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Association for Death Education and Counseling®
The Thanatology Association®

Connects

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40th Annual Conference Updates



[Online registration](#) closes on **Friday, April 6**. After April 6 we will only be accepting webcasting registrations online and will accept onsite registrations in Pittsburgh, PA. ADEC encourages those who are on the fence to make the jump and join your colleagues in Pittsburgh for great professional

development opportunities, networking, and fellowship. Remember registration prices will increase after Friday, April 6!

Rooms are still available in [ADEC's hotel block](#) and will continue to be on a space available basis. These reservation requests will be at the hotel's prevailing rates. To reserve a room, call the Westin Convention Center Pittsburgh directly at +1-412-281-3700.

If you can't join us in Pittsburgh we encourage you to participate in the [live webcasts](#) from each day of the conference. On all three days of the conference, we are presenting top speakers and topics in thanatology – that you can watch from your computer at home! Sessions are presented in real time, which means you will see and hear the presenter live along with other conference participants all in the comfort of your home or office. Webcast registration will close on **Friday, April 20**. For more details and to register [click here](#).

[Learn more](#)

Yoga for Grief Relief



By Antonio Sausys

Yoga for Grief Relief (YGR) is a somatic psychotherapeutic protocol using yoga techniques to address the physical, mental and spiritual symptoms of grief toward the re-identification process that follows an important loss. The YGR protocol is organized in a six-part sequence: breathing exercises, body movements, cleansing techniques, relaxation, mental reprogramming, and meditation.

Somatic psychology combines traditional psychological practice and understanding with attention to the crucial role of the body in the structure and process of the psyche. Its underlying insight is that we enact self-feeling, identity, and connection with others through bodily means.

Yoga can be instrumental in addressing the symptoms of grief because it focuses on mind, body, and spirit, the three areas where grief manifests. From a **psychological**

standpoint, yoga has been proven to be an effective tool to access self-knowledge that will enable us to change what we consider dysfunctional. On a **physiological** level, by combining different movements, such as stretching or alternating circulatory patterns, and by including therapies such as massage or energetic work, yoga promotes specific changes in muscles, joints and organs. This can

change vital functions of the body and allow impaired or threatened physical function to be restored. On a **spiritual** level, yoga provides practices destined to help an individual connect with his/her own spiritual essence, and thus rise above nature for the realization of pure consciousness.

Start your mornings at this year's conference in Pittsburgh with a gentle **Yoga for Grief Relief (YGR) practice**. While preparing for the exciting conference program ahead, get a taste of how yoga addresses grief and practice some of the techniques included in the YGR practice. The activity is appropriate for everyone. Towels will be provided and no previous experience is needed.

Join Antonio Thursday, April 26, Friday, April 27, and Saturday, April 28, at 7:00 am! to begin your day. He will also explain the YGR work and practice some of the techniques with the attendees in an Experiential Workshop on **Friday, April 27 (2:15 to 3:45 pm)**.

Get Your ADEC Conference T-Shirt

ADEC's Student and New Professionals Committee (SANP) is proud to present this year's [t-shirt](#) for our 40th annual conference. Every year, the Committee produces a new design and the sales proceeds go toward funding scholarships for students to attend ADEC's Conference.

[Shirts are for pre-order](#) through **Tuesday, April 17** and are \$12. Shirts will also be available in Pittsburgh, but will increase to \$15.

We hope to see you in Pittsburgh wearing your ADEC t-shirt!

[Order T-Shirts](#)



Upcoming April Webinar



ADEC is proud to present it's [next webinar](#) on **WEDNESDAY APRIL 11, 2018 from 12-1:30 pm CST**. The topic is “***Older Adults and the Challenges of Disaster Related Grief and Mortality.***”

When a disaster strikes, it impacts the entire community. Young and old face a new reality of life, but the challenges of each are somewhat different.

Older adults encounter stress and coping through the lens of all their years of living. This can be a strength in coping, but also exposes the health and cognitive challenges often faced by seniors. The most profound impact on older adults is reflected in the mortality rate, as older adults are significantly more likely to die as the result of catastrophic events.

Pricing:

Members - \$35

Non-Members - \$50

Our presenter is **Rev. James W. Ellor, Ph.D., D. Min., LCSW**. Rev. Ellor is professor in the Diana R. Garland School of Social Work at Baylor University. Jim has worked as a medical social worker and gerontologist for over 40 years. Dr. Ellor spent his first 8 years practicing social work as a community organizer and then as a medical social worker. He is an ordained minister in the Presbyterian Church, USA.

