

## Hospice Foundation of America's Program

# TRAUMA-INFORMED GRIEF COUNSELING

### Self-Study ONLINE Course

#### DESCRIPTION

Although grief and trauma have its unique definitions, characteristics, and approaches, they can often intermingle in the counseling process. It is imperative that professionals have a trauma-informed approach when engaging with grieving individuals to reduce the chances of re-traumatization and support the client's growth. This program will address the principles of trauma-informed care and how to integrate this approach with grief counseling.

#### 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 November 8, 2022  
**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. Identify the unique losses and trauma experienced by individuals of all cultural backgrounds.
2. Integrate trauma-informed principles with grief counseling.
3. Apply culturally sensitive therapeutic approaches when providing services to clients and patients who have endured a loss or experienced trauma.

## **PROGRAM OUTLINE**

- Introductions/ Review of Agenda and Learning Objectives (5 minutes)
- Grief Counseling (10 minutes)
  - Overview
  - Relevance among specific populations
  - Current models and theories
- Trauma-informed Care (10 minutes)
  - Discussion of prevalence among specific populations (e.g., BIPOC, LGBTQ+), along with examples
  - Review of the Trauma-informed Care Principles
- Application of Trauma-informed Grief Counseling (25 minutes)
  - Review of Models
  - Four R's of Trauma-informed Care
  - Interventions for adults
  - Discussion of Reflective Questions for Helping Professionals
  - Case Example
- Q&A (remaining time)

## **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**

**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.

**Charmayne Adams, PhD**, is an Assistant Professor and Coordinator of the Clinical Mental Health Counseling Program at the University of Nebraska at Omaha. She is a fully licensed counselor in the state of Nebraska and a nationally certified counselor through the National Board of Certified Counselors. Her clinical background focuses on working with individuals with a history of trauma or in crisis including traumatic loss. Her research focuses on teaching about trauma, stress response and coping, systemic and emotion-focused clinical interventions, and the application of attachment theory in clinical and academic settings. Both clinically and academically Dr. Adams is focused on social justice counseling and empowering clients to examine barriers and use their strengths to overcome life's challenges.

## REVIEWER

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

## BIBLIOGRAPHY/REFERENCES:

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Doka, K. J. and Tucci, A.S. (Eds.). (2022). *Shattered: Trauma and Grief*. Washington, DC: Hospice Foundation of America.

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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](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** Hospice Foundation of America (HFA)

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