



## HELPING GRIEVERS COPE WITH GUILT, ANGER, AND OTHER DIFFICULT EMOTIONS

### DESCRIPTION:

This presentation assists counselors and other professionals in assisting clients dealing with difficult emotions in grief such as guilt, anger, and shame. The webinar offers interventive strategies to help grieving individuals in recognizing and resolving such complicated reactions. The program will focus specifically on supporting and addressing issues faced by military families, especially those coping with traumatic bereavement.

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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 7, 2020
<b>TIME:</b>	noon – 1:30pm ET
<b>ON-DEMAND:</b>	through May 6, 2021
<b>LENGTH:</b>	90 minutes
<b>CEs:</b>	1.5 hour for a variety of professional boards
<b>CE FEE:</b>	\$25 per certificate
<b>TARGET AUDIENCE:</b>	Health care clinicians, social service clinicians, counselors and others working in or providing counseling in the hospice, palliative care, counseling, hospital, or nursing home environments.

\*CE credits are included in the price of registration for the in-person event and for the live webcast  
**This program will be live on the air date, recorded and made available for on demand viewing.**

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### CONTINUING EDUCATION (CE) CREDITS

This program is valid for 1.5 hours of CE credit for the following professional boards. The CE cost is \$25 per certificate. CE credits are available until May 6, 2021.

- **National Association of Social Work Boards (NASW)**  
This program is approved by the National Association of Social Workers for 1.5 Social Work continuing education contact hours. **Approval expires 3/31/2021\***. Accepted/recognized in all states except ID, MI, NJ, NY, OR, & WV.  
*\*Program and online CE process must be completed prior to expiration for NASW CE credit to be awarded.*
- **Alabama State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation**  
This continuing nursing education activity was approved by the Alabama State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.  
*Note: Alabama nurses are responsible for reporting their hours to the Alabama Board of Nursing. When doing so, please leave the "provider number" field blank on your individual transcript; however all other information must be completed.*

- **National Board for Certified Counselors (*Approved for LIVE course only*)**  
*Helping Grievors Cope with Guilt, Anger, and Other Difficult Emotions* has been approved by NBCC for NBCC credit. TAPS Institute for Hope and Healing® is solely responsible for all aspects of the program.
- **Commission for Case Manager Certification (CCMC)**  
This program has been pre-approved by the Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).
- **Association for Death Education and Counseling (ADEC)**  
Pre-approval for this program is granted by the Association for Death Education and Counseling's (ADEC) Distance Education Committee for 1.5 contact hours to count toward certification/re-certification for ADEC's Certified Thanatologist (CT) and Fellow in Thanatology (FT).
- **The American Institute of Health Care Professionals, Inc. and the American Academy of Grief Counseling**  
This continuing education program has been approved by The American Institute of Health Care Professionals, Inc. & The American Academy of Grief Counseling for 1.5 contact hours of continuing education credits.
- **Academy of Professional Funeral Service Practice (APFSP)**  
Approved for 1.5 Contact Hours (APFSP Category A, 0.15 CEUs, Instructor Led/Web).
- **Association of Professional Chaplains**  
Association of Professional Chaplains does not pre-approve programs; a Certificate of Attendance will be issued and may be submitted to the board for use in reporting continuing education hours
- **Certificate of Attendance**

\*Approval numbers will be provided on CE certificate

## 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. Please also be sure to test on the SAME equipment you will use on the day of the program viewing.

TEST LINK for Audio and Video:

[http://eventcenter.commpartners.com/se/Meetings/BrowserTest\\_New.aspx?account.id=CommPart](http://eventcenter.commpartners.com/se/Meetings/BrowserTest_New.aspx?account.id=CommPart)

**Technical Questions?** Please contact CommPartners at 1-800-274-9390 or via e-mail at: [TAPS@commpartners.com](mailto:TAPS@commpartners.com).

## REGISTRATION

There is no registration fee for this program.

Register directly online at <https://www.taps.org/webinar/2020/cope-with-grief-anger>, or contact TAPS Institute for Hope and Healing® at 800-959-5277 or email [Institute@taps.org](mailto:Institute@taps.org).

