Hello everyone,

When we were gathered together last April, the current situation would have been unimaginable. The truth is, it is still hard to believe.

I’ve been thinking a fair amount lately about rituals. So many of our precious rituals have had to be cancelled or delayed indefinitely in response to this Pandemic. Whether happy or sad, the loss of these opportunities to gather and mark the significant passages in our lives is a significant source of distress. True, these things are nothing compared to the devastation of the disease itself. But the isolation imposed on us, while it may offer some measure of protection, is nonetheless painful. As I was reminded recently in an online panel discussion with ADEC colleagues, funeral professionals and those who provide religious counsel and support to grieving families are doing everything they can to preserve deeply meaningful end of life rituals.

These monthly letters have been a kind of ritual for me - a time to pause, to reflect on the month just passed and to orient myself for the one ahead. These letters have also been a way for me to feel connected to all of you. In recent weeks, I have been especially grateful for all of the connections I have within my ADEC family. Many of you have written to express your support for decisions made by the Board in response to the current crisis. You've let us know that you appreciate our efforts to provide useful online resources and updates. To all of you who have been in touch, please know that I very much appreciate your thoughtfulness, especially given the heavy professional and personal demands that you are facing.

Another ritual, one that marks the end of a presidential year, is a review of the year’s accomplishments. While we are in the midst of a very stressful time, I want to let you know that ADEC accomplished a lot this year, and I want to acknowledge the hard work and dedication of those responsible. Much of this will be reported at our upcoming (or recent, depending on when you’re reading this) virtual business meeting. For now, I want to thank the members of the Board, as steady, hardworking and responsive a group as a person could ask for. I want to thank our Executive Director Isaiah Allen, who has been a true partner in keeping us on track and moving us forward. For everyone involved, what was a commitment of time throughout the year became something like a full time commitment in March and April. And I must also thank Fay Green, who
along with her committee, devoted countless hours to planning what I think would have been one of our best conferences ever. Fay and her team are already at work planning for next year; that’s resilience for you.

Finally, as I step down from the role I’ve occupied this year, I want to welcome Rebecca Morse, your new President. I’ve known Rebecca for more than a decade, including a previous term on the Board. She is an insightful, responsible leader whose dedication to ADEC is evident in her many contributions to the Association’s health and stability. Right from the beginning of our shared term, Rebecca was there whenever I needed her – which was often. She’s taking over at a difficult time, and I know she’s up to it.

Those of you who know me well know that being President of ADEC is not something I went after, but something I agreed to, and not without some reservations. I’ve since come to understand that most incoming ADEC presidents feel this way. It’s not a small job, if you take it seriously, and it involves a lot of managing, communicating, and cajoling. But I want to be very clear about one thing: it’s been an honor, and a privilege, being your President. I’ve worked closely with wonderful people and I’ve been able to see the results of our joint efforts. I’ve had a chance to find my voice as a leader and become more confident about being seen in that way.

So, to paraphrase Patti Smith, who as some of you will remember inspired my closing remarks at last year’s meeting: may you find the courage to “embrace all that you fear”; and may you find truth in the promise that “love will conquer all despair”, this year and in all the years to come.

With deep gratitude, and in friendship always,
Phyllis

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**ADEC Response Content for Thanatologists**

ADEC’s central mission is the support and development of its members, Thanatology professionals and volunteers from diverse vocations across the globe. In response to the evolving challenges ADEC members face because of COVID-19, ADEC has arranged for a series of facilitated discussions with trusted leaders from across the Thanatology field.

Borrowing from the membership meeting held during the Annual Conference, this series is titled “ADEC in Conversation: Coronavirus 2019.” The first of these recorded video conversations was posted on Friday, April 3 with recordings posted each of the following two weeks.

For more information about this special series of panel discussions and interviews from ADEC members and leaders in the field, we invite you to visit the ADEC website at below.