[Register for April's Webinar](#)

Student Profile

So that the ADEC community can get to know its students, Connects will continue to feature stories on ADEC students as well as scholarship recipients.

Nancy Thacker, MS, NCC



Nancy is a doctoral student in the Counselor Education program at the University of Tennessee (UT). She earned a master's degree in Clinical Mental Health counseling from UT in 2016 and is a National Certified Counselor. Her clinical work has included, primarily, serving college students and, secondarily, serving in an elementary school setting. She currently co-coordinates the UT Grief Outreach Initiative (GOI), a mentoring program for PK-12 students in Knox County, TN who are grieving a significant loss. She co-instructs the undergraduate section of the required service-learning course for students in the GOI as well. Nancy's death and loss related research interests include preparing counselors to provide counseling

for clients facing end-of-life, building grief curriculum and instruction in counselor education, and helping LGBTQ individuals grieving death and non-death losses. In her spare time, she enjoys reading historical fiction, taking long walks, and spending time with her three mischievous cats.

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

Dr. Laura S. Wheat has been and continues to be a key role model for me. She introduced me to thanatology during my master's program and nurtured my curiosity with care. She pushes me to think critically about how my own loss experiences impact my ability to provide counseling and prepare new counselors to do the work we do. She is a big reason for why I chose to focus part of my career in thanatology, because she showed me there is endless opportunity to expand our knowledge and methods of care for individuals experiencing death, loss, and grief. I also am extremely grateful for Jillian Blueford, my research partner and sidekick to all things grief related. She has taught me so much about the field and what it means to be a humble, caring, and culturally sensitive grief counselor and instructor. I chose this path because I want to share the universal phenomenon of grief with others, as Dr. Wheat and Jillian have shared with me. I hope to normalize the experience of grief, and over time, contribute to the field of theory and practice in thanatology from my perspective and experience as a counselor educator.

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

I am still a young professional myself! My journey thus far has developed in part because I have listened to the stories of my mentors and peers who have faced loss and grief differently than I have. I ask questions and try to read theory and practices that are foreign to the way I have experienced loss and grief in my culture. I think exposing yourself to new ways of thinking about death and expressing grief keeps you engaged and exposes you to the diversity of our growing field. So, my piece of advice, even to myself as a growing professional, is to remain curious and open to learning about diverse theories and practices of grief across diverse populations. The more you learn, the more likely you will grow and develop new avenues for research, practice, and advocacy.

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

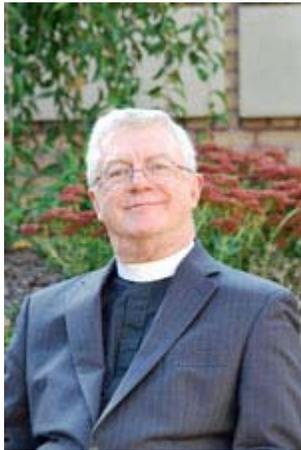
I am uncertain what the future holds, but I am pumped to find out what each new day gives me! I want to continue pursuing my research interests, providing counseling and/or outreach programming for grieving individuals if I can, and maintain the wonderful relationships I have built with other thanatology professionals as I move beyond my doctoral work. I imagine my journey will be influenced by the people and environments I encounter next. Our ever-shifting culture and sociopolitical climate also influences my work, so I will engage in different forms of research, advocacy, and practice in response to those shifts. Overall, I think others like me (lifelong learners)

carry potential for a bright future that continuously pushes our knowledge and practice to new places to reach diverse populations and fields of study. I hope to meet and collaborate with many more lifelong learners in my journey, because, as with grief in some ways, the work is done best in community.

Contact: nthacke2@vols.utk.edu

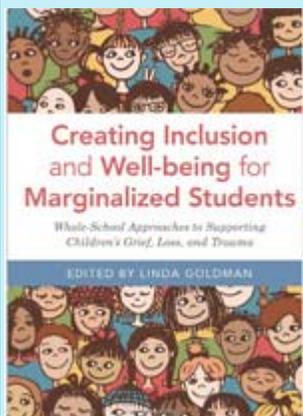
What's New: New Books from ADEC Members

By the Rev. Paul A. Metzler, D.Min.



