

## Hospice Foundation of America's Program

# USING THE DUAL PROCESS MODEL OF COPING WITH BEREAVEMENT TO IMPROVE YOUR PRACTICE

### Self-Study ONLINE Course

#### DESCRIPTION

Dr. Henk Schut elaborates on the Dual Process Model of coping with bereavement (DPM). The model is presented in a historical perspective. What led to the development and building of the model? How did it develop over time and what are recent developments? It also is critically considered in terms of its weaknesses and aspects that still need further exploration and empirical underpinning. The program discusses practical applications of the DPM for clinical practice and research, including a discussion of how the DPM can be used to help those coping with grief in the midst of COVID-19.

#### 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 July 14, 2020  
**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](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, 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. Understand and describe the DPM in detail;
2. Critically assess the DPM in relationship to other grief models;
3. Evaluate the usefulness of the DPM and the limitations of it for grief counselling and grief therapy, as well as for normal daily interaction with bereaved persons.

## PROGRAM OUTLINE

- I. Historical perspective of Dual Process Model (30 minutes)
  - A. What led to the development and building of the model?
  - B. How did it develop over time and what are recent developments?
- II. Current perspective of Dual Process Model (30 minutes)
  - A. Critical consideration of its strengths and weaknesses
  - B. What aspects need further exploration and empirical underpinning
- III. Application of the DPM (25 minutes)
  - A. For clinical practice
  - B. For research
- IV. Question and Answer Session (5 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](http://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

**Henk Schut, PhD**, is a clinical psychologist and associate professor of Clinical Psychology at Utrecht University, the Netherlands. His research interests cover processes of coping with loss and the efficacy of bereavement care and grief therapy. Henk also supervises post-academic clinical psychologists in their research interests. With Maggie he developed the Dual Process Model of Coping with Bereavement. Henk is co-author of a number of scientific and professional articles and books on grief, bereavement and death. Henk is one of the editors of *Handbook of Bereavement Research* (2001), *Handbook of Bereavement Research and Practice: Advances in Theory and Intervention* (2009), both together with Maggie Stroebe, Wolfgang Stroebe and Bob Hansson and, together with Maggie Stroebe and Jan van den Bout, *Complicated Grief: Scientific Foundations for Health Care Professionals* (2012).

## MODERATOR

**Kenneth J. Doka, PhD, MDiv**, is Senior Bereavement Consultant to 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.

## REVIEWER

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

## BIBLIOGRAPHY/REFERENCES:

### Other organization's websites:

Association for Death Education and Counseling [www.adec.org](http://www.adec.org)

### Peer-reviewed journal/resource:

Chow, A., Caserta, M., Lund, D., Suen, M., Xiu, D., Chan, I. and Chu, K. (2019). Dual-Process Bereavement Group Intervention for Widowed Older Adults. In *The Gerontologist*, Vol. 59, Issue 5, P. 983-994.

Tang, S. and Chow, A. (2017). How do risk factors affect bereavement outcomes in later life? An exploration of the mediating role of dual process coping. In *Psychiatry Research*, Vol. 255, September 2017, pgs. 297-303.

Stroebe, M., and Schut, H. (2016). "Overload: A Missing Link in the Dual Process Model?" In *Omega*, 74(1): 96-109..

### Textbook:

Corr, C., Corr, D., and Doka, K.J. (2018). *Death & Dying, Life & Living*. New York: Cengage Learning.

## 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

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