PSYCHOSOCIAL/ SPIRITUAL SESSIONS
At-A-Glance Listings & Descriptions

AT-A-GLANCE

Thursday, October 4, 2012
1A. Compassion for the Caregiver, 8:30 a.m. – 4:45 p.m.

Friday, October 5, 2012
6C. Disenfranchised Grief & LGBT Survivors: Exploring Clinical Considerations, 1:45 – 3:15 p.m.
7C. Windows & Mirrors: Understanding the Extraordinary Experiences of the Dying, 3:45 – 5:15 p.m.

Saturday, October 6, 2012
8D. PTSD, Moral Injury and Spiritual Care at End of Life, 8:30 a.m. – 10:00 a.m.
9D. Nimble Servant: Attentive Listening to Music for Hospice Patients, Families and Those Who Care About Them, 10:15 a.m. – 11:45 a.m.

SESSION DESCRIPTIONS

Thursday, October 4, 2012

8:30 a.m. – 4:45 p.m.

1A. Compassion Care for the Caregiver
James Hallenbeck, MD, Director, Palliative Care, VA Palo Alto HCS, Faculty, Stanford Center for Compassion and Altruism Research and Education, Palo Alto, CA; Leah Weiss, MSW, Director, Education Stanford Center for Compassion and Altruism Research and Education, Stanford University, Palo Alto, CA.

In this workshop we will present the core elements of Stanford’s Compassion Cultivation Course. Participants will be exposed to basic meditative practices associated with
compassion cultivation and various exercises designed to foster compassion cultivation. The relevance of these practices to compassion fatigue and burnout in caregivers will be addressed. Following discussion and orientation to the course, participants will be given material for home self study, including a series of meditation trigger tapes, corresponding to the series of modules in the full course.

Learning Objectives: At the end of this session, participants will be able to 1) be familiar with and able to practice certain exercises to assist with the cultivation of compassion for self and others and 2) understand the connection among compassion fatigue, burnout and compassion cultivation.

Friday, October 5, 2012

1:45 p.m. – 3:15 p.m.

6C. Disenfranchised Grief & LGBT Survivors: Exploring Clinical Considerations
Bryan McNutt, MA, GC-C, Director of Family & Support Services, Silverado Hospice, San Diego, CA.

Recent clinical research, including the growing relevance of minority stress theory, has identified the phenomenon of disenfranchised grief as a contributing factor to the experience of complicated mourning among social minority populations, particularly sexual minorities within the lesbian, gay, bisexual and transgender (LGBT) community. This session will explore the psychosocial phenomenon of disenfranchised grief among LGBT bereaved partners. Particular attention will be given to the diagnostic relationship between disenfranchised grief and complicated grief, as well as exploring effective approaches of clinical application through bereavement counseling and grief therapy. Clinical case studies will be utilized.

Learning Objectives: At the end of this session, participants will be able to 1) identify the psychosocial phenomenon of disenfranchised grief, particularly as it may be experienced among LGBT bereaved partners, 2) identify and describe the diagnostic indicators of disenfranchised grief as it relates to complicated forms of mourning, 3) demonstrate an understanding of effective clinical application in working with disenfranchised grief among bereaved LGBT partners through specific approaches of bereavement counseling and grief therapy and 4) demonstrate an understanding of how to effectively address anticipatory grief concerns among LGBT patients and their partners or significant others.

3:45 p.m. – 5:15 p.m.

7C. Windows & Mirrors: Understanding the Extraordinary Experiences of the Dying
Annette Childs, Ph.D., LCSW, Fellow in Thanatology, Diplomat of the American Psychotherapy Association, Director of Education, One Candle, LLC, Reno, NV.

We will explore many psycho-spiritual experiences common to the liminal period between life and death. True case examples will show the rich, symbolic, transcendent world that unfolds at life’s end. Topics include Nearing Death Awareness, Death Bed Visions,
symbolic language and other psycho-spiritual experiences common among the dying.

Learning Objectives: At the end of this session, participants will be able to 1) identify common themes/behaviors that indicate the dying are experiencing some of the phenomenon inherent to Nearing Death Awareness (NDA), 2) be familiar with the metaphorical language the dying often use to communicate as death becomes imminent and 3) identify common themes in death bed visions and be familiar with research data that provides a framework for understanding how common these visions are.

Saturday, October 6, 2012

8:30 a.m. – 10:00 a.m.

8D. PTSD—Moral Injury and Spiritual Care At End Of Life
Jennifer Fargo Lathrop, Master of Divinity, Chaplain Fellow in Hospice and Palliative Care, Penny V. Phillips, Master of Divinity, Staff Chaplain, Palo Alto VA Hospice Care Center, Palo Alto, CA.

This interactive presentation will discuss PTSD and Moral Injury in Veterans. Actual cases from the Palo Alto Veterans Hospital who demonstrate PTSD or Moral Injury or both will be presented and specific interventions for spiritual care at end of life will be introduced to participants.

Learning Objectives: At the end of this session, participants will be able to 1) name three symptoms of PTSD and three characteristics of moral injury, 2) describe two spiritual care interventions for veterans who wish to speak of their combat experience and 3) discuss financial implications and benefits.

10:15 a.m. – 11:45 a.m.

Gayle Heuser, MA, Senior Chaplain, Silverado Hospice, Orange County, Irvine, CA.

Music serves well during the sacred time of the hospice journey; it communicates through metaphor, arouses imagination, supports through unsupportable times of distress and awakens an unfolding spectrum of wonder that words cannot always capture—it may even palliate pain. This healing gift is within everyone’s reach, including patients with varying degrees of responsiveness and awareness.

Learning Objectives: At the end of this session, participants will be able to 1) enhance capacity to listen to music and identify personal imagery, 2) increase ability to identify basic elements in music and the language of reflection, 3) improve facility at being present in the “here and now.” and 4) augment lists of musical selections that are especially well suited for reflective listening.