

# THERAPEUTIC RESPONSE TO TRAUMA AND LOSS IN THE COVID-19 PANDEMIC



## DESCRIPTION:

The COVID-19 pandemic is presenting everyone with a variety of death and non-death losses, which are transpiring in circumstances which themselves have varying degrees of personal traumatization. These range from the suddenness of a loved one's death; to the inability to be with them to say goodbye; to the lack of funeral rituals; to contending with life threat and potential loss of others; to the attempt to mourn the person while balancing demands of isolation, severe violation of the assumptive world, and professional and economic instability; among many others. Elements that were identified pre-COVID-19 to predict high risk for complicated mourning and failures in adaptation are now *routinely* found in today's situations. This webinar will identify the issues of trauma and loss that visit us in today's pandemic, will explore how they influence each other, will survey the short and long-term challenges that are created, and will delineate effective strategies for coping with the unique issues posed by COVID-19 trauma and loss. The focus will be on one's work as a professional, as well as on personal self-care.

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## 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.

<b>LIVE DATE:</b>	May 27, 2020
<b>TIME:</b>	Noon to 1:30pm ET
<b>ON DEMAND:</b>	Available for 1 year; until May 26, 2021
<b>LENGTH:</b>	90 minutes
<b>CEs:</b>	1.5 hours for a wide variety of professional boards
<b>CONTENT LEVEL:</b>	The program is mainly for professionals already working in the field, but is practical for all levels of education – entry level, intermediate or advanced.
<b>TARGET AUDIENCE:</b>	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.**

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## 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"

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## REGISTRATION / VIEWING INSTRUCTIONS:

Eventbrite registration is required to receive viewing instructions. Please register at <https://covidtrauma.eventbrite.com>. An auto-generated email containing the viewing link will be sent after you register, which may end up in your junk folder.

The program will be recorded and available for on demand viewing at: <https://hospicefoundation.org/Education/Therapeutic-Response-to-Trauma-and-Loss-in-the-COV>

Please email [educate@hospicefoundation.org](mailto:educate@hospicefoundation.org) if you have any questions.

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## LEARNING OBJECTIVES:

At the conclusion of this webinar, participants will be able to:

1. Discuss the association between trauma and loss (death and non-death) in the COVID-19 pandemic
  2. Delineate at least five non-death losses found in the COVID-19 pandemic
  3. Explain how trauma and loss influence one another and how that impacts the individual
  4. List which previously-identified high-risk factors for complicated mourning and failure in adaptation are routinely encountered in the COVID-19 pandemic
  5. Discuss how mourning the death of a loved one under current COVID-19 conditions presents short- and long-term challenges
  6. Identify at least five effective strategies for coping with COVID-19 trauma and loss
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## PROGRAM OUTLINE:

- A. Statement of problem (5 minutes)
  - B. Trauma and loss (death and non-death) loss in the COVID-19 pandemic (20 minutes)
  - C. Identification of high-risk factors commonly present in the COVID-19 pandemic (25 minutes)
  - D. Strategies for coping with the unique challenges posed by the trauma-loss combination in personal and professional realms (30 minutes)
  - E. Question and Answer Session (10 minutes)
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## CONTINUING EDUCATION (CE) CREDITS:

This program is valid for 1.5 hours of CE credit. CE credits are free and are available for 1 year, until May 26, 2021.

A complete list of board approvals for this webinar program is posted to HFA's website at [www.hospicefoundation.org](http://www.hospicefoundation.org).

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## 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](http://educate.hospicefoundation.org)).

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### EXPERT PANELISTS:

**Jenna Z. Marcus, MD**, co-created a Palliative Care Mobile Unit to help COVID-19 patients and their families. She and her colleagues traveled the emergency department, intensive care units and medical floors initiating end-of-life conversations, establishing health care proxies and discussing advance directives. Dr. Marcus is a gynecologic oncologist at Rutgers New Jersey Medical School in Newark. She serves as Assistant Professor in the Division of Gynecological Oncology at the Rutgers Cancer Institute of New Jersey and is Director of Robotic Surgery for the Institute's Department of Obstetrics, Gynecology and Women's Health. She serves on the board of several national committees within the field including, the Society of Gynecologic Oncology and American Society for Colposcopy and Cervical Pathology.

**Therese A. Rando, PhD, BCETS, BCBT**, is a clinical psychologist, traumatologist, and thanatologist. She is the Clinical Director of The Institute for the Study and Treatment of Loss, which provides mental health services through psychotherapy, training, supervision, and consultation, and specializes in: loss and grief; traumatic stress; and the psychosocial care of persons with physical injury, serious acute medical conditions, or with chronic, life-threatening, or terminal illness, and their loved ones. Her current research interests focus on the course of mourning after traumatic loss; construction of a self-help program for coping with the sudden death of a loved one; development of an integrated group intervention for traumatic loss survivors; and evaluation of an intervention program for traumatized first responders after critical incidents. She is the author of *Treatment of Complicated Mourning; How To Go On Living When Someone You Love Dies*; and *Grief, Dying, and Death: Clinical Interventions for Caregivers*; and is a co-author of *Treating Traumatic Bereavement: A Practitioner's Guide*.

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### BIBLIOGRAPHY/REFERENCES:

Horesh, D., & Brown, A. D. (2020). Traumatic stress in the age of COVID-19: A call to close critical gaps and adapt to new realities. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(4), 331-335. <http://dx.doi.org/10.1037/tra0000592>

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Lathrop, D. (2017). Disenfranchised Grief and Physician Burnout. In *Annals of Family Medicine*, Vol 15(4), p. 375-378.

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Pearlman. L.A.; Wortman, CB; , Feuer, C.A.; Farber, C.H. and Rando, T.A. (2014). *Treating Traumatic Bereavement: A Practitioner's Guide*. New York, NY: Guilford Press.

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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](mailto:educate@hospicefoundation.org) or call 800-854-3402, or write to HFA, 1707 L Street NW, Suite 220, Washington, DC 20036.

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**CONFLICT OF INTEREST:**

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

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**FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES**

**Please contact Hospice Foundation of America (HFA)**

**CONTACT INFORMATION**

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