

Hospice Foundation of America's Program

ENHANCING RESILIENCE AND FINDING BALANCE IN UNCERTAIN TIMES

Self-Study ONLINE Course

DESCRIPTION

Working with people facing grief, loss, serious illness, and trauma poses critical challenges for the highly motivated and empathic professionals who care for them. Burnout, secondary traumatization, and moral distress are ongoing risks in this intensely emotional work, all dramatically heightened in the ongoing pandemic. How can professionals best access these deeper wellsprings of caring and put empathy and compassion to work in a way that enhances both clinical effectiveness and personal and professional growth? Dr. Dale Larson will explore this question, drawing upon recent discoveries in positive psychology, neurobiology, and psychotherapy that are revolutionizing understanding of empathy, compassion, altruism, resilience, teamwork, and the helping relationship.

PROGRAM DETAILS

Hospice Foundation of America has taken its popular webinar program and created a self- study course for professionals. The online presentation features an experienced professional offering his own expertise on the topic. On the screen, you will see the slide presentation and will be able to see and hear the expert presenter.

- RELEASE DATE:** Program originally premiered December 7, 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) Identify specific resilience-enhancing strategies for preventing burnout and promoting personal well-being and professional growth in our current context
- 2) Identify and distinguish the varieties of emotional experience—including empathy, compassion, and personal distress—and how to manage these to achieve balanced involvement and clinical effectiveness
- 3) Describe the health-promotive nature of purpose, meaning, and commitment in end-of-life work

PROGRAM OUTLINE

- I. The pandemic and our “new normal”—implications for patients and clinicians (15 minutes)
- II. Burnout, secondary traumatization, and moral distress in contemporary care (20 minutes)
- III. Resilience enhancing strategies: Mindfulness, exercise, self-compassion, cognitive reappraisal, a resilient team, social support, integrated loss, balanced empathy, lifting the burden of painful secrets, finding meaning and purpose. (45 minutes)
- IV. 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

Dale G. Larson, PhD, is Professor of Counseling Psychology at Santa Clara University. A clinician and researcher, he is a Fulbright Scholar, a Fellow in the American Psychological Association, and member of the International Work Group on Death, Dying and Bereavement. His publications on end-of-life issues, stress in professional caregivers, grief and grief counseling, and self-concealment are widely cited, both in the scientific literature and in the popular media, and he was Senior Editor and a contributing author for the *Finding Our Way: Living with Dying in America* national newspaper series that reached 7 million Americans. He is the author of *The Helper's Journey: Empathy, Compassion, and the Challenge of Caring* (2020, Research Press), which received a Book of the Year Award from the American Journal of Nursing. A frequent presenter at national and international conferences, Dr. Larson received the Association for Death Education and Counseling Death Educator Award in 2016, and was honored as an Innovator of Hospice and Palliative Care by the National Hospice Foundation in 2018.

REVIEWER

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

BIBLIOGRAPHY/REFERENCES:

Hospice and Palliative Nurses Association: <https://advancingexpertcare.org/>

Rokach, A., & Boulazreg, S. (2020). The covid-19 era: How therapists can diminish burnout symptoms through self-care. *Current Psychology: A Journal for Diverse Perspectives on Diverse Psychological Issues*. doi:10.1007/s12144-020-01149-6

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Blake, H., Bermingham, F., Johnson, G., & Tabner, A. (2020). Mitigating the Psychological Impact of COVID-19 on Healthcare Workers: A Digital Learning Package. *Int J Environ Res Public Health, 17*(9). doi:10.3390/ijerph17092997

Textbook: Larson, D. (2020). *The Helper's Journey: Empathy, Compassion, and the Challenge of Caring, Second Edition*. Research Printing Company.

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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)

1707 L Street NW, Suite 220

Washington, DC 20036

educate@hospicefoundation.org

1-800-854-3402 toll-free / (202) 457-5811 phone / (202) 457-5815 fax

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