[**ADEC Website**](#)

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**Don't Forget to Request Your Conference Refund!**

If you have already requested your refund, thank you for doing so. **Please know that if you have filled out the request form but not yet received your refund, that doesn't mean that you need to fill out the form again or call the ADEC office.** Our finance team is hard at working processing all of the refunds and you will receive your refund by May 15.

If you have not yet requested your refund, please do so by clicking on the blue button below. You must request your refund by May 1, 2020.
Like so many membership organizations ADEC’s health and vitality is dependent on the engagement and support of its members. During this critical time your support for the work of ADEC is more important than ever. With that in mind we are providing three options for your refund:

- A full refund of your registration fee.
- A full donation of your registration fee as a contribution to ADEC.
- A partial refund of your registration with balance of your registration donated to ADEC.

*Please note that you must request your refund prior to May 1, 2020.*

Canceling our conference has a significant financial impact on ADEC so we hope you will consider donating all or part of your registration fee. Some of our conference expenses have already been paid and are non-refundable. Will you help continue our work by making a donation?

Whatever you decide, we are grateful for your part in ADEC’S mission. Just [click here](#) to start the refund process.

**Join ADEC's Annual Business Meeting**

**Saturday May 2, 2020 at 10:00 am CST**

This meeting's agenda includes important milestones in the life of our Association, our newly elected officers are installed, and annual reports from our President, Executive Director, Treasurer and Credentialing Council Chair.

By way of accommodating our practices to the current reality, and in the spirit of our ongoing connection and commitment to ADEC and to each other, **the Annual Business Meeting will be held via video conference on Saturday, May 2 at 10:00 AM CST.**

You can [register here](#) or click on the blue button below to register.

Once you've registered, you will receive an email with further details and a link to click on to attend the meeting. **If you click on the link before 10:00 am CST on Saturday, May 2, you will be placed in a waiting room until the meeting starts.**

We hope that you will join us.

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**Featured Member Profile**

*Connects is featuring stories on selected individuals so that the ADEC community can get to know its members*
For the past 23 years, Christopher Hall has held the position of Director and CEO of the Australian Centre for Grief and Bereavement, a government funded specialist bereavement service, which is based in Melbourne, Victoria.

He is a psychologist who has developed a specialization in the field of grief and bereavement over the past 30 years. He is a former President of ADEC and a former chair of the International Work Group on Death, Dying and Bereavement. Chris is an Honorary Fellow of the Department of Psychiatry at the University of Melbourne and editor of the peer reviewed *Grief Matters: The Australian Journal of Grief and Bereavement*.

Do you have a mentor/role model who has significantly affected your career path in Thanatology? Tell us why you chose this career path.

I think that there are three factors which have influenced this path — my family, my early life experiences, and the continuing influence of professional colleagues and friends. My father was an Anglican/Episcopalian priest, and I was exposed from an early age to funerals and his work with the dying and the bereaved. My training as a psychologist was, in some part, a secular attempt at addressing some of the spiritual issues and questions I observed as a child. The unexpected death of a classmate when I was 11 years of age, and the ensuing silence of teachers and adults, puzzled me and raised questions about "the unspeakable" nature of loss. There are a pantheon of colleagues and friends who have, and continue to influence my work in the field — Ken Doka, Bob Neimeyer and Denny Klass to name a few. Another significant influence continues to be my wife, Robyn, who has worked in bereavement and palliative care for many years.

What advice would you offer a more junior professional in the field on growing their career or keeping their work fresh?

Consume knowledge widely and voraciously. One of the great strengths of Thanatology is its interdisciplinary perspective and the contributions of philosophy, sociology, history, theology and medicine — to name but a few. This is one of ADEC’s great strengths, its capacity to bring together people of diverse expertise, experience, and culture. ADEC continually broadens my thinking and continues to energize me as I try to integrate this diversity. It is important to network and be open to learning new ways of thinking and doing.

What do you think the future holds for your work and that of others like you? How will that impact what you do?

