THE GRIEVING BRAIN

DESCRIPTION:
What does grief do to our brain? Using an integrative view of clinical psychology and cognitive neuroscience, Mary Frances O’Connor, PhD, author of *The Grieving Brain*, shares her decades of research on how our brain reacts to the loss of a loved one and how it adjusts to life without that person, shedding new light on the trajectory of grieving while dispelling popular, unscientific models of grief. In addition, Dr. O’Connor will address how empirical research (including neuroscience) has helped to define prolonged grief disorder and how targeted psychotherapy is an effective treatment for this disabling condition.

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:** September 12, 2023  
**TIME:** Noon to 1:30pm ET  
**ON DEMAND:** Available for 1 year; until September 11, 2024  
**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](https://zoom.us/test)

Technical Questions? Please go to [https://zoom.us/](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: $45.50
Organizational Viewing: Member: $156.00 | Non-member: $260.00

SAME DAY and ON-DEMAND PURCHASE Single Webinar Registration
Individual Viewer: Member: $29.70 | Non-member: $49.50
Organizational Viewing: Member: $165.00 | Non-member: $275.00

WEBINAR PACKAGE (9 programs)
Individual Viewer: Member: $241.80 | Non-member: $403.00
Organizational Viewing: Member: $1,398.60 | Non-member: $2,331.00

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. Describe how the neurobiological attachment system encodes relationship bonds in humans and pair-bonded animals, using neurochemicals like oxytocin, dopamine, and endogenous opioids.
2. Define prolonged grief disorder and describe psychological and neuroscientific data that identify it.
3. Explain how rumination and avoidance can prolong the process of updating the prediction (i.e., learning) that the deceased is no longer available.

PROGRAM OUTLINE:
I. Neurobiology of grief and grieving (23 min)
   a. Neurobiology of attachment in prairie voles
   b. Neurobiology of attachment in humans, including reward learning
   c. Difference between grief and grieving
   d. Cognitive neuroscience of grief
   e. Gone But Also Everlasting theory
II. Prolonged Grief Disorder (PGD) (14 min)
   a. Debunking the myth of the 5 stages of grief
   b. Empirical data on the grieving trajectories
   c. Diagnostic criteria and cultural considerations
III. Grieving as a form of learning (20 min)
a. Complications for learning are also complications for grieving 
b. Bereavement as a health disparity

IV. Toolkit of coping strategies and psychotherapeutic intervention (18 min)
a. Emotion regulation flexibility, the right strategy for the right moment 
b. Avoidance 
c. Rumination

V. Question and Answer Session (15 min)

CONTINUING EDUCATION (CE) CREDITS:
This program is valid for 1.5 continuing education contact hours. CE hours are available for 1 year, until September 11, 2024.

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

EXPERT PANELISTS:
Mary-Frances O’Connor, PhD, is an associate professor of psychology at the University of Arizona, where she directs the Grief, Loss and Social Stress (GLASS) Lab, which investigates the effects of grief on the brain and the body. O’Connor earned a doctorate from the University of Arizona in 2004 and completed a fellowship at UCLA. Following a faculty appointment at UCLA Cousins Center for Psychoneuroimmunology, she returned to the University of Arizona in 2012. Her work has been published in the American Journal of Psychiatry, Biological Psychiatry, and Psychological Science, and featured in Newsweek, the New York Times, and The Washington Post. Having grown up in Montana, she now lives in Tucson, Arizona. For more information go to https://www.maryfrancesoconnor.com/.

REVIEWER:
Angela Novas, MSN, RN, CRNP, ACHPN, Senior Medical Officer, Hospice Foundation of America

BIBLIOGRAPHY/REFERENCES:
The Grief, Loss, and Social Stress (GLASS) Lab
Dwelling in Prolonged Grief: Resting State Functional Connectivity During Oxytocin and Placebo Administration

Grieving as a Form of Learning: Insights From Neuroscience Applied to Grief and Loss

History and Status of Prolonged Grief Disorder as a Psychiatric Diagnosis
Holly G. Prigerson, Sophia Kakarala, James Gang, Paul K. Maciejewski
Annual Review of Clinical Psychology 2021 17:1, 109-126


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CE certificates for this program may only be obtained through HFA. CE instructions will be provided to the registered contact for the organization (or to the registered individual) prior to the live air date and to attendees at the end of the program.

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. None of the planners or presenters for this educational activity have relevant financial relationships to disclose with ineligible companies.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES
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