Hospice Foundation of America's Program

LIVING WITH GRIEF®

DIAGNOSIS: PROLONGED GRIEF DISORDER

Online CE Course

DESCRIPTION

The 2024 *Living with Grief®* program highlights prolonged grief disorder as a new addition to the *Diagnostic and Statistical Manual of Mental Disorders* (5th ed., text rev.) (DSM-5-TR). Panelists will explore the nature of the disorder and, using a case study approach, examine the diagnosis of the condition, when to refer for treatment, and effective evidence-based approaches to treatment.

PROGRAM DETAILS

This educational program combines a moderated discussion, informative interviews, and additional complimentary learning materials.

RELEASE DATE:	Program originally premiered April 16, 2024
ON DEMAND:	Viewing available to registered individuals for 6 months after purchase.
LENGTH:	2.5 hours + selected chapters of HFA's companion book (PDF format; approx. 30min reading time)
CE HOURS:	3 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 professionals, psychologists, counselors, clergy, social workers, nurses, and other health care workers, educators, and community members who support older adults.

HOW THE ONLINE COURSE 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 – Complete the online exam and evaluation

TECHNICAL REQUIREMENTS

A computer and reliable internet connection. Mobile service provider charges may apply.

REGISTRATION AND COURSE MATERIALS

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.

Course materials include the online program video, slides, and viewer guide. All course materials are accessible online immediately after registering.

Self-Study Chapters (PDF format) include:

Chapter 2: A Culturally Sustaining Approach to Diagnosing Prolonged Grief Disorder (Blueford, Jillian M. and Thacker Darrow, Nancy E.)
Chapter 8: Applying Prolonged Grief Therapy in Clinical Practice (Lott, Sonya)

LEARNING OBJECTIVES

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

1. Review the diagnostic criteria for prolonged grief disorder (PGD) in the DSM-5-TR.
2. Indicate the varied ways that the DSM-5-TR acknowledges a range of complications to the grieving process and how PGD differs from other diagnoses in the DSM-5-TR.
3. Recognize the risk factors for PGD and the signs that make it appropriate to refer for treatment.
4. Describe current evidence-based approaches to treating PGD.
5. Discuss how the PGD diagnostic criteria may influence research and the treatment of grief complications in future editions of the DSM.

PROGRAM OUTLINE

Part 1: Understanding Prolonged Grief Disorder (1hr 10min)

I. Understanding prolonged grief disorder (PGD)
   - A. Introduction: Criteria for PGD
   - B. How PGD is different from: (Interview with R. Shiner and one diagnosed with PGD)
     1. Typical grief reactions
     2. Major depressive disorder, posttraumatic stress disorder
     3. Co-morbidity
     4. Other loss-related problems
   - C. Risk factors/assessment for PGD (Case study on when to refer from a hospice person trained in PGD)
     1. Person-related
     2. Relationship to the deceased
     3. Circumstances related to the death
     4. History of past losses, including non-death losses
   - D. Environmental Factors that Impact the Likelihood of Risk Factors for PGD
     1. Marginalization
     2. Discrimination
     3. Poverty and environmental circumstances
     4. COVID-19 and other major global or community loss events

INTERMISSION (5 mins)

Part 2: Treatment Implications (1hr 15min)

1. Treating PGD
   - A. Therapeutic Approaches (Case studies?)
     1. Prolonged grief therapy
     2. Cognitive behavioral therapy
     3. Family-focused grief therapy
     4. Meaning-centered grief therapy
   - B. The issue of medication – Does medication work? (Possible case of griever medicated for depression but actually coping with PGD)
   - C. Treating children and adolescents (Case with Steve Cozza)
2. Conclusion:
   - A. The Future of PGD
     1. Ways to help people understand this diagnosis
     2. Ways to increase accessibility of helpful interventions
   - B. Closing speculations
     1. Possible application to non-death losses
     2. Are other diagnoses likely to be included in future DSMs for other grief-related complications?

CONTINUING EDUCATION

This program is valid for 3 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 2.5-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).

MODERATOR:

Frank Sesno, Director of Strategic Initiatives, The George Washington University School of Media & Public Affairs, a former anchor for CNN, and a longtime moderator of the *Living with Grief*® program. He is an Emmy-award winning journalist and creator of PlanetForward.org, a user-driven web and television project that highlights innovations in sustainability, and he is the author of *Ask More: The Power of Questions to Open Doors, Uncover Solutions and Spark Change.*

EXPERT PANELISTS

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 29 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.

Wendy Lichtenthal, PhD, FT, is Director of the Center for the Advancement of Bereavement Care at the Sylvester Comprehensive Cancer Center and Associate Professor, Pending Rank, in the Department of Public Health Sciences at the University of Miami Miller School of Medicine. She is a licensed clinical psychologist and has worked as a grief specialist for 20 years. Since 2005, she has been at Memorial Sloan Kettering Cancer Center (MSK) in New York City, where she was Founding Director of the Bereavement Clinic and Associate Attending Psychologist, and where she now serves as Consultant Faculty. She was a recipient of the 2012 International Psycho-Oncology Society Kawano New Investigator Award, the 2019 Association for Death Education and Counseling (ADEC) Research Recognition Award, and the 2023 American Psychosocial Oncology Society Outstanding Clinical Care Award. She is a Fellow in Thanatology and was elected to the ADEC Board of Directors in 2023.

Sonya Lott, PhD, has been a licensed psychologist for more than three decades. She maintains a multi-state online private practice, specializing in the diagnosis and treatment of Prolonged Grief Disorder (PGD). She is a frequent presenter on PGD at professional conferences, and often shares information about acute and prolonged grief and the impact of the pandemic on grieving on national podcasts (WYNC and WBUR) and in other media including The Washington Post and CNN.com. Dr. Lott is also the founder and CEO of CEMPSYCH, LLC, a company that provides continuing education in multicultural psychology for mental health professionals.

M. Katherine Shear, MD, is the Marion E. Kenworthy Professor of Psychiatry and the founding Director of the Center for Prolonged Grief at Columbia University School of Social Work. Dr. Shear is a clinical researcher who first worked in anxiety and depression. For the past 25 years, she has focused on

understanding and treating people who experience persistent, intense grief, which is now an official diagnosis called Prolonged Grief Disorder in the ICD-11 and DSM-5. She developed and tested Complicated Grief Therapy/Prolonged Grief Disorder Therapy; a short-term, strength-based intervention that helps foster adaptation to loss, and confirmed its efficacy in three large NIMH-funded studies. Dr. Shear is widely recognized for her work in bereavement, including both research and clinical awards from the Association for Death Education and Counseling and invited authorship of articles for Uptodate and the New England Journal of Medicine. Her work includes more than 330 peer-reviewed publications. She's developed several widely used assessment instruments and a PGDT instruction manual.

REVIEWER

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

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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.

CONFLICT OF INTEREST

No individual with the ability to control the content of this activity has any relevant financial relationship with ineligible companies to disclose.

No in-kind commercial support was received for this educational activity.

Intellectual Property

Dr. Lichtenthal's federally-funded research has been funded by the National Institute of Mental Health, National Cancer Institute, National Institute of Nursing Research, American Cancer Society, T.J. Martell Foundation, and MSK's Cycle for Survival and has focused on grief and bereavement, cancer survivorship, intervention development and evaluation, and finding meaning in the face of adversity. She is an inventor of the Meaning-Centered Grief Therapy intervention manual used in her research.

All other planners (Panelists and Review Committee Members) disclose no conflict of interest relative to this educational activity.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES, please contact:

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