I write this as COVID 19 wracks the world. This Pandemic highlights the fact that Thanatology is also a social and political issue, which focuses our attention on inequality, social connectedness, access and use of technology. We need whole government approaches to death, dying, and bereavement. The discussion of death and dying goes beyond health and medicine to also include educational settings, workplaces, economics and questions social justice. The impact of COVID 19 on emerging economies and those already facing disadvantage is being felt around the world.

The field of Thanatology has undergone transformational changes in the past two decades. I remain optimistic that we will find new ways of supporting those impacted by grief and bereavement by empowering them and their communities and by leveraging new technologies that help us connect and support each other.
Dr. Jillian Blueford is a Clinical Assistant Professor for the online school counseling program at the University of Denver. Her research interests include training professional counselors in grief counseling and learning more about children's and adolescent's grief.

Dr. Blueford has been an ADEC member since 2016 and is the co-chair of ADEC’s Student and New Professional (SANP) Committee.

Do you have a mentor/role model who has significantly affected your career path in thanatology? Tell us why you chose this career path.

I cannot say I grew up knowing that I wanted to take a career path in Thanatology and research grief and loss. Experiencing my losses, I did not think I wanted to spend my time willingly talking about death. However, when I was counselor-in-training, I completed my experiential component at a Hospice Bereavement Center and had no choice but to face my discomfort around this topic. The clients and patients I had the privilege to work with gave me the passion for pursuing my clinical work in this field and eventually into researching grief. From there, it was Dr. Laura Wheat that shared similar passions and gave me the opportunities to talk about grief in more academic settings and through service in the Knoxville community. She motivates me to keep pushing forward in this field and sharing what I know with others.

What advice would you offer a more junior professional in the field on growing their career or keeping their work fresh?

Don't be afraid to go out for new opportunities! If you never go after anything, the answer will always be no. Put yourself out there and get involved in areas that seem appropriate and best for you.

What do you think the future holds for your work and that of others like you? How will that impact what you do?

I am excited for the future of myself and others in this field. I cannot wait for experiences, like death and grief, to be topics everyone feels comfortable discussing. I hope that one day we see the field of Thanatology as a necessity and more than just a brief conversation in the classroom.
New Books from ADEC Members


Harris has written and edited a vigorous study of “living losses” in which grief persists as an undercurrent when a non-death loss continues in everyday life with an unattainable or elusive ending. Written primarily for clinicians, the twenty-four chapters are organized into six sections (I: The Social Context of Grief and Loss: A Research-Based Theory to Guide Therapists and Counselors; II: Understanding and Treating the Unresolved Grief of Ambiguous Loss; III: Non-finite Loss: Living with Ongoing Loss and Grief; IV: Chronic Sorrow; V: Tangible and Intangible Loss; VI: Pulling It All Together Change, Loss, and Transition.) that will make selected reading by topic interest easy to do. Many of the additional twenty-nine contributors are active in ADEC, demonstrating again how substantively the Association advances dying, death, and bereavement studies. Published the same year that the COVID 19 Pandemic crisis is occurring, it could not be more relevant to the pandemic of non-death grief, as well as death grief, that will follow.


Larson has substantially updated his first edition (1993), drawing from new research and clinical conceptualizations to mitigate the stress, fatigue, and burnout that can plague the professional or volunteer offering her/himself in helping relationships. The eight chapters are grouped within three foci: “Exploring the Inner World of Helping;” “The Interpersonal Challenge;” and “Creating Caring Systems.” As both a clinician and an academic, Larson is sensitive to the realities of working with human need within human organizations while strongly grounded in the professional literature informing this book. In addition to “Notes” and “Index,” he includes an Appendix on “A Self-Diagnosis Instrument for Burnout” and another on a “Self-Concealment Scale.” This book will be of important value to new as well as experienced medical, psychosocial, and faith-based helping professionals.


