

PTH VOLUNTEER CONTINUING EDUCATION: BOOKS & VIDEOS

VOLUNTEER: _____

MONTH/YEAR: _____

Reading a PTH-relevant **book** counts for up to two hours. A **video** counts for the length of the video. **Please provide a brief written summary and a comment about how the book or video helps you as a PTH volunteer.**

For any other education (seminar, workshop, class, etc.) please send documentation of attendance, including date, length of event, and description of topic to the Coordinator in order to receive credit for continuing education. (There is no need to include it on your timesheet.)

DATE	TITLE/AUTHOR & SUMMARY OF BOOK or VIDEO	TIME
05/05	<p>Video - Changed Forever: Grieving the Death of Someone You Love. Charity Spatzeck-Olsen, Producer</p> <p>Academic material presented well and made "real" through the use of bereaved individuals. Good discussion of grief being unique to the individual, different styles of grieving, and a holistic view of grief (physical, emotional, cognitive and spiritual). The discussion on grief versus depression was slightly confusing and would need further explanation if used in PTH training. Overall, an excellent resource.</p>	.75
05/17	<p>Video – The Transforming Power of Caregiving: Returning to Life After Caregiving Ends. Charity Spatzeck-Olsen, Producer</p> <p>This video uses multiple caregivers speaking about their experiences of caregiving, but more specifically their experience of loss after the death of their loved ones. We all experience multiple losses when someone dies, but for caregivers – especially those who are in the role of primary caregiver for an extended amount of time – there is a complete loss of purpose and role. Their 24/7 caregiving role or "job" as one gentleman put it is suddenly gone. Their task of answering the question "Who am I without this person?" is taken to a new level.</p> <p>Excellent video for caregivers and volunteers alike. Recommend for the PTH library and as a resource for families.</p>	.75
	TOTAL HOURS	1.5

VOLUNTEER SIGNATURE

DATE

VOLUNTEER COORDINATOR SIGNATURE

DATE

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