

# FINDING SOLACE THROUGH SCREENS

USING FILM, MUSIC &  
TELEVISION TO PROCESS GRIEF

WEDNESDAY, JUNE 4  
FROM 2-3:30PM (LIVE ET)

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This is a NO COST webinar and is approved for 1.5 CEUs. You will receive a Zoom link to the webinar upon registration. Detailed information about how to claim your credits will be provided during the webinar. Presentation materials can be provided upon request.



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THE QR CODE  
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**CARING  
PLACE**   
finding hope in grief

This webinar explores the often-overlooked therapeutic potential of film, music, and television in navigating the complexities of grief. Together we'll examine how these cultural elements offer a powerful and accessible means of processing loss by exploring the ways these media mirror relatable grief experiences, create safe space for emotional expression, validate diverse feelings and reactions, and provide opportunities to explore different perspectives on coping with loss.

Participants will leave with practical strategies to use media for self-care and support, understanding how specific artistic elements can foster healing and provide comfort during times of bereavement. This webinar is suitable for individuals grieving personal loss, professionals supporting bereaved individuals, and anyone interested in the intersection of media and emotional well-being.

## OBJECTIVES

At the conclusion of this webinar, participants will be able to:

1. **Identify** how movies, music, and television can serve as cathartic tools for processing grief.
2. **Analyze** how specific narrative elements within media (character arcs, musical scores, visual storytelling) contribute to emotional processing and validation.
3. **Apply** strategies for using film, music, and television in healthy ways to engage with their own grief or support others who are grieving.

AMA PRA Category 1 Credit TM

Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Allegheny General Hospital designates this live activity for a maximum of 1.5 AMA PRA Category 1 CreditTM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CE for Psychologists

Allegheny Health Network is approved by the American Psychological Association to offer continuing education for psychologists. Allegheny Health Network maintains responsibility for the program and its content. This course is approved for 1.5 APA Credits.

CE for Social Workers

Social Workers may claim credits for attending educational courses and programs delivered by pre-approved providers, such as the American Psychological Association (refer to CE for Psychologists above). For verification, please refer to Continuing Education Regulations §47.35 #16 (ix) found at [www.dos.state.pa.us/social](http://www.dos.state.pa.us/social). Certificates of attendance will be awarded following the conference provided a completed evaluation form is submitted.



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