Rubel’s third edition (the first was published in 1999) continues to offer the engaging story about Alex whose father completed suicide when Alex was 10 years old while strengthening the book’s insights and information for clinicians in their work with children and families. A particularly appealing addition is that each story chapter is updated by the fictional Alex reflecting on his loss experience 10 years later. Many grief resources only focus on the immediate months or year following a loss, so these added insights extend clinical skills in important directions. Many counselors will also find value in the “Follow-Up Questions” she offers in response to the unfolding of Alex’s story. The book is organized in two parts (I: How to Apply the Principles to the Story; and
II: *The Story*, followed by a substantive Appendix that includes creative activities to deeply explore suicide grief with clients and bibliographic and web-based resources for clinicians. The suicide rates across the globe continue at shocking levels, making this book of continued importance and value.


Vesey has written a read-aloud book for young children for use by parents or other adults who seek to support a child in grief following a mother’s death. It is the first of a projected series to also include the death of a father, of grandparents, and of siblings. The lead character is a turtle whose life drastically changes when his mother becomes ill and dies. It includes touching and interesting illustrations by Amy Gantt that will encourage interaction between a young child and the reading adult in addition to the read-aloud words. Vesey is experienced in the field of dying and grief by both personal losses and decades of service as a hospice nurse. Her book reflects her authentic religious faith and includes use of prayer and church attendance at Easter to bring comfort. Vesey provides many ideas for adults to supplement reading, with activities to process grief and create tangible and enduring memories. This book will touch the imagination of children and be a useful resource to many families.

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“What’s New” offers a brief review of educational materials written or produced by ADEC members. Each review is run once and is intended to showcase the contributions of our membership to the death, dying, and bereavement field.

Send a review copy (not just an announcement) of recent material (2018 to present) to:

The Rev. Paul A. Metzler, D.Min.
Editor, Books and Other Media
ADEC Connects/THE FORUM
5305 Kenrick View Drive
St. Louis, Missouri 63119-4432
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Attention All ADEC Authors!

*What’s New* is a column that has been included in ADEC publications since 1996. It is currently included in each issue of *ADEC Connects* and previously in *The ADEC Forum*. It is mostly focused on books, but has also included other items such as video and even a grief board-game.

*What’s New* celebrates our members’ considerable contribution to the Thanatological literature by offering a brief review of books and other educational materials written or produced by ADEC members. Each review is run once to provide an opportunity for our membership across the world to be aware of resources in the dying, death and bereavement field.

To have your contribution included, please ask your publisher to send a copy (not just an announcement) of recent material (2018 to present) to:

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In Case You Missed It!
Recent ADEC Webinars

Sense-of-Presence Experiences of the Deceased:
A Primer for Grief Counselors and Educators

The recording of this webinar, which was originally held on March 25, is now available below:

View the March Webinar Here

Dr Edith Maria Steffen is a registered Counselling Psychologist and Senior Lecturer in Counselling Psychology at the University of Roehampton, London, United Kingdom, where she is Deputy Director of the Centre for Social and Psychological Transformation (CREST).

She conducted her doctoral research on sense of presence phenomena and meaning-making in bereavement. Her research has continued to focus on sense of presence and continuing bonds as well as on meaning-oriented grief therapy for complicated grief.

Dr. Edith Maria Steffen

The experience of sensing the presence of a deceased loved one is a very common phenomenon in bereavement, with 30-60 percent prevalence reported across studies. Experiences can be through any of the five senses, with the most frequent experience being the quasi-sensory ‘feeling of presence’, an awareness of the deceased somehow being around. There is a long history in the bereavement literature of viewing such sensory and quasi-sensory experiences of the deceased (SED) as hallucinatory or pathological, but in recent decades there has been a recognition that SED are normal and can be beneficial for the bereaved. This webinar emphasizes how practitioners can address SED in their work with the bereaved, including situations where SED are welcomed by the client and in cases where SED are experienced as intrusive or unwelcome.

