

# Understanding and Treating Death Anxiety

## A 6-Hour Home Study Program for Health Professionals

Death anxiety is pervasive in many patients, family members and healthcare professionals. This new program describes the nature of death anxiety, its impact, ways to effectively cope with end-of-life issues, and how we can use death anxiety to live more fully.

Participants including health professionals working in medical, dental and behavioral health settings should be able to:

1. Identify key characteristics of death anxiety.
2. Describe Terror Management Theory and its alternatives.
3. Distinguish between adaptive and maladaptive forms of coping concerning death anxiety.
4. Name several brain areas that contribute to death anxiety.
5. Outline ways to help ensure that patients receive the kind of end-of-life care that fulfills their directives.
6. Describe how to channel a death anxiety into life-affirming choices and experiences.

### CONTINUING EDUCATION



**NURSES:** Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**.

IBP is approved as a provider of continuing education by **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 6 contact hours.



**COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.



Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.



IBP, Provider #1160, is approved as a provider for continuing education by the **Association of Social Work Boards (ASWB)**, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.



IBP is approved as a provider of CE by the **FL Board of Psychology**, by the **FL Board of Clinical Social Work, MFT and Mental Health Counseling**, by the **OH CSWMFT Board**, Provider #RCST030801, by the **IL Dept. of Professional Regulation MFT CE Sponsor Program**, #168.000183, and by **TX State Board of Examiners of MFTs**, Provider #830. This program provides 6 CE hours.



**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential (IBP) is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. IBP is approved by provider by **CCAPP-EI**, Provider Number 4S-09-128-1217. This program provides 6 CEHs.



**PHARMACISTS AND PHARMACY TECHNICIANS:** IBP is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-15-011-FH04-P and 0492-0000-15-011-FH04-T.



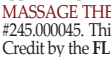
**DENTAL PROFESSIONALS:** IBP is designated as an Approved PACE Program Provider by the **Academy of General Dentistry (AGD)**. The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. IBP is an approved provider with the **FL Board of Dentistry**. This program provides 6 CE hours.



**OCCUPATIONAL THERAPISTS:** IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Occupation, Client Factors, and Context and Environment). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.



**PHYSICAL THERAPISTS:** This program is approved by IBP, which is an accredited provider by the **Physical Therapy Board of CA**. IBP is an **IL Dept. of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the **NY State Board of Physical Therapy** as an approved sponsor of physical therapy CE. This program provides 6 CE hours.



**MASSAGE THERAPISTS:** IBP is an approved CE provider by **IL Dept. of Professional Regulation**, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE Credit by the **FL Board of Massage Therapy**.



**SPEECH-LANGUAGE PATHOLOGISTS:** IBP is an approved provider by the **CA SLPAB**, # PDP247. This program provides 6 CE hours.



**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the **CA Board of Registered Nursing**, #CEP13896, and as such, its CE offerings are accepted by **Respiratory Care Board of CA**. This program provides 6 CE hours.



**EDUCATORS:** Participants completing this program will receive 7.5 contact hours of professional development credit through a cosponsorship agreement between **Alliant International University** and IBP. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

### Understanding Death Anxiety

*"We are the dust of the universe trying to understand itself." — Pellegrino*

- What is Death Anxiety
- Impact of Death Anxiety
- Triggers
- Consequences of Death Anxiety

### Coping With Death Anxiety

*"The fact of death destroys life; the thought of death gives us life." — Yalom*

- Origins of Death Anxiety
- Mortality Salience and Terror Management Theory
- Maladaptive Coping
- Adaptive Coping

### Neuroplasticity and Death Anxiety

*"To invent the future is the purview of the prefrontal cortex." — Fuster*

- Existential Neuroscience
- Neuroplasticity

### Preparations

*"Understand this extraordinary thing call death – not when you are physically dying, but while you are living, while you are laughing, while you are climbing a tree, while you are sailing a boat or swimming." — Krishnamurti*

- An Instructional Design for Dying
- Medico-Legal Decisions
- Endgame Strategy
- Ensuring Advanced Directives are Followed
- Preparation for Dying
- Being Present With Dying Patients

### Fulfilling Our Life Purpose

*"Those who fear death are the ones who approach it with too much un-lived life inside them." — Yalom*

- Living More Fully
- Livig With Serenity
- Mindful Approach to Death Anxiety

### ABOUT THE INSTRUCTORS

**Tom Nickel, Ph.D.**, is a cognitive psychologist and instructional designer. He has been extensively involved in the planning and administration of mental health services and the development of training programs for mental health professionals. He has served as a volunteer caregiver for the Kaiser Permanente Hospice program and currently serves with the Zen Hospice Project. He has also developed an online curriculum, "An Instructional Design for Dying." Dr. Nickel's presentations are both informative and deeply transformative.

**John D. Preston, Psy.D.**, is Professor Emeritus with Alliant International University: California School of Professional Psychology, Sacramento and formerly on the faculty of UC Davis School of Medicine. Dr. Preston is the author of twenty-two books addressing psychotherapy, mood disorders, neurobiology, and spiritual aspects of emotional healing. His books have been translated into 14 foreign languages. An outstanding speaker, Dr. Preston has given invited lectures to health professionals throughout North America and in several continents. His presentations are at once informative and inspiring.

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