

APPLICATIONS OF MEANING-CENTERED PSYCHOTHERAPY IN HOSPICE AND PALLIATIVE CARE



DESCRIPTION:

A significant subset of patients receiving hospice and palliative care experience clinically significant existential distress, depression, and anxiety, ultimately compounding their suffering. As health deteriorates, connections to sources of meaning in life may be challenged. There is thus a compelling need offer meaning-centered interventions. This program will describe applications of Meaning-Centered Psychotherapy (MCP) for patients receiving hospice and palliative care. MCP is a brief, manualized intervention that systematically explores existential concepts and their relevance to patients' lives. MCP helps patients recognize their ability to choose their attitude in the face of suffering, to connect with sources of meaning in their lives, and to choose how they tell their story. Cases will be discussed, and how to adapt the intervention with various populations and clinical scenarios will be explored.

PROGRAM DETAILS:

This presentation features an experienced professional offering her own expertise on the topic. On the screen, you will see the slide presentation and will be able to hear the expert talking and presenting. If you login for the live version of the program, you'll also have the opportunity to email or text the expert questions that she will discuss and answer during the program's Q & A session.

LIVE DATE:	March 14, 2023
TIME:	Noon to 1:30pm ET
ON DEMAND:	Available for 1 year; until March 13, 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>

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. Identify meaning-making challenges that patients receiving hospice and palliative care commonly face.
 2. Describe Meaning-Centered Psychotherapy and its core principles.
 3. Discuss exercises that may facilitate meaning-making and enhance patients' sense of meaning in life and how to tailor these in hospice and palliative settings.
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PROGRAM OUTLINE:

- I. Overview of psychosocial/existential challenges in patients receiving hospice and palliative care (10 minutes)
 - II. Overview of Meaning-Centered Psychotherapy principles and session content (25 minutes)
 - III. Description of relevant adaptations, including bedside/hospice, caregiver, and grief versions (25 minutes)
 - IV. Q&A (questions and case discussion; 30 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 March 13, 2024.

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).

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

EXPERT PANELISTS:

Wendy Lichtenthal, PhD, FT, is Director of the Bereavement Clinic and Associate Attending Psychologist in the Department of Psychiatry and Behavioral Sciences at Memorial Sloan Kettering Cancer Center (MSK) and Assistant Professor of Psychology in the Department of Psychiatry at Weill Cornell Medicine. She completed her undergraduate studies at The University of Chicago, her doctorate at the University of Pennsylvania, her clinical psychology internship at Payne Whitney/Weill Cornell Medicine, and a postdoctoral research fellowship in psycho-oncology at MSK, where she was Chief Research Fellow. Dr. Lichtenthal's research has focused on grief and bereavement, meaning-making, intervention development, and cancer survivorship. Her research has been supported by the National Institutes of Health, the American Cancer Society, the T.J. Martell Foundation, and Cycle for Survival. Dr. Lichtenthal was the recipient of the Kawano New Investigator Award from the International Psycho-Oncology Society in 2012, the Research Recognition Award from the Association for Death Education and Counseling in 2019, and the Outstanding Clinical Care Award from the American Psychosocial Oncology Society in 2023. As a licensed clinical psychologist, her clinical practice focuses on supporting bereaved individuals as well as breast cancer patients at the Evelyn H. Lauder Breast Center.

REVIEWER:

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

BIBLIOGRAPHY/REFERENCES:

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 - Breitbart WS, Lichtenthal WG, Applebaum AJ. Meaning-Centered Psychotherapy. In Steel J and Carr B (Eds.), *Psychological Aspects of Cancer*. Cham, Switzerland: Springer, 2022
 - Rosenfeld B, Saracino R, Tobias K, et al. Adapting Meaning-Centered Psychotherapy for the palliative care setting: Results of a pilot study. *Palliat Medicine* 2017;31(2):140-146.
 - Masterson M, Rosenfeld B, Pessin H, Fenn N. Adapting Meaning-Centered Psychotherapy in the Palliative Care Setting: Meaning-Centered Psychotherapy - Palliative Care. In W. Breitbart (Ed.), *Meaning-Centered Psychotherapy in the Cancer Setting: Finding Meaning and Hope in the Face of Suffering* (pp. 112-121). New York, NY: Oxford University Press, 2017
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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.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

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