

The University of Louisville Trager Institute presents:



Educating Social Workers in Palliative and End-of-Life Care (ESPEC) is an innovative professional education and training program designed by social workers for social workers for training in primary palliative care. ESPEC seeks to enhance social workers' knowledge, skills, and competence, increase their visibility, and position them for leadership roles within their healthcare teams.

Course Overview

ESPEC is a state-of-the-art curriculum that provides interactive coursework with engaging videos of patient and family encounters, highlighting best social work practices using the eight domains of palliative care as the framework.

Overall Learning Objectives

- Identify best practices for front-line health social workers to integrate key palliative care principles into their clinical work.
- Recognize the knowledge base and practice skills necessary to pursue additional competency in palliative social work.
- Apply the skills necessary for more effective interprofessional communication and increased visibility in the health social work role.

Delivery Format: hybrid reading and recorded asynchronous distance learning (this will be hyperlinked to a detailed course description, see page 3)

- Integrates the eight domains of palliative care identified by the National Consensus Project for Quality Palliative Care into health social work practice.
- Includes videos of patient and family encounters, interactive exercises, reflective questions, and resources for self-directed learning.
- Credits: 8.0 hours CE for online, independently paced training in the following categories:
 - 5.5 Clinical Social Work; 1.5 Cultural Competence; 1.0 Ethics contact hours (8.0 total CE hours)
- Fee: \$200

Faculty

Myra Glajchen, DSW, MSW, BSW, ACSW, APHSW-C

Bio: Myra Glajchen is Project Director for *Educating Social Workers in Palliative and End-of-Life Care (ESPEC)*, a national training program focused on building palliative care knowledge, skills, and leadership among social workers across healthcare settings. She brings extensive experience as a clinician, educator, and national faculty member in interprofessional palliative care education and workforce development.

Co-Sponsorship: This learning activity is co-sponsored by the MJHS Institute for Innovation in Palliative Care

Continuing Education Credit Provided By:

University of Louisville Trager Institute (ASWB ACE)

Educating Social Workers in Palliative and End-of-Life Care (ESPEC), [6736], is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by the **University of Louisville Trager Institute** as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: [6/9/2026—6/9/2028]. Social workers completing this course receive 8 total credits, including 5.5 clinical, 1 ethics, and 1.5 cultural competency continuing education credits.

Disclaimer: It is the responsibility of the attendee to check with their state board to determine if the ethics and/or cultural competency hours offered meet the regulations of their Board. Certificates of attendance and verification of credit will be issued to those who registered for CEs after completion of the online post-tests and course evaluations.

Target Audience: Health Social Workers and other social workers who work with those affected by serious illness

Educational Levels of Presentations: Beginner/Intermediate

Course Designations:

- Cultural Competency
- Ethics
- Clinical

Completion Requirements:

To receive continuing education credit, participants must:

- Complete all required modules in their entirety
- Pass the posttest for each module with a score of **80% or higher**
- Participants may retake the posttest as needed until a passing score of 80% is achieved.
- Complete the required course evaluation
- Certificates of completion are made available for download (immediately) upon successful completion of all modules and all requirements.

Grievance Policy: Participants with questions, concerns, or complaints related to an ASWB ACE continuing education learning activity may submit a written grievance to the University of Louisville Trager Institute at optedu@louisville.edu. All grievances are reviewed in accordance with ASWB ACE requirements, with involvement of the Social Work Consultant and, when applicable, the interprofessional Curriculum Committee.

ADA Accessibility Statement

The University of Louisville Trager Institute is committed to providing inclusive and accessible learning experiences for all participants. Reasonable accommodations will be provided in accordance with the

Americans with Disabilities Act (ADA). Participants who require accommodations to fully engage in any learning activity are encouraged to contact the Trager Institute as early as possible to discuss their needs. Requests for accommodations may be submitted to optedu@louisville.edu.

Cancellation Policy: We understand that circumstances may change. If you need to cancel your participation in the ESPEC program, please submit your cancellation request via email to optedu@louisville.edu.

If you have any questions, please contact Trager Education Manager Justin Magnuson at justin.magnuson@louisville.edu.



Detailed Course Description

Self-Directed, Interactive, Online Audio-Visual (recorded) Training (8.0) CE

Learners must complete all modules and pass each of the 9 post-tests at 80% to earn 8 CEs.

