

**Leaving Legacies: Spiritual Meaning-Making at the End of Life
Part 1: Reminiscence and Life Review
Des Moines University, Des Moines, IA
May 14, 2011
9:30 a.m. – 12:00 p.m.**

Purpose

This webinar reviews the theory and techniques behind life review and reminiscence therapies focusing on the ways that such a technique can assist meaning-making at the end of life. The webinar also discusses strategies that can be utilized in cases where life reviews may be problematic or psychologically threatening.

Target Audience

The target audience for this program includes pastors and other spiritual leaders, counselors, nurses and other health care providers, hospice employees, and the community.

Objectives

Upon conclusion of this educational program, learners will be able to:

1. Differentiate life review from reminiscence.
2. Discuss life review and reminiscence as instruments of meaning-making and offer a rationale for the therapeutic benefit of such procedures at the end of life.
3. Identify seven therapeutic benefits of life review and reminiscence.
4. Identify potential dangers in life review and reminiscence.
5. Discuss at least six different strategies for life review and reminiscence.

Agenda

Time	Program
9:30 a.m.	Registration
10:00 a.m.	Live panel: <ul style="list-style-type: none"> • Trudy Holman; <i>Director, Hamilton's Academy of Grief & Loss</i> • J. Jeffrey Means, M.Div., Ph.D.; <i>Associate Professor & Chair, Department of Behavioral Medicine, DMU</i> <ol style="list-style-type: none"> 1. Meaning-Making at the End of Life <ol style="list-style-type: none"> a. Role of Meaning-Making at the End of Life b. The Spiritual Needs of Individuals Who Are Dying 2. Life Review and Reminiscence: Underlying Theory <ol style="list-style-type: none"> a. Differences between Life Review and Reminiscence b. Value of Life Review and Reminiscence <ol style="list-style-type: none"> i. Meaning-Making ii. Enhances Mood iii. Establishes Time and Role Parity iv. Maintains a Continuity of Identity v. Offers Therapeutic Insight vi. Reinforces Self-Esteem vii. Bolsters Community c. Dangers of Life Review and Reminiscence <ol style="list-style-type: none"> i. Reliving Trauma

	<ul style="list-style-type: none"> ii. Personality Counter-Indications iii. Relational Counter-Indications 3. Doing Life Review and Reminiscence <ul style="list-style-type: none"> a. Techniques for Life Review and Reminiscence <ul style="list-style-type: none"> i. Photographs and Memorabilia ii. Music iii. Creative Expressions iv. Genealogies and Genograms v. Pilgrimages and Reunions vi. Age Lines b. Employing All Senses
12:00 p.m.	Adjourn

CME Credit

IBON: Des Moines University continuing education (provider #112) is approved by the Iowa Board of Nursing as an accredited provider. This program has been reviewed and approved for a maximum of 2.4 continuing education contact hours.

Other: Attendees will be given a certificate of participation for 2.0 hours which will include: program content, objectives, presenters, location, date, time and number of education hours offered.

Commercial Support

Educational grants were not accepted for this educational program.

Registration

There was not a fee to attend this educational activity. For nurses requesting CEU credit, there is a \$25 fee.

Disclosure Statement

Everyone in a position to control the content of this educational activity will disclose to the CME provider and to attendees all relevant financial relationships with any commercial interest. They will also disclose if any pharmaceuticals or medical procedures and devices discussed are investigational or unapproved for use by the U.S. Food and Drug Administration (FDA). Determination of educational content for this program and the selection of speakers are responsibilities of the program director. Firms providing financial support did not have input in these areas.

Contact

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