

TRANSFORMING LOSS: FINDING POTENTIAL FOR GROWTH

Self-Study ONLINE Course

DESCRIPTION

Although we have little choice about loss and the ensuing grief, we do retain choice on whether we will grow up or down, or grow bitter or better, as a result of our loss. This program explores the most current theoretical perspectives on loss and grief, emphasizing that loss engenders not only grief, but also growth. The presentation addresses the phenomena of posttraumatic growth, noting research on the concept as well as strategies professionals can use in assisting grieving individuals. In addition, individuals struggling with loss will learn self-help strategies as they cope with loss.

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 March 19, 2018
- ON DEMAND:** Viewing available to registered individuals for 6 months after purchase.
- LENGTH:** video is approximately 1.5 hours + selected chapters of HFA's companion book (approx. 30min reading time)
- CE HOURS:** 2 hours for a wide variety of professional boards
- 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 presentation will be useful to a range of professionals who counsel persons who are bereaved, including health professionals, psychologists, counselors, clergy, social workers, nurses and other health care workers, as well as educators, teachers and school-based personnel and individuals who offer education on loss, grief, dying or death.

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.

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 include:

Chapter 1: Death in Life: A Developmental Perspective on Loss in Later Life (Kenneth J. Doka):
Word Count: 1,779

Chapter 15: *Voices: Turning Trauma, Grief, and Pain into Positive Action* (Dana and Linda O'Brien):
Word Count: 857

LEARNING OBJECTIVES

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

1. Define *posttraumatic growth* and differentiate it from *resilience*;
2. Identify factors associated with resilience and posttraumatic growth;
3. Discuss five possible and identified areas of growth;
4. Describe ways that support groups can facilitate posttraumatic growth;
5. Describe appropriate interventive strategies that encourage posttraumatic growth;
6. Identify self-help strategies that can assist grieving individuals to grow even as they grieve.

AGENDA / SEGMENT HIGHLIGHTS

The program will run approximately 1.5 hours in length, with a brief intermission about halfway through. Segment summaries will be as outlined below:

PART I: Understanding Growth in Grief (40 minutes)

Brief Intermission (recommended 10-20 minute break)

PART II: Transforming Loss (50 minutes)

CONTINUING EDUCATION

This program is valid for 2 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 1.5-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**, Senior Bereavement Consultant to HFA and Professor of Gerontology, The College of New Rochelle; participant in 24 *Living with Grief*[®] programs
- **Patti Anewalt, PhD, LPC, FT**, Director of Pathways Center for Grief & Loss with Hospice & Community Care, serving Lancaster, York and surrounding counties in Pennsylvania
- **Richard Tedeschi, PhD**, Professor of Psychology at the University of North Carolina at Charlotte and a member of the core faculty for the Health Psychology PhD program at UNC

REVIEWERS

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

BIBLIOGRAPHY/REFERENCES

Expert resources:

Our program Speakers are expert resources

Textbook and Peer-reviewed Journal/resource references:

Doka, K., & Neimeyer, R. A. (2012). Orchestrating social support. In R. A. Neimeyer (Ed.), *Techniques of grief therapy: Creative practices for counseling the bereaved* (pp. 315-317). New York: Routledge.

Hoy, W. (2016). *Bereavement groups and the role of social support: Integrating theory, research and practice*. NY: Routledge Taylor & Francis Group.

Moore, B. A. (2017, April 5). Kevlar for the Mind: How post-traumatic stress can open paths to personal growth. *Military Times*

Moore, M., Cerel, J., & Jobes, D. (2015). Fruits of trauma? Posttraumatic Growth Among Suicide-Bereaved Parents. *Crisis*, 36, 241–248. <https://doi.org/10.1027/0227-5910/a000318>

Tedeschi, R. G., & Blevins, C. L. (2017). Posttraumatic growth: A pathway to resilience. In U. Kumar & U. Kumar (Eds.), *The Routledge international handbook of psychosocial resilience* (pp. 324-333). New York, NY: Routledge/Taylor & Francis Group

Tedeschi, R. G., & Riffle, O. M. (2016). Posttraumatic growth and logotherapy: Finding meaning in trauma. *International Forum For Logotherapy*, 39(1), 40-47.

Tedeschi, R. G. & Calhoun, L. G. (2013). *Posttraumatic Growth in Clinical Practice*. New York: Routledge.

Tedeschi, R. G. & Moore, B. A. (2016). *The Posttraumatic Growth Workbook: Coming Through Trauma Wiser, Stronger, and More Resilient*. Oakland, CA: New Harbinger Publications.

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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)

CONTACT INFORMATION

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