Title: ESPEC Orientation & Introduction

Format: Self-Directed, Interactive, Online Audiovisual (recorded)*

Duration: Orientation (15 minutes) and Introduction (50 minutes)

Description:

The ESPEC Orientation and Introduction Modules prepare learners to successfully engage with the ESPEC training program and its online learning environment. Participants will learn how to navigate the learning platform and understand program expectations, structure, and requirements. The module introduces the goals, rationale, and demonstrated need for the ESPEC training program, situating it within the broader context of palliative care education for health social work practice. Learners will explore the ESPEC framework, review the National Consensus Project domains of palliative care, and examine core principles of palliative care. The module also introduces the foundational competencies and skills required for primary palliative social work practice. By the end of the module, learners will be oriented to both the content and structure of ESPEC and prepared to engage fully in subsequent learning activities.

Learning Objectives:

Upon completion of this training, participants will be able to:

- Navigate the ESPEC online learning system and describe the goals, rationale, and need for the ESPEC training program.
- Explain the ESPEC framework, the National Consensus Project domains of palliative care, and core principles of palliative care.
- Identify core competencies and skills required for primary palliative social work practice and apply this

understanding to their professional role.

Speaker(s):

Myra Glajchen, DSW, MSW, BSW, ACSW, APHSW-C, Director of Education and Training, MJHS Institute

Keywords: Person-Centered Care, Biopsychosocial-Spiritual Assessment, Interprofessional Collaboration, Care Coordination, Coping Strategies, Resource Navigation, Psychosocial Support, Sustainable Care Planning

Level: Beginner

Credit Category: Clinical/General

Title: Structure & Processes of Care

Format: Self-Directed, Interactive, Online Audiovisual (recorded)*

Duration: 55 minutes

Description:

This module prepares health social workers to provide holistic, person-centered care across diverse healthcare settings. Using a biopsychosocial-spiritual framework, learners will practice applying comprehensive assessments to guide safe and sustainable care planning. The module emphasizes strategies to reduce psychosocial burden, strengthen coping mechanisms, and connect patients and families with appropriate resources and supports. Attention is also given to the social worker's role in promoting care coordination and fostering effective interprofessional collaboration. By the end of the module, participants will be able to integrate evidence-based approaches and teamwork strategies to improve quality of life and continuity of care for patients and caregivers.

Learning Objectives:

Upon completion of this training, participants will be able to:

- Apply biopsychosocial-spiritual assessment to identify patient and family needs and develop person-centered, safe, and sustainable care plans.
- Implement strategies to mitigate psychosocial burden, support coping mechanisms, and connect patients with appropriate resources and services.
- Demonstrate effective interprofessional collaboration by coordinating care across settings and integrating social work perspectives into healthcare teams.

Speaker(s):

Myra Glajchen, DSW, MSW, BSW, ACSW, APHSW-C, Director of Education and Training, MJHS Institute

Keywords: Person-Centered Care, Biopsychosocial-Spiritual Assessment, Interprofessional Collaboration, Care Coordination, Coping Strategies, Resource Navigation, Psychosocial Support, Sustainable Care Planning

Level: Beginner

Credit Category: Clinical/General

Title: Physical Aspects of Care

Format: Self-Directed, Interactive, Online Audiovisual (recorded)*

Duration: 50 minutes

Description:

This module introduces social workers to the multidimensional nature of symptom management in health care. Learners will explore common physical concerns, with an emphasis on pain and related symptoms, and examine how biopsychosocial-spiritual factors influence the patient and family experience. The session will also address common myths and misperceptions that can interfere with effective symptom relief. Attention is given to the important role of the health social worker in supporting symptom management, including advocacy, education, and collaboration with the interprofessional team. By the end of this session, learners will be prepared to contribute meaningfully to efforts that enhance function, relieve suffering, and improve quality of life for patients and caregivers.

Learning Objectives:

Upon completion of this training, participants will be able to:

- Recognize common physical symptoms and analyze their biopsychosocial-spiritual dimensions.
- Evaluate common myths and misperceptions about pain and symptoms that may hinder effective care.
- Demonstrate the role of the health social worker in addressing physical concerns to improve function and quality of life through interprofessional collaboration.

Speaker(s):

Myra Glajchen, DSW, MSW, BSW, ACSW, APHSW-C, Director of Education and Training, MJHS Institute

Keywords: Symptom Management, Biopsychosocial-Spiritual Care, Health Social Work, Pain Myths and Misperceptions, Quality of Life, Interprofessional Collaboration

Level: Beginner

Credit Category: Clinical/General

Title: Psychological & Psychiatric Aspects of Care

Format: Self-Directed, Interactive Online Audiovisual (recorded)*

Duration: 55 minutes

Description:

This module prepares social workers to address the psychological and emotional impact of serious illness on patients and families. Learners will review common reactions to illness and its trajectory, with attention to identifying symptoms of distress, anxiety, and depression. Emphasis is placed on recognizing mental health risks, screening for psychosocial concerns, and applying evidence-based social work interventions that foster coping and resilience. The module highlights strategies to reduce distress and promote adjustment, while also underscoring the social worker's role in supporting mental health across the continuum of care. By the end of the module, participants will be equipped to respond effectively to psychological needs and improve overall well-being.

