

PROLONGED GRIEF DISORDER

DESCRIPTION:

This presentation will discuss Prolonged Grief Disorder (PGD) and how it is different from usual continuing grief as well as Major Depression and PTSD. Derailers of the usual continuing grief process and risk factors associated with PGD, particularly those inherent in the COVID-19 pandemic, will also be discussed. We will describe the treatment model for Prolonged Grief Disorder Therapy (PGDT) which is focused on adapting to loss as a re-learning process and consists of psychoeducation and experiential learning activities focusing on six (6) Healing Milestones. We will explain how these milestones promote acceptance of the reality of the loss and restore the capacity for well-being and provide clinical examples of the therapy.

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:	January 10, 2023
TIME:	Noon to 1:30pm ET
ON DEMAND:	Available for 1 year; until January 9, 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. Summarize the symptoms of PGD
 2. Describe three derailers of usual continuing grief
 3. Describe two risk factors for PGD associated with the COVID-19 pandemic
 4. Describe at least one difference between PGD and MDD and two differences between PGD and PTSD
 5. Summarize the principles and procedures of Prolonged Grief Disorder Therapy
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PROGRAM OUTLINE:

- I. Prolonged Grief Disorder and how it is different from usual continuing grief (10 min)

- II. Differentiating Prolonged Grief Disorder from Major Depression and PTSD (10 min)
 - III. Derailers of usual continuing grief and risk factors associated with PGD (10 min)
 - IV. Overview of the PGD Treatment Model (10 min)
 - V. Healing Milestones (15 min)
 - VI. Clinical examples of PGDT (15 min)
 - VII. Question and Answer Session (20 min)
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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 January 9, 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).

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EXPERT PANELISTS:

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.

Sonya Lott, PhD, Dr. Lott 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.

REVIEWER:

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

BIBLIOGRAPHY/REFERENCES:

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Goveas, J. S., & Shear, M. K. (2020). Grief and the COVID-19 pandemic in older adults. *The American Journal of Geriatric Psychiatry*, 28(10), 1119-1125.

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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 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 except for presenter M. Katherine Shear who has a book contract with Guilford Press. All of the relevant financial relationships listed for this individual have been mitigated.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

Please contact Hospice Foundation of America (HFA)

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