

Hospice Foundation of America's Program

APPLICATIONS OF MEANING-CENTERED PSYCHOTHERAPY IN HOSPICE AND PALLIATIVE CARE

Self-Study ONLINE Course

DESCRIPTION

A significant subset of patients receiving hospice and palliative care experience clinically significant existential distress, depression, and anxiety, ultimately compounding their suffering. As health deteriorates, connections to sources of meaning in life may be challenged. There is thus a compelling need offer meaning-centered interventions. This program will describe applications of Meaning-Centered Psychotherapy (MCP) for patients receiving hospice and palliative care. MCP is a brief, manualized intervention that systematically explores existential concepts and their relevance to patients' lives. MCP helps patients recognize their ability to choose their attitude in the face of suffering, to connect with sources of meaning in their lives, and to choose how they tell their story. Cases will be discussed, and how to adapt the intervention with various populations and clinical scenarios will be explored.

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 March 14, 2023
- 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 meaning-making challenges that patients receiving hospice and palliative care commonly face.
2. Describe Meaning-Centered Psychotherapy and its core principles.
3. Discuss exercises that may facilitate meaning-making and enhance patients' sense of meaning in life and how to tailor these in hospice and palliative settings.

PROGRAM OUTLINE

- I. Introduction: Ritual as a Therapeutic Tool (20 minutes)
- II. Overview of psychosocial/existential challenges in patients receiving hospice and palliative care (10 minutes)
- III. Overview of Meaning-Centered Psychotherapy principles and session content (25 minutes)
- IV. Description of relevant adaptations, including bedside/hospice, caregiver, and grief versions (25 minutes)
- V. Q&A (questions and case discussion; 30 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

Wendy Lichtenthal, PhD, is Director of the Bereavement Clinic and Associate Attending Psychologist in the Department of Psychiatry and Behavioral Sciences at Memorial Sloan Kettering Cancer Center (MSK) and Assistant Professor of Psychology in the Department of Psychiatry at Weill Cornell Medicine. She completed her undergraduate studies at The University of Chicago, her doctorate at the University of Pennsylvania, her clinical psychology internship at Payne Whitney/Weill Cornell Medicine, and a postdoctoral research fellowship in psycho-oncology at MSK, where she was Chief Research Fellow. Dr. Lichtenthal's research has focused on grief and bereavement, meaning-making, intervention development, and cancer survivorship. Her research has been supported by the National Institutes of Health, the American Cancer Society, the T.J. Martell Foundation, and Cycle for Survival. Dr. Lichtenthal was the recipient of the Kawano New Investigator Award from the International Psycho-Oncology Society in 2012, the Research Recognition Award from the Association for Death Education and Counseling in 2019, and the Outstanding Clinical Care Award from the American Psychosocial Oncology Society in 2023. As a licensed clinical psychologist, her clinical practice focuses on supporting bereaved individuals as well as breast cancer patients at the Evelyn H. Lauder Breast Center.

GUEST MODERATOR

Vickie Leff, LCSW, APHSW-C, Palliative Care Consultant

REVIEWER

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

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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**

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