

## 2022 PROGRAM - TRAUMA AND LOSS



### DESCRIPTION:

This program focuses on the specific issues raised when losses are sudden and traumatic, shattering the bereaved individual's assumptions that the world is safe, benevolent, or predictable. These deaths can be the result of accidents and disasters; suicides, or overdoses; homicide and terrorism; military or service-related deaths; or the unpredictable trajectories of illnesses. In Part One of program, we explore the factors that complicate grief. In Part Two we use case studies to highlight ways that such losses can be treated. The program concludes with a discussion of vicarious traumatization and strategies for self-care.

### LEARNING OBJECTIVES

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

1. Define traumatic loss, vicarious traumatization and loss of one's assumptive world.
2. Indicate four selected examples of traumatic loss.
3. Describe factors common to traumatic loss as well as the specific issues raised in the varied types of traumatic losses that may potentially complicate grief.
4. 4. Discuss possible strategies and best practices for counseling, using case studies.
5. 5. Describe strategies to minimize and/or treat vicarious traumatization.

### 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.

- ON DEMAND: Available for 1 year; until April 4, 2023
- LENGTH: 2 hours CES: 2 hours for a wide variety of professional boards
- CE FEE: Included with registration
- 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.

### PROGRAM OUTLINE

1. Sudden and Traumatic Loss (60 minutes)
  - a. The Nature of Traumatic Loss
  - b. Selected Examples of Traumatic Loss
    - i. 1. Accidents, and disaster
    - ii. 2. Suicide, and overdose deaths
    - iii. 3. Homicide, and terrorism
    - iv. 4. Military and service-related deaths
    - v. 5. Traumatic loss in illness
2. Traumatic Loss and Complicated Grief (30 minutes)
  - a. Factors Common to Traumatic Loss
  - b. Factors Unique to Specific Types of Loss
3. Treating Traumatic Losses (30 minutes)
  - a. Counseling Persons with Traumatic Losses: A Case Study Approach
  - b. Recognizing, Responding to, and Treating Vicarious Trauma

## MODERATOR

**Frank Sesno**, is 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

**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.

**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 28 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.

**Therese A. Rando, PhD, BCETS, BCBT**, is a clinical psychologist, traumatologist, and thanatologist. She is the Clinical Director of The Institute for the Study and Treatment of Loss, which provides mental health services through psychotherapy, training, supervision, and consultation, and specializes in: loss and grief; traumatic stress; and the psychosocial care of persons with physical injury, serious acute medical conditions, or with chronic, life-threatening, or terminal illness, and their loved ones. Her current research interests focus on the course of mourning after traumatic loss; construction of a self-help program for coping with the sudden death of a loved one; development of an integrated group intervention for traumatic loss survivors; and evaluation of an intervention program for traumatized first responders after critical incidents. She is the author of Treatment of Complicated Mourning; How To Go On Living When Someone You Love Dies; and Grief, Dying, and Death: Clinical Interventions for Caregivers; and is a co-author of Treating Traumatic Bereavement: A Practitioner's Guide.

## REVIEWER

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

## TECHNICAL REQUIREMENTS

To view this online program, you will need a computer and screen, reliable internet access, and speakers. The program video link is through Vimeo.

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## CONFLICT OF INTEREST

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

## FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

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