

Hospice Foundation of America's Program

FOOD AS RITUAL IN GRIEF

Online CE Course

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

The online presentation features an experienced professional offering their own expertise on the topic. On the screen, you will see the slide presentation and will be able to see and hear the expert presenters.

- RELEASE DATE:** Program originally premiered December 9, 2025
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 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.

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

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)

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 PRESENTERS

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, *Senior Medical Officer*, Hospice Foundation of America

BIBLIOGRAPHY/REFERENCES:

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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>.

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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:

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