

## Hospice Foundation of America's 24th Annual National *Living With Grief*® Program

# LIVING WITH GRIEF®: WHEN GRIEF IS COMPLICATED

## Self-Study ONLINE Course

### DESCRIPTION

While most individuals experiencing loss face grief, most grievers can cope with loss and subsequent grief in ways defined by their culture as appropriate and can fulfill, after brief and intermittent impairment, their social and workplace roles. However, research shows that between 10 and 20 percent of individuals who experience loss experience more disabling reactions, including Complicated Grief or other conditions triggered by the loss, such as PTSD, Major Depressive Disorder, Separation Anxiety Disorder, Adjustment Disorder, or substance abuse. Complicated Grief reactions may also be a factor in physical illness. This program looks at how to identify disabling grief reactions and when referrals to specially trained clinicians or professionals may be indicated and necessary. This is HFA's 2017 *Living with Grief*® program.

### PROGRAM DETAILS

Hospice Foundation of America has taken the award-winning HFA *Living With Grief*® program and created an online self-study course for professionals. This is a recorded video presentation. The presentation includes an in-studio panel discussion with roll-in video clips containing candid, compelling interviews.

- RELEASE DATE:** Program originally premiered on April 27, 2017  
**ON DEMAND:** Viewing available to registered individuals for 6 months after purchase.  
**LENGTH:** video is approximately 2 hours + selected chapters of HFA's companion book (approx. 30min reading time)  
**CE HOURS:** 2.5 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 and social service clinicians and others working in hospice, palliative care, counseling, hospital, nursing home, funeral home or faith community.

### 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** - Read the pdf chapters provided

**Step 4** - 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/FEES

Register directly online, on HFA's website: [www.hospicefoundation.org](http://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](http://www.hospicefoundation.org) for current pricing.

## MATERIALS AREA

Course materials (Video, Viewer Guide, and Selected Book Chapters) 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."

### Self-Study Chapters (PDF format) include:

Chapter 2: Forms of Complicated Grief (J. William Worden): Word Count: 4,599

Chapter 9: Recognizing and Treating Complicated Grief (M. Katherine Shear): Word Count: 8,598

## LEARNING OBJECTIVES

AT THE CONCLUSION OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:

1. Describe typical grief patterns and differentiate typical grief from more complicated forms;
2. List and describe two typologies of complicated grief;
3. List and describe six danger signs of complicated grief;
4. Describe the ways that the DSM 5 acknowledges complications of grief;
5. Describe and discuss different approaches to treating complicated forms of grief and note resources that might be utilized in such treatment.

## AGENDA / SEGMENT HIGHLIGHTS

The program will run approximately 2 hours in length, with a brief intermission about halfway through. Segment summaries will be as outlined below:

<b>PART I:</b>	Introduction	(33 minutes)
<b>PART II:</b>	The Nature of Complicated Grief	(43 minutes)
	<i>Brief Intermission</i>	(recommended 10-20 minute break)
<b>PART III:</b>	Treating Complicated Grief	(46 minutes)

## CONTINUING EDUCATION

This program is valid for 2.5 contact hours of continuing education. View the current list of board approvals on HFA's website at [www.hospicefoundation.org](http://www.hospicefoundation.org), located on the program's registration page.

### COURSE COMPLETION REQUIREMENTS:

Participants must view the entire 2-hour program (online-streaming video) and read the selected pdf book chapters (approximately reading time is 30-minutes). 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).

### MODERATED BY

**Frank Sesno**, *Director*, School of Media and Public Affairs, The George Washington University

### EXPERT PANELISTS

- **Kenneth J. Doka, PhD, MDiv**, *Professor of Gerontology*, The College of New Rochelle; participant in 23 *Living with Grief*<sup>®</sup> programs
- **Robert Neimeyer, PhD**, *Professor of Psychology*, University of Memphis
- **Therese Rando, PhD, BCETS, BCBT**, *Clinical Psychologist* in Warwick, Rhode Island and *Clinical Director* of The Institute for the Study and Treatment of Loss

### REVIEWERS

Pamela Kushner, MA, MD, FAAFP and Lynda Shand, CHPN, CNE, RN, PhD

## BIBLIOGRAPHY/REFERENCES

### Other organization's websites:

Bellet, B., Jones, P. Neimeyer, R., & McNally, R. (2018). "Bereavement Outcomes as Causal Systems: A Network Analysis of the Co-Occurrence of Complicated Grief and Posttraumatic Growth." In *Clinical Psychological Science*, Vol. 6, Issue 6, 797-809. <https://doi.org/10.1177/2167702618777454>

Shear, K.M. (2015). "Complicated Grief." In *The New England Journal of Medicine*, 372: 153-160. DOI: 10.1056/NEJMcp1315618. <https://www.nejm.org/doi/10.1056/NEJMcp1315618>.

### Peer-reviewed journal/resource:

Lobb, E. A., Rando, T. A., Doka, K. J., Fleming, S., Franco, M. H., Murray Parkes, C., & Steele, R. (2012). *A call to the field: Complicated grief in the DSM-5*. *Omega: Journal of Death & Dying*, 65 (4), 251-255. <http://doi.org/10.2190/OM.65.4.a>

### Expert resources:

Our program presenters are all expert resources.

### Textbook references:

Neimeyer, R. A. (2016). *Complicated grief: Assessment and intervention*. In J. Cook, S. Gold & C. Dalenberg (Eds.). *APA handbook of trauma psychology*.

Shear, K.M., Skritskaya, N.A., and Gribbin, C. (2016). *Complicated Grief Treatment*. In *Managing Conflict, Finding Meaning: Supporting Families at Life's End*. Doka, K. J. and Tucci, A.S. (Eds).. Washington, DC: Hospice Foundation of America.

## COPYRIGHT NOTICE

**HFA's program is copyrighted. Its use and dissemination is restricted and unauthorized duplication is strictly prohibited.** HFA strictly prohibits any other dissemination of this program by any method, including internal WAN or LAN computer networks or telemedicine networks.

**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](mailto: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)**

## CONTACT INFORMATION

Hospice Foundation of America

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Washington, DC 20036

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