

## ENHANCING RESILIENCE AND FINDING BALANCE IN UNCERTAIN TIMES



### DESCRIPTION:

Working with people facing grief, loss, serious illness, and trauma poses critical challenges for the highly motivated and empathic professionals who care for them. Burnout, secondary traumatization, and moral distress are ongoing risks in this intensely emotional work, all dramatically heightened in the ongoing pandemic. How can professionals best access these deeper wellsprings of caring and put empathy and compassion to work in a way that enhances both clinical effectiveness and personal and professional growth? Dr. Dale Larson will explore this question, drawing upon recent discoveries in positive psychology, neurobiology, and psychotherapy that are revolutionizing understanding of empathy, compassion, altruism, resilience, teamwork, and the helping relationship.

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### PROGRAM DETAILS:

This presentation features an experienced professional offering his 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 he will discuss and answer during the program's Q & A session.

<b>LIVE DATE:</b>	December 7, 2021
<b>TIME:</b>	Noon to 1:30pm ET
<b>ON DEMAND:</b>	Available for 1 year; until December 6, 2022
<b>LENGTH:</b>	90 minutes
<b>CEs:</b>	1.5 hours for a wide variety of professional boards
<b>CE FEE:</b>	Included with registration
<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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## PROGRAM FEES/MATERIALS:

**Registration is free for HFA members.**

**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: FREE | Non-member: \$34.00  
Organizational Viewing\*: Member: FREE | Non-member: \$150.00

### **Same Day Single Webinar Registration and On-Demand Purchase**

Individual Viewer: Member: FREE | Non-member: \$39.00  
Organizational Viewing\*: Member: FREE | Non-member: \$160.00

*\*Organizational viewing registration provides access to an unlimited number of staff within the organization per registered location.*

## 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.

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## LEARNING OBJECTIVES:

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

- 1) Identify specific resilience-enhancing strategies for preventing burnout and promoting personal well-being and professional growth in our current context
  - 2) Identify and distinguish the varieties of emotional experience—including empathy, compassion, and personal distress—and how to manage these to achieve balanced involvement and clinical effectiveness
  - 3) Describe the health-promotive nature of purpose, meaning, and commitment in end-of-life work
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## PROGRAM OUTLINE:

- I. The pandemic and our "new normal"—implications for patients and clinicians (15 minutes)
  - II. Burnout, secondary traumatization, and moral distress in contemporary care (20 minutes)
  - III. Resilience enhancing strategies: Mindfulness, exercise, self-compassion, cognitive reappraisal, a resilient team, social support, integrated loss, balanced empathy, lifting the burden of painful secrets, finding meaning and purpose. (45 minutes)
  - IV. 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 available for 1 year, until December 6, 2022.

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)).

\*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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## EXPERT PANELISTS:

**Dale G. Larson, PhD**, is Professor of Counseling Psychology at Santa Clara University. A clinician and researcher, he is a Fulbright Scholar, a Fellow in the American Psychological Association, and member of the International Work Group on Death, Dying and Bereavement. His publications on end-of-life issues, stress in professional caregivers, grief and grief counseling, and self-concealment are widely cited, both in the scientific literature and in the popular media, and he was Senior Editor and a contributing author for the *Finding Our Way: Living with Dying in America* national newspaper series that reached 7 million Americans. He is the author of *The Helper's Journey: Empathy, Compassion, and the Challenge of Caring* (2020, Research Press), which received a Book of the Year Award from the American Journal of Nursing. A frequent presenter at national and international conferences, Dr. Larson received the Association for Death Education and Counseling Death Educator Award in 2016, and was honored as an Innovator of Hospice and Palliative Care by the National Hospice Foundation in 2018.

## REVIEWER:

**Lynda Shand, CHPN, CNE, RN, PhD**, Associate Professor, Mercy College

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## BIBLIOGRAPHY/REFERENCES:

Hospice and Palliative Nurses Association: <https://advancingexpertcare.org/>

Rokach, A., & Boulazreg, S. (2020). The covid-19 era: How therapists can diminish burnout symptoms through self-care. *Current Psychology: A Journal for Diverse Perspectives on Diverse Psychological Issues*. doi:10.1007/s12144-020-01149-6

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Blake, H., Bermingham, F., Johnson, G., & Tabner, A. (2020). Mitigating the Psychological Impact of COVID-19 on Healthcare Workers: A Digital Learning Package. *Int J Environ Res Public Health*, 17(9). doi:10.3390/ijerph17092997

Textbook: Larson, D. (2020). *The Helper's Journey: Empathy, Compassion, and the Challenge of Caring, Second Edition*. Research Printing Company.

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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.

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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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