

USING MEDITATION TO HELP GRIEVERS COPE WITH CHALLENGING EMOTIONS

DESCRIPTION:

Mindfulness-based interventions are becoming more and more popular in hospice and mental health settings, and appear to be a one-sized-fits-all solution to alleviate suffering. Care must be taken, however, to offer an appropriate style of meditation for the client's circumstance, and to do so with a trauma-sensitive approach. This webinar explores how meditation can help with the physical and emotional reactions to grief, and in particular how it can help bereaved people cope with a wide range of difficult emotions.

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:	March 19, 2019
TIME:	Noon to 1:30pm ET
ON DEMAND:	Available for 1 year; until March 18, 2020
LENGTH:	90 minutes
CEs:	1.5 hours for a wide variety of professional boards
CE FEE:	\$9.00 per participant (individual registration includes 1 CE certificate)
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.
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:

http://eventcenter.commpartners.com/se/Meetings/BrowserTest_New.aspx?account.id=CommPart

Technical Questions? Please contact CommPartners at 1-800-274-9390 or via e-mail at: hospice@commpartners.com.

PROGRAM FEES/MATERIALS:

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.

Individual Webinar

NON-MEMBERS:	HFA MEMBERS:	
\$25.00	\$18.75	Individual Registration
\$50.00	\$37.50	Multiple-Viewer Registration

*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 202-457-5811.

HOW TO REGISTER:

Register directly online, on HFA's website: www.hospicefoundation.org.

REGISTRATION POLICY:

Individual Registration

Provides one person, the registrant, access to the webcast for personal viewing.

Multi-Viewer Registration

Provides one person, the registrant, access to the webcast for streaming from one computer to a group of people.

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:

1. Summarize how contemporary research supports meditation as an effective intervention to improve physical and mental health
 2. Differentiate three types of meditation practices that may be used to reduce emotional suffering and their specific applications
 3. Discuss the importance of trauma-sensitivity when facilitating meditation-based interventions
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PROGRAM OUTLINE:

- I. Grief and it's impact on the Mind/Body System (5 minutes)
 - II. Introduction to Meditation for Grief System (3 minutes)
 - III. Review of Relevant Meditation Literature (12 minutes)
 - IV. Focus, Compassion & Embodied Mindfulness Meditation for Difficult Emotions (15 minutes)
 - V. Overview of RAIN Meditation (15 minutes)
 - VI. Case Study (5 minutes)
 - VII. Question and Answers (35 minutes)
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CONTINUING EDUCATION (CE) CREDITS:

This program is valid for 1.5 hours of CE credit. The CE cost is \$9 per certificate*. CE credits are available for 1 year, until March 18, 2020.

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

*An individual registration includes 1 CE certificate

**An Unlimited CE package is available for multi-viewer registrations. If purchased, the program organizer will be provided with a unique payment code to distribute to their attendees to use in place of payment online.

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 PANELIST:

Heather Stang, MA, C-IAYT is the author of *Mindfulness & Grief* and is the host of the *Mindfulness & Grief Podcast*. She has a Master's Degree in Thanatology and is a certified yoga therapist in the Phoenix Rising tradition. Heather is on the Board of Advisors for *Tragedy Assistance Program for Survivors (TAPS)*, and partners with survivor and grief professional organizations on self-care and meditation for grief, including the *National Fallen Firefighter's Foundation*, *National Hospice & Palliative Care Organization (NHPCO)*, *Association of Death Education and Counseling (ADEC)*, *Maryland Hospital Association*, and the *LiveOnNY Organ Donation Network*. Heather facilitates Meditation for Grief Groups online and offers free guided meditations on her website at MindfulnessAndGrief.com.

REVIEWER:

Lynda Shand, CHPN, CNE, RN, PhD, Associate Professor, The College of New Rochelle

BIBLIOGRAPHY/REFERENCES:

Other Organization's Websites:

Mindfulness and Grief Training Institute, www.mindfulnessandgrief.com

Peer-reviewed Journal/resource:

Bui, E., Chad-Friedman, E., Wieman, S.,Denninger, J. (Nov. 26, 2017). Patient and Provider Perspectives on a Mind-Body Program for Grieving Older Adults. *In American Journal of Hospice and Palliative Medicine* . <https://doi.org/10.1177/1049909117743956>

Cacciatore J., Rubin J.B. (2016) The Last of Human Desire: Grief, Death, and Mindfulness. In: Shonin E., Gordon W., Griffiths M. (eds) *Mindfulness and Buddhist-Derived Approaches in Mental Health and Addiction*. Advances in Mental Health and Addiction. Springer.

Katherine P. Supiano & Vicki Kennedy Overfelt (2018) Honoring grief, honoring ourselves: Mindfulness-based stress reduction education for grief group clinician-facilitators, *Social Work in Mental Health*, 16:1, 62-73, DOI: [10.1080/15332985.2017.1342114](https://doi.org/10.1080/15332985.2017.1342114)

Expert resources:

Our program Speaker is an expert resource (see biography, above)

Textbook references:

Stang, H. (2014). *Mindfulness and Grief*. CICO Books.

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CE Credits 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.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

Please contact Hospice Foundation of America (HFA)

CONTACT INFORMATION

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