

LIVING WITH GRIEF®
DIAGNOSIS: PROLONGED GRIEF DISORDER



DESCRIPTION:

The 2024 *Living with Grief®* program highlights prolonged grief disorder as a new addition to the *Diagnostic and Statistical Manual of Mental Disorders* (5th ed., text rev.) (DSM-5-TR). Panelists will explore the nature of the disorder and, using a case study approach, examine the diagnosis of the condition, when to refer for treatment, and effective evidence-based approaches to treatment.

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:** April 16, 2024
TIME: Noon-2:30 pm **Eastern Time** (please adjust to your time zone accordingly)
ON DEMAND: Available for 1 year; until April 15, 2025
LENGTH: 2.5 hours
CEs: 2.5 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.

Living with Grief® 2024

Individual Viewer: Member: \$53.40 | Non-member: \$89.00

Organizational Viewing*: Member: \$165.00 | Non-member: \$275.00

Organizational + Community Access License+: Member: \$249.00 | Non-member: \$415.00

**Organizational viewing 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>

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. Review the diagnostic criteria for prolonged grief disorder (PGD) in the DSM-5-TR.
 2. Indicate the varied ways that the DSM-5-TR acknowledges a range of complications to the grieving process and how PGD differs from other diagnoses in the DSM-5-TR.
 3. Recognize the risk factors for PGD and the signs that make it appropriate to refer for treatment.
 4. Describe current evidence-based approaches to treating PGD.
 5. Discuss how the PGD diagnostic criteria may influence research and the treatment of grief complications in future editions of the DSM.
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PROGRAM OUTLINE:

Part 1: Understanding Prolonged Grief Disorder (1hr 10min)

- I. Understanding prolonged grief disorder (PGD)
 - A. Introduction: Criteria for PGD
 - B. How PGD is different from: (Interview with R. Shiner and one diagnosed with PGD)
 1. Typical grief reactions
 2. Major depressive disorder, posttraumatic stress disorder
 3. Co-morbidity
 4. Other loss-related problems
 - C. Risk factors/assessment for PGD (Case study on when to refer from a hospice person trained in PGD)
 1. Person-related
 2. Relationship to the deceased
 3. Circumstances related to the death
 4. History of past losses, including non-death losses
 - D. Environmental Factors that Impact the Likelihood of Risk Factors for PGD
 1. Marginalization
 2. Discrimination

3. Poverty and environmental circumstances
4. COVID-19 and other major global or community loss events

INTERMISSION (5 mins)

Part 2: Treatment Implications (1hr 15min)

1. Treating PGD
 - A. Therapeutic Approaches (Case studies?)
 1. Prolonged grief therapy
 2. Cognitive behavioral therapy
 3. Family-focused grief therapy
 4. Meaning-centered grief therapy
 - B. The issue of medication – Does medication work? (Possible case of griever medicated for depression but actually coping with PGD)
 - C. Treating children and adolescents (Case with Steve Cozza)
2. Conclusion:
 - A. The Future of PGD
 1. Ways to help people understand this diagnosis
 2. Ways to increase accessibility of helpful interventions
 - B. Closing speculations
 1. Possible application to non-death losses
 2. Are other diagnoses likely to be included in future DSMs for other grief-related complications?

COURSE COMPLETION REQUIREMENTS AND CE INFORMATION:

Participants must attend the entire 2.5 hour program. Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline of April 15, 2025. CE instructions for attendees are as follows.

- 1 - Go to educate.hospicefoundation.org and create an account
- 2 - Enter the Course Code (Provided at the end of the program)
- 3 - Enter the Site ID (Same as your order number from your purchase of the program)
- 4 - Complete the exam. The exam must be completed at 80% or above to pass (the exam may be re-taken, if necessary)
- 5 - Choose the board from which they wish to receive credit
- 6 - Fill out the evaluation form
- 7 - Print or email your CE certificate immediately

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



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In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Hospice Foundation of America. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

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Please refer to HFA's board list for each professional board's full approval statement, located at https://hospicefoundation.org/hfa/media/Files/Board%20Lists/Board-List_LWG-Prolonged-Grief.pdf.