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 (2016 to present) to:

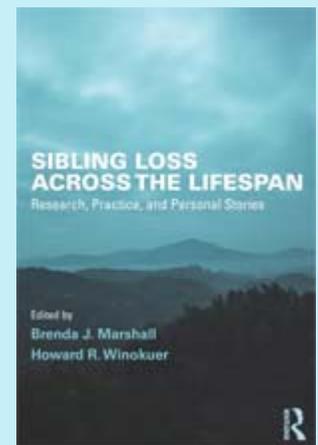
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Goldman, Linda, editor.
Creating Inclusion and Well-being for Marginalized Students. Whole-School Approaches to Supporting Children's Grief, Loss, and Trauma. Philadelphia, PA: Jessica Kingsley Publishers, 2017. ISBN: 978-1-78592-711-9. Softcover, 344 pages.

Marshall, Brenda J. and Howard R. Winokuer, editors.

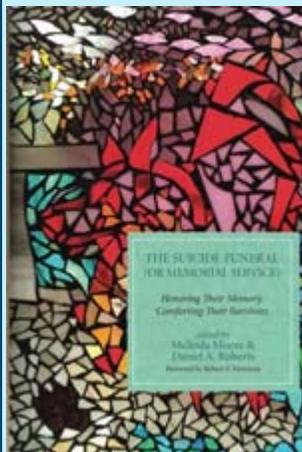
Sibling Loss Across the Lifespan. Research, Practice, and Personal Stories. New York, NY: Routledge, 2017. ISBN: 978-1-138-92728-5. Hardcover, 205 pages.



Marshall and Winokuer, serving as co-editors in addition to authoring several chapters, have gathered 32

Goldman has edited a substantial resource for teachers, education administrators, bereavement counselors, and other caregivers who interact with traumatically bereaved children. In this book, joined by 22 contributors with broad expertise in trauma, grief and loss, education, counseling and programmatic initiatives, she offers important perspectives and encouraging insights to enable marginalized children to actively cope with their circumstances and become learners who thrive. The 17 chapters consider the problems, the challenges, and the solutions to be addressed in creating the educational environment desperately needed by these children. This book can assist professionals to reduce effectively the marginalization that otherwise seriously impedes children from growing, learning and healing.

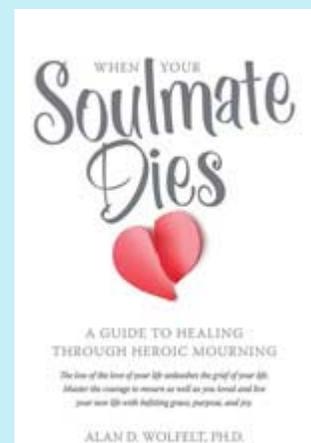
other contributors to present 25 chapters of significant insight by researchers, clinicians and bereaved siblings that examine the common, but often minimally attended-to, reality of sibling loss. Arranged in six-sections that helpfully follow Erickson's well-known stages of development, the chapters track the particularity of sibling loss at different life stages. The Special Topics section includes an array of informative chapters on topics that impact all age groups, including suicide, dynamics of family systems, ambiguous loss, and the like. A particular strength of this book is that Marshall and Winokuer choose contributors who, similar to themselves, write professionally about the topic while acknowledging and drawing from their personal stories of sibling loss. This book offers students and clinicians substantial perspectives to respond more effectively and compassionately to sibling loss.



Roberts, Daniel A. and Melinda Moore, editors. *The Suicide Funeral (Or Memorial Service). Honoring Their Memory, Comforting Their Survivors.* Eugene, OR: Resource Publications/Wifp and Stock Publishers, 2017. ISBN: 978-1-4982-8958-0. Softcover, 190 pages.

Roberts assisted his co-editor, Melinda Moore, to create an exceptionally helpful resource for clergy and others who may be called upon to conduct a funeral or memorial service following a death by suicide. Since suicide continues to be a leading cause of death in the USA and beyond (over 44,000 in 2015 according to the USA National

Wolfelt, Alan D. *When Your Soulmate Dies. A Guide to Healing through Heroic Mourning.* Ft. Collins, CO: Companion Press, 2016. ISBN: 978-1-61722-242-9. Softcover, 151 pages.



Wolfelt offers this guide for bereaved soulmates.

