

12 CORE STRATEGIES FOR TREATING TRAUMATIC BEREAVEMENT

DESCRIPTION:

When a death embodies both trauma and loss, the ensuing traumatic bereavement poses special challenges and demands more than mere grief facilitation. Drawing on cutting-edge information from psychology, traumatology, and thanatology, Dr. Rando identifies 12 essential core strategies for effective clinical intervention after deaths from acute natural causes, accident, disaster, suicide, or homicide.

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:	February 2, 2021
TIME:	Noon to 1:30pm ET
ON DEMAND:	Available for 1 year; until February 1, 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: \$17.40

Non-member: \$29.00

Organizational Registration

(2+ viewers)

Member: \$75

Non-member: \$125.00

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. Cite recent relevant research on the significant impacts of sudden, traumatic death
 2. Define *traumatic bereavement* and identify the four types of traumatic death generating it
 3. List the 12 circumstantial high-risk factors associated with traumatic bereavement
 4. Explain the "triad of troubles" in traumatic bereavement and identify treatment implications
 5. Discuss the critical importance of addressing the mourner's *personal traumatization*
 6. Delineate the 12 core strategies for treating traumatic bereavement
-

PROGRAM OUTLINE:

- A. Statement of the problem and why traditional grief facilitation doesn't work (5 minutes)
 - B. Review of recent empirical research (5 minutes)
 - C. Definition of *traumatic bereavement* (5 minutes)
 - D. Four types of traumatic death generating traumatic bereavement (10 minutes)
 - E. 12 Circumstantial high-risk factors predisposing to traumatic bereavement (15 minutes)
 - F. The "triad of troubles" created in traumatic bereavement and their treatment implications (10 minutes)
 - G. The frequently overlooked aspect of the mourner's *personal traumatization* (10 minutes)
 - H. 12 Core strategies for treatment of traumatic bereavement that incorporate the nine essential components identified by research as necessary for clinicians to implement (20 minutes)
 - I. Question and Answer Session (10 minutes)
-

CONTINUING EDUCATION (CE) CREDITS:

This program is valid for 1.5 hours of CE credit. CE credits are available for 1 year, until February 1, 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).

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

EXPERT PANELISTS:

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*.

REVIEWER:

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

BIBLIOGRAPHY/REFERENCES:

Benjet, C., et al. (2016). The epidemiology of traumatic event exposure worldwide: Results from the World Mental Health survey consortium. *Psychological Medicine*, 46, 327-343. doi 10.1017/s0033291715001981.

Breslau, N., et al. (1998). Trauma and posttraumatic stress disorder in the community: The 1996 Detroit area survey of trauma. *Archives of General Psychiatry*, 55(7), 626-632.

Keyes, K., et al. (2014). The burden of loss: Unexpected death of a loved one and psychiatric disorders across the life course in a national study. *American Journal of Psychiatry*, 171(8), 864-871.

Kristensen, P., et al. (2012). Bereavement and mental health after sudden and violent losses: A review. *Psychiatry: Interpersonal and Biological Processes*, 75(1), 76-97.

Rando, T. A. (2015). When trauma and loss collide: The evolution of intervention for traumatic bereavement. In Attig, T. & Stillion, J. (Eds.) *Death, Dying and Bereavement: Contemporary*

Perspectives, Institutions and Practices (pp. 321-334). New York: Springer Publishing Company.

Rando, T. A. (2015). When trauma and loss collide: The evolution of intervention for traumatic bereavement. In Attig, T. & Stillion, J. (Eds.) *Death, Dying and Bereavement: Contemporary Perspectives, Institutions and Practices* (pp. 321-334). New York: Springer Publishing Company.

Kristine Berg Titlestad, Sari Kaarina Lindeman, Hans Lund & Kari Dyregrov (2019) How do family members experience drug death bereavement? A systematic review of the literature, *Death Studies*, DOI: [10.1080/07481187.2019.1649085](https://doi.org/10.1080/07481187.2019.1649085)

Rando, T. A. (Forthcoming). *Coping with the sudden death of your loved one: A self-help handbook for traumatic bereavement*. Indianapolis, IN: Dog Ear Publishing.

COPYRIGHT NOTICE:

HFA's program is copyrighted. Its use and dissemination is restricted and unauthorized duplication is prohibited.

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.

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)

CONTACT INFORMATION

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