Learning Objectives:

- To gain knowledge of the range, specific characteristics, associations and consequences of sensory and quasi-sensory experiences of the deceased (SED)
- To be able to evaluate different approaches to understanding and explaining SED, taking into account subjective ways of meaning-making and culturally diverse conceptual frameworks
- To assess how SED can become a focus in grief therapy and counselling and how practitioners can respond helpfully
Grieving the Loss of Living Our Lives
Presented by Darcy L. Harris, R.N., R.S.W., Ph.D., FT

The recording of this webinar, which was originally held on April 21, is now available below:

View the April Webinar Here

Darcy L. Harris, R.N., R.S.W., Ph.D., FT, is an Associate Professor and the Thanatology Coordinator at King’s University College in London, Canada, where she also maintains a private clinical practice specializing in issues related to change, loss, and transition.

Dr. Harris developed the undergraduate degree program in Thanatology at King’s University College in London, Canada. In addition, she is a faculty member of the Portland Institute for Loss and Transition, dedicated to post-graduate training in grief therapy leading toward Certification in Meaning Reconstruction in Loss.

Current events surrounding the COVID 19 Pandemic have forced us into new ways of being in the world, with each other, and with our daily lives. This webinar explores a framework for understanding our collective and individual grief as the current pandemic unfolds. You’ll learn to:

- Apply the assumptive world construct to identify the relationship between the current events and grief.
- Identify specific non-death losses that characterize the experience of the pandemic, as well as their impact upon vulnerable individuals.
- Discuss practical ways to offer support, enhance coping, and build resilience in the midst of uncertainty and upheaval.

Members’ Corner

Deb Antinori, a Brainspotting U.S. Trainer and Certified Consultant, was featured in a recent Kathryn Guylay podcast on the subcortical brain and the body’s defensive survival programs in the brainstem, with a focus on COVID-19 “times.” The podcast can be accessed here.

Simone Brock recently wrote a thoughtful essay entitled, Is Grief from a Distance Our Newer “New Normal?” In it, she notes that “The look and feel of funerals are changing daily, and with each day comes more restrictions. When I hear this, I immediately think about grief. Can grief be fully experienced by the bereaved when the usual things we do to cope and move forward are so severely inhibited right now? We must find ways to collectively support each other without being the physical presence we typically know and depend on.”
**Claudia Coenen** was featured on the April 14 edition of the podcast, “The Sandi Klein Show Conversations with Creative Women.” [The podcast can be accessed here.](#)

**Stephen Connor** reports that the [Worldwide Hospice Palliative Care Alliance](#) is doing a number of webinars on COVID 19 from an international perspective and its impact in low- and middle-income countries. Please see [their website](#) for more information.

**Henya Shanun-Klein** recently penned the reflective essay, *Anticipated Grief in Corona Days*, in which she provides suggestions on dealing with the anxiety and fear brought on by the COVID 19 Pandemic.

**Dale G. Larson** is in Santa Clara County, a COVID-19 epicenter, and spent much of the month of March adapting his graduate *Counseling for Grief, Loss, and Trauma* class at Santa Clara University for online teaching; zooming with clients, colleagues, friends, and family; and sheltering at home. He is doing two upcoming programs for the TAPS Institute for Hope and Healing: on March 27, 2p-3p ET, “Strategies for Coping When You Are Feeling Isolated,” and on May 7, 12p-1:30p ET, “Helping Grievers Cope with Guilt, Anger, and Other Difficult Emotions,” with Ken Doka. He hopes that in this time of crisis and social disruption we find ways to emotionally connect to each other, and to maintain and nourish compassion for those in our care – themes explored in his recently released book, *The Helper’s Journey: Empathy, Compassion, and the Challenge of Caring* (Research Press).

**Monique B. Mitchell** reports that the Dougy Center has created the tipsheets, *When Your World is Already Turned Upside Down: Supporting Grieving Children and Teens During the COVID-19 Global Health Crisis* and *Supporting Children and Teens When a Family Member is Dying in a Hospital or Care Facility*, which they hope will be helpful for grieving children and families and the people who are supporting them.

**Harold Ivan Smith** is currently writing about the impact of the prosperity gospel on bereavement. He just completed a new book, *Almost Everything Worth Knowing About Harry S. Truman* which will be published in April, and, in January, he published an article in the *American Funeral Director* regarding the impact of the Spanish flu epidemic on the funeral profession. Reverend Smith is currently writing a piece on Harry Truman as the U.S.’s "funeral-going" president.