Soulmates are partners who have experienced exceptional attunement and closeness with one another. While typically these are spouses or life partners, he writes from a wide enough perspective to also include parent/child and close friend dyads. All of these especially bonded relationships, when ended by a death, create deep sorrow and despair for the survivor. This guidebook, like many of Wolfelt's others, uses his

Institutes of Mental Health), clergy can predictably expect to do so. Roberts and Moore are joined by 27 contributors to enrich this book with poems, guides to preparing a eulogy or entire ceremony, sample eulogies and services, spiritual and theological perspectives from a range of faith traditions, and important suggestions for prevention, postvention, and aftercare. This book offers an immense amount of material to assist faith leaders to respond with compassion, insight, and health-promoting encouragement to those bereaved by a suicide death.

familiar “six needs of mourning” as a primary framework to enable the survivor to enter into a helpful and healthy mourning process that leads to rebuilding a life of love and meaning. The book can be used by an individual or its 10-chapters can serve as a resource for a series of support group meetings.

Congratulations!

ADEC recognizes the following individuals who earned either their Certificate in Thanatology (CT®) or the Fellow in Thanatology (FT®) designation in 2017. All new CTs & FTs demonstrated an appropriate level of education and experience in thanatology, and passed a rigorous exam.

New 2017 CT® Certificants

Mitchell Anderson	Kimberly Green	Emily Eliot Miller
Janet Arnold	Ryu Gwiseon	Melissa Minkley
Naomi Asselin	Stephanie Hall	Kim Nanhee
Beth Bardonner	Sim Heungsig	Mary Ann Nook-Krystosik
Tammy Bartel	Rachael Hill	Daisy Nuñez
Heather Beachler	Kristen Huber	Maria Teresa Nussbacher
Janelle Beiler	Kim Hyun Hee	Julie Olds
Jennifer Bennett	Joseph Immordino	David Parry
Matthew Benorden	Kim In Sook	Jennifer Perez
Pamela Bettger	LeAnne Jackson	Deanna Porter
Anna Binder	Ku Jackyoung	Lisa Quibodeaux
Brent Birkhoff	Patricia Jauchler	Loretta Rivers
Patricia Boettcher-Prior	Lee Jeongmin	Chantelle Schofield
Kathleen Bohannon	Rutha Johnson	Ko Seogsun
Oh Bong Hee	Kim Jung Yea	Don Kim Seung
Sylvia Bowens	Ku Junga	Samantha Snellgrove
Kara Bowman	An Junghee	Gina Stein Scharf
Angela Brittain	Megan Kale-Cheever	James Stewart
Donna Caputo	Kelly Karavousanos	Cheung Suk Wai
Susan Carron-Demoreta	Amy Keiper-Shaw	Meghan Szafran
Nga Chee (Tristan) Chan	Melissa Kennedy Panto	Lee Taeja
Lee Changok	Anne Kesner	Kwon Taeyun
Kristen Cheung	Melissa Klebs	Maria Torres
Paulette Cordes	Adam Koenig	Howard Travers, Jr.
Diana Cruet	Kyung Koh Soo	Kory Trinrud
Kim Daejin	Tsui Lai Man	Wendy Vargo
Anthony Diamond	Kavitha Lakshmanan	Kellie Webster
Susan Droessler	Jean Ligocki	Ee Wee Lin Vivien
Christine Droney	Eileen Litchfield	Sonja Williams
Oindrila Dutta	Yiu Man Lo	Megyn Wirkus
Anita Elderkin	Sandra Mantsch	Bryan Wright
Laura Estes	Pamela Mason	Lee Yongbeom
Jean Francis	Stephanie Matonek	Jeon Youngsuk
Christopher Gevaert	Michaela McLean	Danielle Younts-Pennington
Dioselina Godbold	Kathleen McRill	Ann Yung Sook
Hannah Goldstein	Ariane Medero	Anna Zanardi

New 2017 FT® Fellows

Ahn Yong-Mo	Kang Hyo Ryung
Carrie Arnold	Kim Ki Gon
Simone Brock	Amy Kitsembel
Claudia Coenen	Geok Ling Lee
Marla Mercer Cole	Jennifer Levin
Lark D'Helen	Mi-yeon Park
Alissa Drescher	Diane McDonald
Elizabeth Farnsworth	Raman Mohabir
Ivan Fung	Brianne Overton
Aubrie Hills	Michelle Ramirez
Hong Seongman	Maria Roman Vega
Tresa Hooks	Rashida Sanchez
Hyeon Joo Kim	Sung Chul Shin
Veronica Ibarra	Lynn Snyder
Jin Jong Park	Brittany Trauthwein
Jung Hae Sook	Yang Soo Na
Jung Hwan Jong	Yoo Eun Joo

Member's Corner:

The Member's Corner is a place to shine a spotlight on ADEC members and their accomplishments.