Learning Objectives:

Upon completion of this training, participants will be able to:

- Recognize common emotional and psychological reactions to illness and identify signs of distress, anxiety, and depression.
- Assess mental health risks and symptoms of distress using appropriate social work perspectives.
- Implement social work interventions that promote coping, reduce psychological distress, and support patient and family well-being.

Speaker(s):

Myra Glajchen, DSW, MSW, BSW, ACSW, APHSW-C, Director of Education and Training, MJHS Institute

Keywords: Psychological Distress, Coping Strategies, Health Social Work, Anxiety and Depression, Mental Health Risk, Psychosocial Support

Level: Beginner

Credit Category: Clinical/General

Title: Social Aspects of Care

Format: Self-Directed, Interactive, Online Audiovisual (recorded)*

Duration: 60 minutes

Description:

This module prepares social workers to address the social and contextual needs of patients and families living with serious illness. Learners will practice using comprehensive assessments to identify strengths, vulnerabilities, and support systems. Emphasis is placed on developing care plans that strengthen social networks, preserve role integrity, and promote effective family functioning, communication, and coping. The module underscores the importance of social determinants of health (SDOH) as a clinical imperative, positioning the health social worker as both advocate and resource navigator. Participants will explore strategies to connect patients and families with financial, legal, and community supports, while advancing social justice. By the end of the module, learners will be equipped to integrate advocacy and resource coordination into patient- and family-centered care.

Learning Objectives:

Upon completion of this training, participants will be able to:

- Conduct comprehensive assessments to identify social, contextual, and family needs that influence the illness experience.
- Develop care plans that strengthen social networks, promote role integrity and family functioning, and support coping and communication.
- Advocate for patients and families by addressing social determinants of health and connecting them with financial, legal, and community resources.

Speaker(s):

Myra Glajchen, DSW, MSW, BSW, ACSW, APHSW-C, Director of Education and Training, MJHS Institute

Keywords: Social Determinants of Health, Comprehensive Assessment, Health Social Work, Family Functioning, Resource Navigation, Advocacy and Social Justice

Level: Beginner

Credit Category: Clinical/General

Title: Spiritual, Religious & Existential Aspects of Care

Format: Self-Directed, Interactive, Online Audiovisual (recorded)*

Duration: 50 minutes

Description:

This module introduces social workers to the ways spiritual, religious, and existential concerns shape the experience of serious illness and influence quality of life for patients and families. Learners will explore strategies to identify spiritual and religious beliefs as part of a holistic assessment, and to recognize when these beliefs and practices can be integrated into care planning. The module also emphasizes the importance of identifying and addressing spiritual or religious distress, including situations where beliefs may complicate coping or decision-making. By the end of the module, participants will be prepared to support spiritual and religious needs, collaborate with chaplains and other team members, and promote patient- and family-centered care that acknowledges the whole person.

Learning Objectives:

Upon completion of this training, participants will be able to:

- Recognize the impact of spiritual, religious, and existential concerns on care experiences and quality of life in serious illness.
- Identify and integrate patients' and families' religious or spiritual beliefs and practices into person-centered care planning.
- Assess and address spiritual or religious distress by applying social work skills and collaborating with interprofessional team members.

Speaker(s):

Myra Glajchen, DSW, MSW, BSW, ACSW, APHSW-C, Director of Education and Training, MJHS Institute

Keywords: Spiritual Care, Existential Concerns, Health Social Work, Religious Beliefs and Practices, Spiritual Distress, Interprofessional Collaboration

Level: Beginner

Credit Category: Clinical/General

Title: Cultural Aspects of Care

Format: Self-Directed, Interactive, Online Audiovisual (recorded)*

Date/Duration: 50 minutes

Description:

This module prepares social workers to recognize and respond to the influence of culture on illness experiences, care decision-making, and end-of-life needs. Learners will explore strategies to provide care

that respects cultural beliefs, values, traditional practices, and language preferences. The session emphasizes the importance of tailoring communication to patients' and caregivers' health literacy levels to ensure understanding and shared decision-making. Participants will also examine the principle that all conversations in health care are inherently "cross-cultural," requiring openness, humility, and adaptation. By the end of the module, learners will be equipped with approaches to create culturally responsive, person-centered care that fosters trust, promotes equity, and improves outcomes for diverse patients and families.

