

Hospice Foundation of America's Program

BEST PRACTICES IN GRIEF COUNSELING

Online CE Course

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

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 February 10, 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 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.

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)

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

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, *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>

Stargell, N. A. (2025). Grief education in accredited counseling programs: A critical review for enhancing grief and loss training. *Journal of Counselor Preparation and Supervision*, 18(1). <https://trace.tennessee.edu/jcps/vol18/iss1/3>

Olson, L. M. (2024). School-based grief interventions for childhood bereavement: A meta-analysis. *Death Studies*, 48(3), 299–316. <https://doi.org/10.1080/07481187.2023.2251149>

Testoni, I., Biancalani, G., & Ronconi, L. (2025). Death education among psychology university students: Preparing future clinicians for grief and loss practice. *Global Transitions*, 7(1), 403-410. <https://doi.org/10.1016/j.glt.2025.07.001>

Wheat, L. S., Matthews, J. J., & Whiting, P. P. (2024). Dearth of death competence in counselor education: Counselors' training, experience, and perceived preparedness. *Journal of Counseling & Development*, 102(3), 315–327. <https://doi.org/10.1002/jcad.12516>

COPYRIGHT NOTICE

HFA's program is copyrighted. Its use and dissemination is restricted and unauthorized duplication is strictly prohibited. HFA strictly prohibits any other dissemination of this program by any method, including internal WAN or LAN computer networks or telemedicine networks.

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:

Hospice Foundation of America (HFA)
1707 L Street NW, Suite 220, Washington, DC 20036
educate@hospicefoundation.org
1-800-854-3402 toll-free / (202) 457-5811 phone / (202) 457-5815 fax

PRODUCED BY

Hospice Foundation of America

End-of-life Care Resources for Professionals and the Communities they Serve

www.hospicefoundation.org

THANK YOU TO OUR PROGRAM SPONSOR

Presented by Dignity Memorial

Dignity[®]
MEMORIAL

