

DIGNITY THERAPY (DT): HONORING A PATIENT’S LIFE STORY AND LEGACY

DESCRIPTION:

While hospice and palliative care is multidimensional, its overall goals are relief of human suffering and improvement of quality of life. One aspect of this care is providing dignity for seriously ill persons, recognizing them as unique human beings. Join renowned clinician Dr. Harvey Max Chochinov and internationally-recognized researcher Dr. Susan Bluck to discuss their clinical and research work focused on Dignity Therapy (DT). Dr. Chochinov is the founder of Dignity Therapy and Dr. Bluck’s research focuses on analysis of the stories patients tell during therapy, including how they narrate their life and legacy. DT allows patients to tell their stories of communion with others, provides the opportunity to make meaning of challenging events, and may evoke a sense of purpose.

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.

RELEASE DATE: Program originally premiered February 13, 2024
ON DEMAND: Available for 1 year; until February 12, 2025
LENGTH: 90 minutes
CEs: 1.5 hours for a wide variety of professional boards
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

TECHNICAL REQUIREMENTS

To view the program, you will need a computer and screen, reliable internet access, and speakers.

PROGRAM FEES/MATERIALS:

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: \$27.30 | Non-member: \$45.50
Organizational Viewing: Member: \$156.00 | Non-member: \$260.00

SAME DAY and ON-DEMAND PURCHASE Single Webinar Registration

Individual Viewer: Member: \$29.70 | Non-member: \$49.50
Organizational Viewing: Member: \$165.00 | Non-member: \$275.00

WEBINAR PACKAGE (9 programs)

Individual Viewer: Member: \$241.80 | Non-member: \$403.00
Organizational Viewing: Member: \$1,398.60 | Non-member: \$2,331.00

HOW TO REGISTER:

Register directly online, on HFA's website: <https://www.hospicefoundation.org>

MATERIALS AREA:

Materials are available on HFA's website at <https://hospicefoundation.org/Shop-HFA/My-Account>. From here, click on "Orders/Courses."

LEARNING OBJECTIVES:

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

1. Illustrate how considerations of dignity inform person centered care.
 2. Define the theoretical and empirical basis of Dignity Therapy
 3. Identify and describe the elements of Intensive Caring.
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PROGRAM OUTLINE:

- I. Introductions (5 min)
 - II. What is Dignity Therapy (DT)? (10 min)
 - III. Goals and applications of DT (15 min)
 - IV. Narrative analysis of the life stories and legacies patients share in DT sessions (20 min)
 - V. Examples from the narratives (20 min)
 - VI. Conclusion (10 min)
 - VII. Question & Answer Session (10 min)
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CONTINUING EDUCATION:

This program is valid for 1.5 continuing education contact hours. CE hours are available until February 12, 2025.

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 which includes a required evaluation form and exam. The exam must be completed at 80% or above (*the exam may be re-taken, if necessary*).

EXPERT PANELISTS:

Harvey Max Chochinov, MD, PhD, FRCPC, is a Distinguished Professor of Psychiatry at the University of Manitoba and a Senior Scientist at CancerCare Manitoba Research Institute. His research in palliative care has resulted in more than 300 career publications, broaching,

broaching diverse topics such as depression, quality-of-life, suicide, vulnerability, spirituality, and existential distress. He has also led a large program of research on dignity within the healthcare setting, which includes the development and study of Dignity Therapy. He is the co-founder of the Canadian Virtual Hospice, co-editor of *The Handbook of Psychiatry in Palliative Medicine* (Oxford University Press). His latest book is entitled *Dignity in Care: The Human Side of Medicine*, published by Oxford University Press. He is an Officer in the Order of Canada, and an inductee into the Canadian Medical Hall of Fame.

Susan Bluck, PhD, is a lifespan developmental psychologist with an emphasis on adult development, aging, and the end-of-life. Her research examines the ways that individuals use memories of life's experiences (i.e., autobiographical remembering, life stories) to serve adaptive psychosocial functions in their current life context. Her contributions to both theory and measurement development are highly cited. Her empirical work demonstrates memory's adaptive psychosocial functions: maintaining self-continuity, and developing intimacy and empathy in relationships. In her most recent work, funded by the National Cancer Institute, she collaborates with health professionals in palliative care to examine the last chapter of the life story - death-related events. Her theoretical and empirical work appears in such journals as *Psychology and Aging*, *The Gerontologist*, *Memory*, and *Death Studies*.

REVIEWER:

Angela Novas, MSN, RN, CRNP, ACHPN, Senior Medical Officer, Hospice Foundation of America

BIBLIOGRAPHY/REFERENCES:

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Bylund CL, *Taylor G, *Mroz E, Wilkie, DJ, Yao Y, Emanuel L, Fitchett G, Handzo G, Chochinov HM, Bluck S. (2022). Empathic communication in Dignity Therapy: Feasibility of measurement and descriptive findings. *Palliative and Supportive Care*, 20, 321-327.

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Lind, M., Bluck, S., McAdams, D.P. (2021). More vulnerable? The life story approach highlights older people's potential for strength during the pandemic. *Journals of Gerontology, B*, 76(2), 45-48. doi: 10.1093/geronb/gbaa105

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*McDarby, M., *Mroz, E., Carpenter, B., & Bluck (2021). Remember me: Virtues in self-defining memories across adulthood. *International Journal of Reminiscence and Life Review*, 8, online.

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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. None of the planners or presenters for this educational activity have relevant financial relationships to disclose with ineligible companies.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

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