

THE SHADOW PANDEMIC: PSYCHOLOGICAL SCREENING AND INTERVENTION IN THE COVID CRISIS



DESCRIPTION:

With astonishing rapidity, the global pandemic of COVID-19 brought with it the threat of death as it simultaneously assaulted a world of once familiar routines, relationships and resources that previously conferred on our lives a sense of security and meaning. In this webinar we will present recently validated screening tools for both debilitating anxiety as the contagion spreads and the complicated bereavement it is leaving in its shadow. Reviewing the range of worrisome clinical outcomes predicted by both measures, we conclude by suggesting evidence informed interventions for assisting clients struggling with the wordless apprehension of coronavirus anxiety and dysfunctional levels of pandemic grief. In particular, we will review evidence for the importance of reaffirming or reconstructing a world of meaning as a major mediator of adaptive functioning in the crisis and underscore the relevance of grief counseling strategies that assist clients in this effort.

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:	January 26, 2021
TIME:	Noon to 1:30pm ET
ON DEMAND:	Available for 1 year; until January 25, 2022
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:

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.

Individual Registration

(one viewer per program)

Member: \$10

Non-member: \$20

Organizational Registration

(2+ viewers)

Member: \$42.50

Non-member: \$85.00

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. Outline the refinement of the *Coronavirus Anxiety Scale 2.0* and review recent research documenting the role of conservation of core beliefs in mitigating distress
 2. Introduce a newly developed screening tool for dysfunctional grief following COVID bereavement, the *Pandemic Grief Scale*, and its clinical correlates
 3. Identify four therapeutic procedures for addressing Coronavirus anxiety and unfinished business in bereavement.
 4. Note two techniques for working with embodied emotion and ambiguous loss related to the pandemic
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PROGRAM OUTLINE:

- I. Validated screening tools for assessing coronavirus anxiety and dysfunctional grief following COVID bereavement (20 minutes)
 - a. Coronavirus Anxiety Scale (CAS)
 - b. Pandemic Grief Scale (PGS)
- II. Risk factors for complicated or prolonged grief exacerbated by the COVID-19 pandemic (25 minutes)
 - a. Social isolation
 - b. Unexpectedness of the death
 - c. Insecure and anxious attachment
 - d. Inability to make sense of the loss
- III. Therapeutic procedures for addressing Coronavirus anxiety and unfinished business in bereavement (15 minutes)
- IV. Clinical interventions for working with embodied emotion and ambiguous loss related to the pandemic (20 minutes)

CONTINUING EDUCATION (CE) CREDITS:

This program is valid for 1.5 hours of CE credit. CE credits are available for 1 year, until January 25, 2022.

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:

Robert A. Neimeyer, PhD, is Professor Emeritus of the Department of Psychology, University of Memphis; maintains an active consulting and coaching practice; and also directs the *Portland Institute for Loss and Transition*, where he oversees extensive online and onsite professional training modules. Neimeyer has published 30 books, including Routledge's series on *Techniques of Grief Therapy*, and serves as Editor of *Death Studies*. The author of over 500 articles and chapters and a popular workshop presenter, he is currently working to advance a more adequate theory of grieving as a meaning-making process. In recognition of his contributions, he has been given Lifetime Achievement Awards by both the Association for Death Education and Counseling and the International Network on Personal Meaning.

Sherman A. Lee, PhD, is an associate professor of psychology at Christopher Newport University. Lee studies negative feeling states, such as anxiety and grief, and the role personality and religion play in those emotional experiences. He also teaches courses in the psychology of personality, psychology of the human-animal bond (Anthrozoology), and the psychology of death, dying, and bereavement (Thanatology). The creator of the *Trait Sympathy Scales*, *Islamophobia Scale*, *Persistent Complex Bereavement Inventory*, and the *Coronavirus Anxiety Scale*, he is currently researching the impact of the COVID-19 pandemic on the psychological well-being of people around the world.

REVIEWER:

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

BIBLIOGRAPHY/REFERENCES:

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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.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

Please contact Hospice Foundation of America (HFA)

Hospice Foundation of America
1707 L Street NW, Suite 220, Washington, DC 20036

educate@hospicefoundation.org

1-800-854-3402 toll-free / (202) 457-5811 phone

(202) 457-5815 fax

