

Hospice Foundation of America's Program

LIVING WITH GRIEF: TRAUMA AND LOSS

Self-Study ONLINE Course

DESCRIPTION

This program focuses on the specific issues raised when losses are sudden and traumatic, shattering the bereaved individual's assumptions that the world is safe, benevolent, or predictable. These deaths can be the result of accidents and disasters; suicides, or overdoses; homicide and terrorism; military or service-related deaths; or the unpredictable trajectories of illnesses. In Part One of program, we explore the factors that complicate grief. In Part Two we use case studies to highlight ways that such losses can be treated. The program concludes with a discussion of vicarious traumatization and strategies for self-care.

PROGRAM DETAILS

Hospice Foundation of America has taken this popular *Living with Grief*[®] program and created a self-study course for professionals. This educational program combines a moderated discussion, informative interviews, and additional complimentary learning materials.

RELEASE DATE:	Program originally premiered April 5, 2022
ON DEMAND:	Viewing available to registered individuals for 6 months after purchase.
LENGTH:	120 minutes + 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 professionals, psychologists, counselors, clergy, social workers, nurses, and other health care workers, educators, and community members who support older adults.

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/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, 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 1: What Makes Loss Sudden or Traumatic? (Doka, Kenneth J.)

Chapter 7: Treating Traumatic Grief After Violent Death (Williams, Joah L. and Hardt, Madeleine M.)

LEARNING OBJECTIVES

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

1. Define *traumatic loss*, *vicarious traumatization* and loss of one's *assumptive world*
2. Indicate four selected examples of traumatic loss;
3. Describe factors common to traumatic loss as well as the specific issues raised in the varied types of traumatic losses that may potentially complicate grief;
4. Discuss possible strategies and best practices for counseling, using case studies;
5. Describe strategies to minimize and/or treat vicarious traumatization.

PROGRAM OUTLINE

- I. Sudden and Traumatic Loss (60 minutes)
 - A. The Nature of Traumatic Loss
 - B. Selected Examples of Traumatic Loss
 1. Accidents, and disaster
 2. Suicide, and overdose deaths
 3. Homicide, and terrorism
 4. Military and service-related deaths
 5. Traumatic loss in illness
- II. Traumatic Loss and Complicated Grief (30 minutes)
 - A. Factors Common to Traumatic Loss
 - B. Factors Unique to Specific Types of Loss
- III. Treating Traumatic Losses (30 minutes)
 - A. Counseling Persons with Traumatic Losses: A Case Study Approach
 - B. Recognizing, Responding to, and Treating Vicarious Trauma

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, 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).

MODERATOR:

Frank Sesno, Director of Strategic Initiatives, The George Washington University School of Media & Public Affairs, a former anchor for CNN, and a longtime moderator of the *Living with Grief*[®] program. He is an Emmy-award winning journalist and creator of PlanetForward.org, a user-driven web and television project that highlights innovations in sustainability, and he is the author of *Ask More: The Power of Questions to Open Doors, Uncover Solutions and Spark Change*.

EXPERT SPEAKERS

Jillian Blueford, PhD, LPC, NCC, CT, is a Clinical Assistant Professor for the school counseling program at the University of Denver, a Licensed Professional Counselor in the state of Colorado, and is certified in Thanatology: Death, Dying, and Bereavement. Over the years, Dr. Blueford has provided grief counseling to individuals of all backgrounds in various settings, including schools, outpatient facilities, and currently in private practice in the Denver area. Further, Dr. Blueford is a grief and loss scholar, who has conducted research and scholarship via her dissertation, peer-reviewed publications, webinars, podcast features, and several regional, national, and international presentation. Seeking that all counseling professionals are equipped and competent in grief counseling, Dr. Blueford also works with other educators and clinicians as Co-Chair of the Grief Counseling Competencies Task Force to develop key competencies for the training programs.

Kenneth J. Doka, PhD, MDiv, is Senior Vice President, Grief Programs at Hospice Foundation of America (HFA) and the recipient of the 2019 Lifetime Achievement Award from the Association of Death Education and Counseling (ADEC). A prolific author and editor, Dr. Doka serves as editor of HFA's *Living with Grief*[®] book series, its *Journeys* newsletter, and numerous other books and publications. He has been a panelist on HFA's *Living with Grief*[®] program for 28 years. Dr. Doka is a past president of ADEC, a former board member of the International Work Group on Death, Dying and Bereavement, and an Advisory Board member to the Tragedy Assistance Program for Survivors (TAPS). He is the recipient of The International Work Group on Death, Dying, and Bereavement's prestigious Herman Feifel Award and ADEC's Award for Outstanding Contributions in the Field of Death Education. In 2006, he was grandfathered in as a Mental Health Counselor under New York's first state licensure of counselors. Dr. Doka is an ordained Lutheran minister.

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

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

BIBLIOGRAPHY/REFERENCES:

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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, CONTACT:

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