

Hospice Foundation of America's Program

ANTICIPATORY GRIEF: HELPING PATIENTS AND FAMILIES UNDERSTAND AND COPE

Online CE Course

DESCRIPTION

Learn more about what anticipatory grief is and isn't, and the research that has led to this important concept. Presenters Dr. Kenneth J. Doka and Dr. Laura Bradbury will discuss how anticipatory grief is often seen in "real-life" scenarios with patients, families, and end-of-life care professionals and share effective clinical interventions to support this specific type of grief.

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 January 13, 2026
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. Describe the original meaning of the term *anticipatory grief* and the reframing of the term *anticipatory grief*.
2. Discuss the ways that culture and grieving styles may influence the physical, emotional, behavioral, cognitive, and spiritual manifestations of grief;
3. Identify those at risk for Prolonged Grief Disorder (PGD) and understand appropriate anticipatory grief interventions that may mitigate that risk

4. Identify interventive strategies that can be used with patients, families, and professional caregivers during the course of illness and at the time of death.

PROGRAM OUTLINE

Kenneth J. Doka, PhD, MDiv

- 1) Introduction (10 minutes)
 - A. Grief
 - B. Anticipatory Grief/Mourning
 - C. Anticipatory Bereavement
- 2) Historical Development of the Concept (5 minutes)
- 3) Anticipatory grief (15 minutes)
 - A. Patients
 - B. Families/Intimate Network
 - C. Professional Caregivers
- 4) Enfranchising Anticipatory Grief (10 minutes)

Laura Bradbury, PhD, LCSW

- 5) Provide an overview of the Pre-Loss Grief Support model developed in partnership with Dr. Supiano (10 minutes)
 - The purpose of pre-loss grief support is not necessarily to “prepare” people for the death, but to mitigate the PGD risk and align people with support earlier in the end-of-life experience
 - What pre-loss support can do: equip people with health coping tools and strategies, feel more capable of handling and attuned to their emotions
 - What pre-loss support cannot do: Erase the grief
- 6) After the death: Transitions of Support (10 minutes)
 - Guidelines for successful transition from pre-loss to post-loss support
 - How to safely support this transition without the griever feeling abandoned
 - Practical intervention strategies to navigate this transition
- 7) Staff Support Considerations (10 minutes)
 - Anticipatory grief in hospice professionals: How to address, what works, what doesn’t work, recommendations for hospice agency leadership
- 8) Cultivating Community Partnerships (5 minutes)
 - Actionable steps for creating community partnerships
 - Training community partners on pre-loss group models

Question and Answer Session (15 minutes)

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 SPEAKERS

Kenneth J. 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.

Laura Bradbury, PhD, LCSW, is a grief counselor and assistant professor in the College of Nursing at the University of Utah. She is the director of Caring Connections: A Hope and Comfort in Grief Program at the University of Utah. She researches issues related to end of life care and grief and loss, suicide grief care, and suicide prevention. Laura is passionate about improving outcomes for bereaved persons and increasing grief literacy among helping professionals.

REVIEWER

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

BIBLIOGRAPHY/REFERENCES:

Dehpour, T., & Koffman, J. (2022). *Assessment of anticipatory grief in informal caregivers of dependants with dementia: a systematic review*. *Aging & Mental Health*, 27(1), 110–123. <https://doi.org/10.1080/13607863.2022.2032599>

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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 Reviewers) disclose no conflict of interest relative to this educational activity.

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

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