**Laura S. Wheat** is an Assistant Professor of Counselor Education at the University of Tennessee, Knoxville. For the past six years, she has directed the Grief Outreach Initiative, a program serving K 12 students undergoing death and non-death losses of all kinds. UTK graduate and undergraduate students from all majors enroll in the associated service-learning course and provide weekly mentorship to a local child or adolescent in partnership with school counselors and school social workers. Additionally, the Grief Outreach Initiative proudly rolled out Camp Aliya, a summer bereavement camp, in 2018. Laura frequently presents to school and community groups on the subjects of helping grieving children and adolescents and losses experienced by the LGBTQ+ community.

**Alan Wolfelt** released his book entitled *Too Much Loss: Coping with Grief Overload* on April 1. In it, he shares the most important lessons he has learned from those who’ve picked up the pieces while living with grief overload. The book explores common thoughts and feelings, the six needs of mourning, self-care essentials, finding hope, and more. It is available through Companion Press. Dr. Wolfelt has also recently penned a number of essays relevant to helping individuals through the COVID 19 Pandemic including *Funerals in the Time of Coronavirus: Thoughts for Families*, *This Pandemic of Grief*, and *How to Talk to Children About the Coronavirus Pandemic*.

ADEC Member's Corner is a regular column in ADEC Connects that highlights one or more members' activity as an ADEC professional. Members' Corner is open for contributions from all ADEC members. To have your article included, please send it to Amanda Brace or Beverly Rollins.

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**In Closing…..**

*Whatcha' Gonna' Do About All Those Regrets?*
Frank Sinatra popularized the phrase, “Regrets, I’ve had a few…” in his classic “I Did It My Way.” Although he conceded the regrets were “too few to mention,” it only takes one to “settle in” and complicate grief. Grievers that I have worked have shared plenty: some major league; others, to me, seem minor league.

Admittedly, some regrets do not get do overs. Remarkable grieving individuals function as “grand juries” indicting themselves for failures they conclude might have, could have made some difference. Many individuals would never indict others but always get a self-indictment: “I should have….,” “If only I had….,” A few insist, “I will go to my grave regretting….”

When COVID 19 is a distant memory, many grievers will still be self-indicting: “I should have driven him to the hospital when he first started coughing….,” “I should have demanded he be admitted….,” “I should have known it wasn’t ‘just the flu.’” Or “Mom died alone, frightened. I should have been there with her.”

One day, I discovered this prayer:

All that we ought to have thought and have not thought,
All that we ought to have said, and have not said,
All that we ought to have done, and have not done;
All that we ought not to have thought, and yet have thought.
All that we ought not to have spoken, and yet have spoken.
All that we ought not to have done, and yet have done;
For thoughts, words and works, pray we, O God, for forgiveness.

I incorporated this prayer into the closing ritual for the Grief Gatherings I facilitated, reading responsively. Although the prayer seems comprehensive, I asked, “What’s left out?” A few grievers replied, “Felt! What we felt that we should not have felt” or “what I did not feel but should have felt.”

I always ask, “How old is this prayer?” Someone will answer “a decade” or “a century.” Then I say, “How about twenty-six centuries?” Zoroastrians, in Persia, have prayed some variation of these words since the 6th Century, BCE. Why? Because these words speak to regrets – real and imagined, major league and minor league.

You might audition this prayer now while COVID 19 is generating lots of regrets.

A Poem by Brother Richard

Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.

But,

They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and reflecting
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.

So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing

Brother Richard Hendrick, a Capuchin Franciscan living in Ireland, shared his poem "Lockdown" in a Facebook post on Friday, March 13. His original post has received more than 19k positive reactions and has been shared more than 34k times.
Contact Connects

Connects is interested in your thoughts and work. Please reach out to us with content submissions, suggestions or ideas.

For consideration in the February 2020 issue of Connects please submit your ideas/content by Friday, May 29.

Contact Us

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