

Hospice Foundation of America's Program

THERAPEUTIC RITUAL AT THE END OF LIFE

Self-Study ONLINE Course

DESCRIPTION

This webinar explores how clinicians can utilize ritual in supporting individuals who are dying or grieving a loss. These rituals include therapeutic group rituals and individual rituals, some of which can be purposely rethought and incorporated in funeral and memorial services. The program will discuss delineating the therapeutic value of ritual and then examine which rituals may be the appropriate interventive strategy, especially in situations where the dying or grieving process is especially challenging.

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 September 13, 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.

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. Define *ritual* and differentiate it from other actions, such as repetitive actions;
2. Define *liminal* and describe the therapeutic benefits of liminal actions;
3. List and describe four types of therapeutic rituals and discuss the principles underlining the use of therapeutic ritual;
4. Offer examples of the ways that therapeutic rituals could be used with the dying and bereaved, both in individual as well as in group settings; and
5. Describe practices and cautions in using therapeutic rituals.

PROGRAM OUTLINE

- I. Introduction: Ritual as a Therapeutic Tool (20 minutes)
 - A. The Definition of Ritual
 - B. The Power of Ritual
- II. Therapeutic Ritual (30 minutes)
 - A. Principles of Therapeutic Ritual
 - B. Types of Therapeutic Rituals
 1. Continuity
 2. Transition
 3. Reconciliation
 4. Affirmation
 - C. Principles and Cautions
- III. Rituals during the Dying Process (10 minutes)
- IV. Rituals during the Grieving Process (10 minutes)
- V. Using Therapeutic Ritual in Group Settings (10 minutes)
- VI. Conclusion/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

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.

REVIEWER

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

BIBLIOGRAPHY/REFERENCES:

Hobson NM, Schroeder J, Risen JL, Xygalatas D, Inzlicht M. The psychology of rituals: an integrative review and process-based framework. *Pers Soc Psychol Rev.* (2017) 22:260–84. doi: 10.2139/ssrn.2944235

Birrell J, Schut H, Stroebe M, et al. Cremation and Grief: Are Ways of Commemorating the Dead Related to Adjustment Over Time? *OMEGA - Journal of Death and Dying.* 2020;81(3):370-392. doi:10.1177/0030222820919253

Doka, K.J. (2019). Disenfranchised Grief and Non-Death Losses. In “Non-Death Loss and Grief” (D. Harris, Ed). New York, NY: Routledge.

Burrell A, Selman LE. How do Funeral Practices Impact Bereaved Relatives' Mental Health, Grief and Bereavement? A Mixed Methods Review with Implications for COVID-19. *OMEGA - Journal of Death and Dying.* 2022;85(2):345-383. doi:10.1177/0030222820941296

Wojtkowiak, J., Lind, J., and Smid, G. (2020). Ritual in Therapy for Prolonged Grief: A Scoping Review of Ritual Elements in Evidence-Informed Grief Interventions. In *Frontiers in Psychiatry*, 11:623835. doi: 10.3389/fpsyt.2020.623835

COPYRIGHT NOTICE

HFA's program is copyrighted. Its use and dissemination is restricted and unauthorized duplication is strictly prohibited. HFA strictly prohibits any other dissemination of this program by any method, including internal WAN or LAN computer networks or telemedicine networks.

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

PRODUCED BY

Hospice Foundation of America

End-of-life Care Resources for Professionals and the Communities they Serve

www.hospicefoundation.org

