

BEST PRACTICES IN GRIEF COUNSELING



DESCRIPTION:

Join us for an engaging program exploring current best practices in grief counseling, highlighting clear examples of how to support youth and adults through complex, evolving loss experiences. The presenters will discuss findings from their recent research study, *Grief Counseling Best Practices: A Delphi Study* (Blueford, J. M., Doughty Shaine, M. J., et al., 2025, in press, *Adultspan Journal*), and share its clinical implications to enhance professionals' grief-informed practice.

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:	February 10, 2026
TIME:	Noon to 1:30pm ET
ON DEMAND:	Available for 6 months; until August 10, 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

SAME DAY 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

ON-DEMAND PURCHASE

- Individual Viewer — Member: \$23.97 | Non-member: \$39.95
 - Organizational Viewing — Member: 1-12 staff – \$53.97 | 13-25 staff – \$96
 - Organizational Viewing — Non-member: 1-12 staff – \$89.95 | 13-25 staff – \$160
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LEARNING OBJECTIVES:

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

1. Describe core grief counseling best practices (knowledge, skills, awareness) as identified through empirical research by the Grief Counseling Competencies Task Force– and adopted by the American Counseling Association–and explain how they apply across the lifespan (youth and adult clients).
 2. Identify research-supported interventions for grief and bereavement (e.g., cognitive-behavioral, online, and group-based approaches) and discuss how to integrate these into professional practice ethically.
 3. Recognize common gaps in counselor preparation related to grief and loss and propose actionable strategies to foster grief-informed training, supervision, and clinical application.
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PROGRAM OUTLINE:

1. **Introduction & Welcome** – Purpose, presenter credentials, webinar goals (5 min)
 2. **Overview: Grief Counseling Best Practices** – Present knowledge, skills, awareness domains from the AADA/ACA consensus document (www.counseling.org) (15 min)
 3. **Research Foundations** – Evidence supporting grief interventions and training needs (CBT, online, youth bereavement, counselor preparation gaps) (15 min)
 4. **Case Examples & Application** – Examples of best practice interventions with youth and adult clients (15 min)
 5. **Group Discussion / Breakout Activity** – Small groups apply best practices to real scenarios (10 min)
 6. **Clinical Implications & Training Strategies** – How to integrate into coursework, supervision, and practice (15 min)
 7. **Wrap-Up** – Key takeaways and additional resources (5 min)
 8. **Question & Answer Session** (10 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 August 10, 2026.

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:

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.

Megan Doughty Shaine, PhD, MA, graduated from Wesleyan University in 2004 with a bachelor of arts in Psychology and Government and received her master's and doctoral degrees in Counseling (2010, 2016) from The George Washington University, where she served as a clinical supervisor for master's students in the Clinical Mental Health and School Counseling Programs. Dr. Shaine's research examines experiences of trauma and loss, particularly in military and university populations. Currently, Dr. Shaine is researching the mental health care experiences of transgender military service members and veterans, as well as the impact of mindfulness practice in trauma counseling education.

She is a Licensed Clinical Professional Counselor in Maryland and Washington, D.C., and operates a private practice specializing in trauma, loss, and life transitions, including the transition to parenthood. Prior to entering independent practice, Dr. Shaine worked with university students at The Catholic University of America, as well as bereaved individuals and families at The Wendt Center for Loss and Healing. She also worked as a research methods tutor and consultant at The George Washington University. At Hood College, Dr. Shaine serves on the High Impact Practice Task Force, helping to evaluate and promote high-impact learning experiences such as internships and research opportunities, and serves as a consultant and adviser to the Hood College Counseling Center. Dr. Shaine is also a member of the Disaster Mental Health subcommittee of ACA's Crisis, Disaster and Trauma Competencies Task Force.

REVIEWER:

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

BIBLIOGRAPHY/REFERENCES:

Grief Counseling Competencies Task Force. (2024). *Grief counseling best practices*. Association for Adult Development and Aging & American Counseling Association. <https://www.counseling.org/docs/default-source/competencies/gcctf-grief-counseling-best-practices.pdf>

Blueford, J. M., Diambra, J. F., & Wheat, L. S. (2021). Counselor preparedness to counsel grieving clients: Implications for counselor education and supervision. *Death Studies*, 48(2), 241–253. <https://doi.org/10.1080/07481187.2023.2260215>

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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.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

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