

Join Us

Grief: Coping, Surviving, and Growing

Wednesday, November 18, 3-6 p.m.

Grief is a deeply personal journey that affects us physically, emotionally, socially, and spiritually. Kenneth Doka will explore the many ways individuals experience loss and offers practical guidance for navigating the challenges of bereavement. Based on the concepts presented in *Grief: Coping, Surviving, and Growing*, Dr. Doka examines common grief reactions, individual grieving styles, continuing bonds with loved ones who have died, resilience, and the potential for personal growth following loss.



VIRTUAL WEBINAR

Registrants must provide an email address to receive an invitation for participation via Microsoft Teams.

Continuing education credits are available for professionals. See the reverse side for details.

RSVP to Heather Giavedoni at
GiavedoniH@upmc.edu by Nov. 17
or call 814-552-0561.

In partnership with Stevens Family Funeral Homes, we look forward to sharing this valuable event with the community.



[UPMC.com/FamilyHospiceBereavement](https://www.upmc.com/FamilyHospiceBereavement)

ABOUT THE PRESENTER:

Dr. Kenneth J. Doka is a Professor Emeritus, The College of New Rochelle and Senior Vice President for Grief Programs for the Hospice Foundation of America. He is one of the authors of the text, *Dying & Death: Life & Living*. A prolific author, Dr. Doka's books include more than 40 titles covering many aspects of dying, death, and grief. In addition to his books, he has published more than 100 articles and book chapters. Dr. Doka is editor of both *Omega: The Journal of Death and Dying* and *Journeys: A Newsletter to Help in Bereavement*. He has an ongoing blog for *Psychology Today* entitled *Good Mourning*.

Dr. Doka previously had leadership roles for the Association for Death Education and Counseling and the Board of Directors of the International Work Group on Dying, Death and Bereavement. An ordained Lutheran minister, he has earned numerous accolades over the past three decades and keynoted conferences throughout the world. In addition, he also served as a consultant to medical, nursing, funeral service, and hospice organizations, as well as businesses and educational and social service agencies.



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Who Should Attend:

This presentation is appropriate for bereaved individuals, caregivers, hospice volunteers, RNs, Social Workers, clergy, and anyone seeking a greater understanding of grief and healing. Attendees will leave with practical tools, renewed hope, and a framework for not only surviving grief, but also growing through it.

Objectives:

Upon completion of this workshop the participant will be able to:

- Define a Broader Framework for Loss/Grief
- Explain the ways grieving persons may cope with loss
- Understand Tasks of grief
- Explain ways grieving persons might grow through the experience of loss

Description:

Participants will gain a deeper understanding of the grief process, learn healthy coping strategies for difficult times such as holidays and anniversaries, and discover ways to support themselves and others through loss. The webinar also highlights the importance of honoring unique grief experiences, finding meaning after loss, and recognizing that while grief changes over time, connections to loved ones can continue in meaningful ways.

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

As a Jointly Accredited Organization, University of Pittsburgh is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive 3.0 continuing education credits.

Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is 3.0 contact hours.

Social Work (ASWB)

The maximum number of hours awarded for this Continuing Education activity is 3.0 contact hours.

Other Healthcare Professionals:

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

To receive CEUs:

Create an account at the Center for Continuing Education and register for the course "Grief: Coping, Surviving, and Growing." CEU registration is open Sept. 28-Nov. 11, 2026.



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