

Hospice Foundation of America's Program

12 CORE STRATEGIES FOR TREATING TRAUMATIC BEREAVEMENT

Self-Study ONLINE Course

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

Hospice Foundation of America has taken its popular webinar program and created a self-study course for professionals. The online 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.

- RELEASE DATE:** Program originally premiered February 2, 2021
ON DEMAND: Viewing available to registered individuals for 6 months after purchase.
LENGTH: 90 minutes
CE HOURS: 1.5 hours
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: The course is useful to Health care clinicians, social service clinicians and others working in the hospice, palliative care, counseling, hospital, nursing home, funeral home or faith community environments

HOW THE ONLINE SELF-STUDY PROGRAM WORKS

Step 1 - Register/purchase the course

Step 2 - View the course online through the link in your confirmation email or in your account.

Step 3 - Follow the instructions provided to receive your CE certificate*.

*An evaluation and a short exam are a part of this process.

TECHNICAL REQUIREMENTS

A computer and reliable internet connection. Mobile service provider charges may apply.

REGISTRATION INFORMATION/FEEES

Register directly online, on HFA's website: www.hospicefoundation.org.

There are no refunds on registration. *Few exceptions may occur depending on the circumstance. To request a refund, a written request must be received (and granted) by HFA.

REGISTRATION POLICY

INDIVIDUAL REGISTRATION

Provides one person, the registrant, access to the self-study course for personal viewing and continuing education. Discounts may be available for multiple viewers. Please check HFA's website at www.hospicefoundation.org for current pricing.

MATERIALS AREA

Course materials (Video, Program Slides, and Viewer Guide) are accessible to all registered individuals online immediately after registering. Download materials are available on HFA's website at <https://hospicefoundation.org/Shop-HFA/My-Account>, under "Orders/Courses."

LEARNING OBJECTIVES

AT THE CONCLUSION OF THIS PROGRAM, 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

This program is valid for 1.5 contact hours of continuing education. View the current list of board approvals on HFA's website at www.hospicefoundation.org, located on the program's registration page.

COURSE COMPLETION REQUIREMENTS:

Participants must view the entire 90-minute program (online-streaming video). Partial credit is not awarded. Participants must also complete the entire CE process online before a certificate is awarded. 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).

EXPERT SPEAKERS

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:

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- 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)
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CE Certificates for this program may only be obtained through HFA.

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 Reviewers) disclose no conflict of interest relative to this educational activity.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

PLEASE CONTACT Hospice Foundation of America (HFA)

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