Learning Objectives:

Upon completion of this training, participants will be able to:

- Recognize the impact of cultural beliefs, values, and practices on illness experiences, care, and end-of-life decisions.
- Adapt care and communication strategies to respect cultural traditions, language preferences, and health literacy levels.
- Apply principles of cultural humility to engage in cross-cultural conversations and promote equitable, person-centered care.

Speaker(s):

Myra Glajchen, DSW, MSW, BSW, ACSW, APHSW-C, Director of Education and Training, MJHS Institute

Keywords: Cultural Humility, Cross-Cultural Communication, Health Social Work, Health Literacy, End-of-Life Care, Culturally Responsive Care

Level: Beginner

Credit Category: Cultural Competency

Title: Care of the Patient Nearing the End of Life

Format: Self-Directed, Interactive, Online Audiovisual (recorded)*

Duration: 55 minutes

Description:

This module highlights the vital role of health social workers in supporting patients and families facing advanced illness and end of life. Learners will examine the four quality-of-life domains—physical, psychological, social, and spiritual—and consider how comprehensive support across these areas ensures the best possible experience for patients and caregivers. The module emphasizes the social worker's contributions to advance care planning, including facilitating discussions about goals, values, and treatment preferences. Attention is also given to pre- and post-death planning, as well as to the assessment and support of grief and bereavement. By the end of the module, participants will be prepared to guide patients and families through complex end-of-life transitions with compassion, advocacy, and skill.

Learning Objectives:

Upon completion of this training, participants will be able to:

- Explain the importance of addressing the four quality-of-life domains to support patients and

families during advanced illness and end-of-life care.

- Demonstrate the role of the health social worker in facilitating advance care planning and supporting pre- and post-death decision-making.
- Assess and intervene to address grief and bereavement needs of patients, families, and caregivers across the continuum of care.

Speaker(s):

Myra Glajchen, DSW, MSW, BSW, ACSW, APHSW-C, Director of Education and Training, MJHS Institute

Keywords: End-of-Life Care, Quality of Life, Health Social Work, Advance Care Planning

Grief and Bereavement, Pre- and Post-Death Planning

Level: Beginner

Credit Category: Clinical/General

Title: Legal & Ethical Aspects of Care

Format: Self-Directed, Interactive, Online Audiovisual (recorded)*

Duration: 40 minutes

Description:

This module equips health social workers to navigate the ethical challenges that arise in the care of patients with serious illness. Learners will review common ethical concerns and explore strategies to promote ethical principles within palliative and supportive care. The session emphasizes knowledge of relevant laws and regulations related to advance care planning, life-sustaining treatment, and surrogate decision-making. Attention is given to how social workers can use assessment to identify inequities and advocate for person-centered, family-focused, and culturally congruent care. By the end of the module, participants will be prepared to integrate ethical frameworks, legal knowledge, and advocacy skills into their practice to ensure equity, dignity, and respect in serious illness and end-of-life care.

Learning Objectives:

Upon completion of this training, participants will be able to:

- Recognize ethical concerns in serious illness care and promote ethical principles within palliative and supportive care contexts.
- Explain laws and regulations related to advance care planning, life-sustaining treatment, and surrogate decision-making.
- Apply assessment skills to advocate for equity and integrate ethical, legal, and cultural considerations into person-centered, family-focused practice.

Speaker(s):

Myra Glajchen, DSW, MSW, BSW, ACSW, APHSW-C, Director of Education and Training, MJHS Institute

Keywords: Ethics in Health Care, Palliative Care, Health Social Work, Advance Care Planning, Equity and Advocacy, Life-Sustaining Treatment

Level: Beginner

Credit Category: Ethics

Level: Beginner

Credit Category: Clinical/General

**Posttests are required for recorded content. Learners will be able to retake quizzes until they pass.*

Speaker Bio

Myra Glajchen, DSW, MSW, BSW, ACSW, APHSW-C, is Project Director of Educating Social Workers in Palliative and End-of-Life Care (ESPEC) and Co-Investigator of ESPEC Oncology: Transforming Psychosocial and Palliative Cancer Care, an NIH/NCI-funded national training program. She serves as Director of Education and Training at the MJHS Institute and Assistant Professor of Family and Social Medicine at Albert Einstein College of Medicine. A past SWHPN board member and Past President of APHSW-C, Dr. Glajchen is an accomplished educator, researcher, and clinician. She is widely published and nationally recognized for expertise in caregiver burden, interprofessional training, and palliative social work.

References:

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System Requirements and Supported Browsers

In order to make sure the course runs well, please make sure your desktop computer, laptop, tablet, smartphone, or smart device has the following:

- The most recent version of one of the web browsers listed below
- Javascript enabled
- PDF plugin
- Graphic and audio output capability
- Broadband internet connection with a minimum speed of 5Mbps (recommended)
- TLS 1.2 supported by your web browser

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