MODERATOR:

Frank Sesno, is Director of Strategic Initiatives, The George Washington University School of Media & Public Affairs, a former anchor for CNN, and a longtime moderator of the *Living with Grief*[®] program. He is an Emmy-award winning journalist and creator of PlanetForward.org, a user-driven web and television project that highlights innovations in sustainability, and he is the author of *Ask More: The Power of Questions to Open Doors, Uncover Solutions and Spark Change*.

EXPERT PANELISTS:

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 29 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.

Wendy Lichtenthal, PhD, FT, is Director of the Center for the Advancement of Bereavement Care at the Sylvester Comprehensive Cancer Center and Associate Professor, Pending Rank, in the Department of Public Health Sciences at the University of Miami Miller School of Medicine. She is a licensed clinical psychologist and has worked as a grief specialist for 20 years. Since 2005, she has been at Memorial Sloan Kettering Cancer Center (MSK) in New York City, where she was Founding Director of the Bereavement Clinic and Associate Attending Psychologist, and where she now serves as Consultant Faculty. She was a recipient of the 2012 International Psycho-Oncology Society Kawano New Investigator Award, the 2019 Association for Death Education and Counseling (ADEC) Research Recognition Award, and the 2023 American Psychosocial Oncology Society Outstanding Clinical Care Award. She is a Fellow in Thanatology and was elected to the ADEC Board of Directors in 2023.

Sonya Lott, PhD, has been a licensed psychologist for more than three decades. She maintains a multi-state online private practice, specializing in the diagnosis and treatment of Prolonged Grief Disorder (PGD). She is a frequent presenter on PGD at professional conferences, and often shares information about acute and prolonged grief and the impact of the pandemic on grieving on national podcasts (WYNC and WBUR) and in other media including The Washington Post and CNN.com. Dr. Lott is also the founder and CEO of CEMPSYCH, LLC, a company that provides continuing education in multicultural psychology for mental health professionals.

M. Katherine Shear, MD, is the Marion E. Kenworthy Professor of Psychiatry and the founding Director of the Center for Prolonged Grief at Columbia University School of Social Work. Dr. Shear is a clinical researcher who first worked in anxiety and depression. For the past 25 years, she has focused on understanding and treating people who experience persistent, intense grief, which is now an official diagnosis called Prolonged Grief Disorder in the ICD-11 and DSM-5. She developed and tested Complicated Grief Therapy/Prolonged Grief Disorder Therapy; a short-term, strength-based intervention that helps foster adaptation to loss, and confirmed its efficacy in three large NIMH-funded studies. Dr. Shear is widely recognized for her work in

bereavement, including both research and clinical awards from the Association for Death Education and Counseling and invited authorship of articles for Uptodate and the New England Journal of Medicine. Her work includes more than 330 peer-reviewed publications. She's developed several widely used assessment instruments and a PGDT instruction manual.

REVIEWER:

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

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CONFLICT OF INTEREST:

No individual with the ability to control the content of this activity has any relevant financial relationship with ineligible companies to disclose.

No in-kind commercial support was received for this educational activity.

Intellectual Property

Dr. Lichtenthal's federally-funded research has been funded by the National Institute of Mental Health, National Cancer Institute, National Institute of Nursing Research, American Cancer Society, T.J. Martell Foundation, and MSK's Cycle for Survival and has focused on grief and bereavement, cancer survivorship, intervention development and evaluation, and finding meaning in the face of adversity. She is an inventor of the Meaning-Centered Grief Therapy intervention manual used in her research.

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

The following table of disclosure information contains the relevant financial relationships that each individual in a position to control the content disclosed to Amedco. All of these relationships were treated as a conflict of interest and have been resolved. (C7 SCS 6.1-6.2, 6.5).

Name	Commercial Interest: Relationship
Lindsey Currin	NA
Kenneth Doka	NA

Wendy Lichtenthal
Sonya Lott
Kristen Nanjundaram
Angela Novas
Frank Sesno
Kathy Shear
Ryan Dixon

Blue Note Therapeutics: ConsultantPsyOnc Partners, LLC, Light of the Valley, LLC:Owner
NA
NA
NA
NA
Guilford Press: Contract to write a book on grief
NA

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

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