

## A GROUP THERAPY MODEL FOR TREATING PROLONGED GRIEF



### DESCRIPTION:

In this session, participants will review current understanding of prolonged grief and its implications for the life of grieving persons, contemporary best practices to address prolonged grief and what is known and under investigation in prolonged grief in marginalized grievers whose grief may be disenfranchised in the health care system. We will share findings from a multi-method investigation of Black grief in persons whose family member died in the health care system and efforts to adapt prolonged grief group therapy to the unique support needs of Black grievers.

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### 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.

<b>LIVE DATE:</b>	May 13, 2025
<b>TIME:</b>	Noon to 1:30pm ET
<b>ON DEMAND:</b>	Available for 6 months; until November 13, 2025
<b>LENGTH:</b>	90 minutes
<b>CEs:</b>	1.5 hours
<b>CONTENT LEVEL:</b>	The program is mainly for professionals already working in the field but is practical for all levels of education – entry level, intermediate or advanced.
<b>TARGET AUDIENCE:</b>	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.**

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### 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”

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### 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>

#### Single Webinar Registration

Individual Viewer | **Member: FREE** | Non-member: \$35.00  
Organizational Viewing | **Member: FREE** | Non-member: \$135.00

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## LEARNING OBJECTIVES:

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

1. Describe the clinical criteria and presentation of prolonged grief
  2. Distinguish the unique sequela of prolonged grief and risks for functional and social compromise; and specific prolonged grief assessment tools
  3. Examine the elements of historic and generational trauma, disenfranchised grief and suffocated grief as it applies to Black grievers
  4. Consider an emerging approach to caring for Black grievers to promote constructive grief
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## PROGRAM OUTLINE:

1. Prolonged grief-What is it? How to understand it without pathologizing the experience. (7 min.)
  2. Evidence based assessment and approaches to caring for persons with prolonged grief (12 min.)
    - a. Neimeyer-meaning making
    - b. Boelen CBT for grief
    - c. Shear PGT
    - d. Supiano PGGT
  3. Need for culturally appropriate approaches for unique grief contexts (6 min.)
    - a. Example to Indigenous groups historic and generational trauma
  4. The unique grief of Black American grievers (10 min.)
    - a. Black grief studied in context of violent death, racially motivated death
    - b. Context of disenfranchised grief/suffocated grief
    - c. No prior research in context of Black grief with death in the US Health care system
  5. Larger study to adapt PGGT to Black grievers (25 min.)
    - a. Investigate grief experience of Black family members whose person died in the US health care system.
      - i. Perspective of Chaplains, Nurses, Social Workers
      - ii. Perspective of bereaved family members
    - b. Pilot: Black Social workers trained and implement PGGT in their work settings with bereaved Black family members
    - c. Focus groups of SWs to modify PGGT intervention
    - d. Next steps
  6. Implications for clinicians (10 min.)
  7. Question and Answer Session (20 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 1 year, until November 13, 2025.

A complete list of board approvals for this webinar program is posted to HFA's website at [www.hospicefoundation.org](http://www.hospicefoundation.org) on the program's registration page.

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## 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).

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## EXPERT PANELISTS:

**Siobhan Aaron, PhD, MBA, MSN, RN, FNP-BC**, is an Assistant Professor at the Frances Payne Bolton School of Nursing at Case Western Reserve University and an inpatient palliative care nurse practitioner. Her clinical expertise includes hospice, end-of-life care, and grief interventions. Dr. Aaron's research focuses on health disparities in palliative care, culturally centered grief interventions, and improving patient-provider communication about clinical trials. She is currently leading a study adapting Prolonged Grief Group Therapy for African Americans and has received NIH funding to investigate race differences in clinical trial discussions in oncology. Dr. Aaron serves on the Ohio Department of Health Palliative Care Council and the boards of Rosemary Home and Hope for a Cure for ALZ.

**Kathie Supiano, PhD, LCSW, FT, FGSA, APHSW-C**, is a Professor in the College of Nursing, and the director of Caring Connections: A Hope and Comfort in Grief Program at the University of Utah College of Nursing. She has been a practicing clinical social worker and psychotherapist for over 40 years. Her clinical practice has included care of older adults with depression and multiple chronic health concerns, end-of-life care, and bereavement care. Dr. Supiano's research is in clinical interventions in complicated grief, prevention of adverse grief outcomes, suicide survivorship, overdose grief and prison hospice. Dr. Supiano is a Fellow in the Gerontological Society of America, and a Fellow of Thanatology.

## REVIEWER:

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

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## BIBLIOGRAPHY/REFERENCES:

Supiano, K. P., & Luptak, M. (2014). Complicated grief in older adults: A randomized controlled trial of complicated grief group therapy. *Gerontologist*, 54 (5), 840-856.  
doi:10.1093/geront/gnt076 (This is the seminal article)

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Adiukwu F, Kamalzadeh L, Pinto da Costa M, et al. The grief experience during the COVID-19 pandemic across different cultures. *Ann Gen Psychiatry*. 2022;21(1):18. doi:10.1186/s12991-022-00397-z.

Jones-Eversley S, Rice J. A call for epidemiology and thanatology to address the dying, death, and grief pipeline among Blacks in the United States. *Death Stud*. 2022;46(1):140-147. doi:10.1080/07481187.2020.1721618.

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#### **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.

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#### **FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES**

**Please contact Hospice Foundation of America (HFA)**

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