



Help Me Grieve: A Healthcare Professional's Overview to Evidence-Based Support for the Grieving

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Grief takes many forms, and while there are some similar experiences, grief is different for each individual. As healthcare professionals we provide caring, evidence-based support to those experiencing grief, including the ability to identify signs and symptoms of grieving.

This is a detailed overview of grief and mourning and necessary reactions to loss, as well as how professionals may assess, plan care and support those who are grieving. We will discuss types of grief, such as anticipatory grief, grief triggers, signs of complicated grief and evidence-based interventions you may employ with patients and families. We'll also share some resources for additional study and support for the healthcare provider.

Following this presentation the participant will be able to:

- Define/describe grief from a clinical viewpoint, including its types, stages and complications
- Identify and apply evidence-based tools and techniques
- Describe self-care tips for care providers dealing with difficult patient issues
- Access resources and career growth opportunities for healthcare and mental health providers

- The Optimum Life CE series is a pre-recorded webcast.
- This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed.
- This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.
- This course is approved by the Michigan Social Work Continuing Education Collaborative.
- Call (312) 977-3711 for more information about contact hours.