

FOOD AS RITUAL IN GRIEF



DESCRIPTION:

Historically, cultural and religious rituals have provided a framework and paradigm for navigating the grief process. Expert panelists will examine contemporary uses of rituals that can be helpful to clients who are navigating loss. Special focus will be on the use of food as an important grief ritual that can help grieving individuals connect with themselves, memories, and their culture, at the holidays or anytime.

PROGRAM DETAILS:

This presentation features experienced professionals offering their own expertise on the topic. On the screen, you will see the slide presentation and will be able to hear the experts talking and presenting. If you login for the live version of the program, you'll also have the opportunity to email or text the experts' questions that they will discuss and answer during the program's Q & A session.

LIVE DATE:	December 9, 2025
TIME:	Noon to 1:30pm ET
ON DEMAND:	Available for 6 months; until June 9, 2026
LENGTH:	90 minutes
CEs:	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:	Health care clinicians, social service clinicians and others working in the hospice, palliative care, counseling, hospital, nursing home, funeral home, or faith community environments

This program will be live on the air date, recorded and made available for on demand viewing. The recorded program will be available approximately a day after the live event.

TECHNICAL REQUIREMENTS

To view the program, you will need a computer and screen, reliable internet access, and speakers.

TEST LINK for live program Audio and Video: <https://zoom.us/test>

Technical Questions? Please go to <https://zoom.us/> and click “support”

PROGRAM FEES/REGISTRATION:

Registration includes continuing education and on-demand viewing for 6 months from live date. Register directly online at: <https://www.hospicefoundation.org>

Registration Options

- Individual: Live and on-demand viewing for one person.
- Organization/company: Unlimited viewing for employees within a single location.
- Organization + community license: Unlimited viewing for employees and community members at up to 3 locations.

ADVANCE PURCHASE

- Individual Viewer — Member: FREE | Non-member: \$29.95
- Organizational Viewing — Member: FREE for up to 25 staff
- Organizational Viewing — Non-member: 1-12 staff – \$79.95 | 13-25 staff – \$135
- Organization + Community Access License: \$390

SAME DAY and ON-DEMAND PURCHASE

- Individual Viewer — Member: FREE | Non-member: \$39.95
 - Organizational Viewing — Member: FREE for up to 25 staff
 - Organizational Viewing — Non-member: 1-12 staff – \$89.95 | 13-25 staff – \$160.00
 - Organization + Community Access License: \$400
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LEARNING OBJECTIVES:

At the conclusion of this program, participants will be able to:

- 1) Define ritual and its value in healthy grieving
 - 2) Identify how food has been an important ritual in funeral and grief processes throughout history
 - 3) Describe how rituals surrounding food within the grief process can help honor and share memories, connect with cultural expressions of grief and loss, and function to make meaning
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PROGRAM OUTLINE:

1. Define ritual and its value in healthy grieving (15 min)
 2. Introduction to the topic of food as grief ritual (15 min)
 3. Theoretical Approaches and Underpinnings (30 min)
 4. Practical Applications and Examples (15 min)
 5. Question & Answer Session (15 min)
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CONTINUING EDUCATION (CE) CREDITS:

This program is valid for 1.5 continuing education contact hours. CE hours are available for 6 months, until June 9, 2025.

A complete list of board approvals for this program is posted to HFA's website at www.hospicefoundation.org on the program's registration page.

COURSE COMPLETION REQUIREMENTS:

Participants must attend the entire 1.5 hour program. Partial credit is not awarded. Participants must also complete the entire CE process online which 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 PANELISTS:

Nancy L. Baur, LPCC-S, LICDC, is a Licensed Professional Clinical Counselor with supervision designation and a Licensed Independent Chemical Dependency Counselor. Nancy's current position is working as a Mobile Response Stabilization Service (MRSS) Therapist for Hopewell Health Centers in Southeastern Ohio. She specializes in trauma therapy for children, adolescents, and people struggling with addiction. She is an Adjunct Instructor for the University of Rio Grande and a current student at the University of Vermont completing her certification as a Death Doula.

Kailey Bradley, PhD, LPCC-S, NCC, FT, is a licensed counselor and obtained a doctorate in counselor education and supervision in 2024 from Ohio University. Kailey also holds certifications in thanatology (FT) and has extensive training in best practices for supportive grief counseling and end of life care. Dr. Kailey has a background working in a Hospice setting and is equipped to help with end-of-life decision making. Kailey loves working with children and families navigating grief and illness and is currently the president of the Association for Child and Adolescent Counseling Ohio Branch. Kailey also is an educator and is currently an adjunct professor at Marian University in their thanatology program where she teaches courses on childhood bereavement, pediatric hospice care, and expressive arts in counseling.

Ken Doka, PhD, MDiv, is Senior Vice President of 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). He is professor emeritus, the Graduate School of The College of New Rochelle. A prolific author and editor, 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 30 years. 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. Doka is an ordained Lutheran minister.

REVIEWER:

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

BIBLIOGRAPHY/REFERENCES:

Candi K. Cann. (2018). *Dying to Eat: Cross-Cultural Perspectives on Food, Death, and the Afterlife*. The University Press of Kentucky.

Doka, K.J. (2025). *Disenfranchised Grief: Ministry That Breaks the Silence*. Fortress Press.

Thursby, J. S. (2015). *Funeral Festivals in America: Rituals for the Living*. The University Press of Kentucky.

Ümmühan, A., Gül, E., & Behice, E. (2022). Religious Rituals Performed by Muslim Palliative Caregivers in Turkey During the Grieving Process: An Exploratory Study. *Journal of Religion & Health*, 61(6), 4352–4365. <https://doi-org.proxy.library.ohio.edu/10.1007/s10943-022-01545-1>.

Wojtkowiak, J., Lind, J., & Smid, G.E. (2021). Ritual in Therapy for Prolonged Grief: A Scoping Review of Ritual Elements in Evidence-Informed Grief Interventions. *Frontiers in Psychiatry*, Vol. 11-2020.

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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 Review Committee Members) disclose no conflict of interest relative to this educational activity. None of the planners or presenters for this educational activity have relevant financial relationships to disclose with ineligible companies.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

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