of grieving as a meaning-making process. Neimeyer served as President of the Association for Death Education and Counseling (ADEC) and Chair of the International Work Group for Death, Dying, & Bereavement. In recognition of his scholarly contributions, he has been granted the Eminent Faculty Award by the University of Memphis, made a Fellow of the Clinical Psychology Division of the American Psychological Association, and given Lifetime Achievement Awards by both the Association for Death Education and Counseling and the International Network on Personal Meaning.

**Leah McDonald, MD**, is a current Fellow in Hospice and Palliative Medicine at Hope Health and Brown University School of Medicine in Rhode Island. She completed her residency in Emergency Medicine at NYU/Bellevue and is interested in improving primary palliative care and hospice skills provided in critical care setting and the Emergency Department.

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### **BIBLIOGRAPHY/REFERENCES:**

#### **Other organization's websites:**

The Association for Death Education and Counseling [www.adec.org](http://www.adec.org)

#### **Peer-reviewed journal/resource:**

[Cara L. Wallace](#), PhD, LMSW, APHSW-C,\* [Stephanie P. Wladkowski](#), PhD, LMSW, APHSW-C, [Allison Gibson](#), PhD, MSW, LISW, and [Patrick White](#), MD, HMDC, FACP, FAAHPM (April 13, 2020). *Grief During the COVID-19 Pandemic: Considerations for Palliative Care Providers*. In the Journal of Pain and Symptom Management.

Deborah Carr, Kathrin Boerner & Sara Moorman (2020) Bereavement in the Time of Coronavirus: Unprecedented Challenges Demand Novel Interventions, Journal of Aging & Social Policy, DOI: [10.1080/08959420.2020.1764320](https://doi.org/10.1080/08959420.2020.1764320)

Heeke, C., Stammel, N., and Heinrich, M. *Conflict-related trauma and bereavement: Exploring differential symptom profiles of prolonged grief and posttraumatic stress disorder.* (2017). In BMC Psychiatry, 17:118.

**Textbook references:**

Neimeyer, R. A. (2016). *Complicated grief: Assessment and intervention.* In J. Cook, S. Gold & C. Dalenberg (Eds.). APA handbook of trauma psychology.

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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.

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**CONFLICT OF INTEREST:**

Planners (Panelists and Review Committee Members) disclose no conflict of interest relative to this educational activity.

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**FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES**

**Please contact Hospice Foundation of America (HFA)**

**CONTACT INFORMATION**

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