Course materials will be emailed to registered users and will also be available on the TAPS Institute for Hope and Healing® website at <https://www.taps.org>. Materials include log-in information (viewing instructions and technical information), CE instructions, the program's slides, and additional program material. *Information will be posted and/or emailed as soon as they become available.*

## LEARNING OBJECTIVES

At conclusion, participants will be able to:

1. Identify six different types of guilt experienced by individuals who are bereaved;
  2. Describe the ways that anger can be evident in grief;
  3. Explain the relationships between shame and disenfranchised grief;
  4. Discuss challenges that military families face in coping with difficult emotions in grief; and
  5. List and describe three types of interventive strategies that can be used with individuals struggling with difficult emotions.
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## PROGRAM OUTLINE

- I. Introduction: The Difficult Emotions of Grief (10 minutes)
  - II. Experiencing the Difficult Emotions of Grief (30 minutes)
    - A. Guilt
      1. Guilt in grief
      2. Types of guilt
        - a. Causation
        - b. Moral
        - c. Role
        - d. Survivor
        - e. Grief
        - f. Recovery
    - B. Anger
      1. The nature of anger
      2. Sources of anger
      3. Coping with feelings of anger
    - C. Shame
      1. Understanding shame
      2. Shame and disenfranchised grief
  - III. Impact of Type of Death on Difficult Emotions in Bereavement (15 minutes)
    - a. Suicide
    - b. Traumatic Loss
  - IV. Interventions (25 minutes)
    - A. Validation
    - B. Interventive Strategies
    - C. Therapeutic Ritual
  - V. Question and Answers (10 minutes)
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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. 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 the approved list of boards\*) and will then be able to print their CE certificate immediately after completing all CE requirements online (on the TAPS Institute for Hope and Healing® CE site at [educate.hospicefoundation.org](http://educate.hospicefoundation.org)).

\*A complete list of board approvals for this webinar program will be posted to this document (see above). Please check back for updates on the approval status for each board.

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## EXPERT PANELISTS

**Kenneth J. Doka, PhD, MDiv**, is Senior Bereavement Consultant to Hospice Foundation of America (HFA) and recipient of the 2019 Lifetime Achievement Award from the Association for Death Education and Counseling. He serves as editor of HFA's *Living with Grief*<sup>®</sup> book series and its *Journeys* bereavement newsletter. He is a prolific author, editor, and lecturer; past president of the Association for Death Education and Counseling (ADEC); and a member and past chair of the International Work Group on Death, Dying, and Bereavement (IWG). In 2018, the IWG presented Doka with the Herman Feifel Award for outstanding achievement in thanatology. He received an award for Outstanding Contributions in the Field of Death Education from ADEC in 1998. Doka is an ordained Lutheran minister and a licensed mental health counselor in the state of New York.

**Dale G. Larson, PhD**, is a Professor of Counseling Psychology at Santa Clara University, where he directs graduate studies in health psychology. He is a Fulbright Scholar, a Fellow in the American Psychological Association, and member of the International Work Group on Death Dying and Bereavement. Dale authored the award-winning book, *The Helper's Journey: Working with People Facing Grief, Loss, and Life-Threatening Illness*, and was Senior Editor and a contributing author for *Finding Our Way: Living with Dying in America*, the Robert Wood Johnson funded national newspaper series that reached 7 million Americans. His scholarly publications on grief and loss, grief counseling, stress and stress management in health professionals, and self-concealment and secrets are widely cited, both in the scientific literature and in the popular media. He was the recipient of the Association for Death Education and Counseling Death Educator Award in 2016.

## REVIEWER

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

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## COPYRIGHT NOTICE

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**CE Credits for this program may only be obtained through TAPS Institute for Hope and Healing<sup>®</sup>.** CE instructions will be provided 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 TAPS Institute for Hope and Healing<sup>®</sup> via email at [Institute@taps.org](mailto:Institute@taps.org) or call 800-959-TAPS (8277).

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## CONFLICT OF INTEREST

Planners (Panelist 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 TAPS Institute for Hope and Healing<sup>®</sup>**  
3033 Wilson Blvd., 3rd Floor, Arlington, VA 22201  
[Institute@taps.org](mailto:Institute@taps.org) / 800-959-TAPS (8277)

**Presented by Boeing**