Joshua Black, MA is an academic researcher in the area of dreams in bereavement (which he refers to as grief dreams). He has focused all of his graduate work (MA and PhD) on investigating this neglected topic. He is currently in his last year of the PhD program in psychology at Brock University and has published different academic articles in this field.

Joshua's research has focused mainly on dreams that have the deceased loved one present in the imagery. In his PhD research, he has investigated dreams of the deceased after spousal/partner loss, pet loss, and pregnancy loss. Joshua has found that there is very little academic information on the topic and because of that, it hinders the support for the bereaved. His research is showing that remembering at least one dream of the deceased may be a very common experience; e.g. 89 percent of people who had a partner/spouse die in the past 12-24 months reported a dream of the deceased. These dreams may be positive and provide comfort, or negative. In order to raise awareness on the topic, Joshua has developed not only a website

(www.Griefdreams.ca), but also The Grief Dreams Podcast, Instagram and Twitter page (@griefdreams), and The Grief Dreams Facebook Group.



Justin M. Yopp, PhD— Co-leader of the Widowed Parent Program, Psychologist, and Comprehensive Cancer Support Program Associate Professor, Department of Psychiatry, University of North Carolina in Chapel Hill

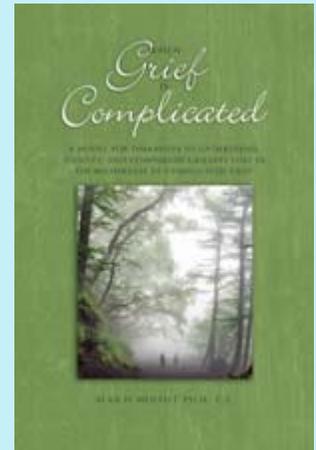
For the last decade, Justin has worked with people grieving the loss of a spouse/partner who are also raising children at home. He recently launched a website for mothers and fathers anywhere to access information, videos, and insights from other widowed parents:

www.widowedparent.org

In addition, Oxford Press recently published a book that Justin and his colleague, Don Rosenstein, wrote, *The Group: Seven Widowed Fathers Reimagine Life*, which weaves contemporary information about grief, adaptation, and resiliency in with the story of seven men who met monthly for four years as a part of their first support group for widowed fathers. They wrote the book for a broad audience, and it is particularly relevant to those working in grief and bereavement.

The seven fathers featured in *The Group* encouraged Justin and Don to write their story, and all proceeds benefit the Widowed Parent Program. For more information, see the [website](#) or visit the direct [Amazon link](#).

Dr. Alan Wolfelt author of, *When Grief is Complicated: A Model for Therapists to Understand, Identify, and Companion Grievers Lost in the Wilderness of Complicated Grief*.



After a significant loss, grief is normal and necessary. But sometimes a mourner's grief becomes naturally heightened, stuck, or made more complex by especially difficult circumstances, such as suicide, homicide, or multiple losses within a short time period. This is called "complicated grief."

In this primer, Alan helps caregivers understand the various factors that often contribute to complicated grief. He presents a model for identifying complicated grief symptoms and, through real-life examples, offers guidance for companioning mourners through their challenging grief journeys. This book rounds out Alan's resources on the companioning philosophy of grief care, making it an essential addition to any caregiver's professional library.

When Grief is Complicated is priced at \$24.95 U.S. To order and to learn more about Alan's books on grief and loss, visit www.centerforloss.com or call (970) 226-6050.



“Grief is a slow and steady marathon,” [Laurie Burrows Grad](#) writes in [The Joke’s Over, You Can Come Back Now: How This Widow Plowed Through Grief and Survived](#). Grief is the great equalizer, because very few are spared. Consider the harsh reality: The average age of widowhood is 55, and 75% of women will be widowed by the age of 56.

“**Demoted to lunch.**” “Losing a husband is one of life’s cruelest traumas, yet women can—and must—recover,” says Laurie. “Most widows want to move forward but lack the know-how and, for a time at least, the will to do so.” To help them, Grad confronts grief head-on with raw honesty, heart-rending pathos and—drawing from her show-business family pedigree—spot-on humor. “Becoming a widow compromises one’s social status, because even close friends seldom want a single woman joining them at dinner. Suddenly,” Laurie writes only half-jokingly, “I was demoted to lunch.”

The backstory. “On August 1, 2015, my husband, Peter, died suddenly in my arms,” Laurie writes. “One minute, he was laughing and happy, and the next minute, he was dead. I fell to the floor with heaving sobs, not able to comprehend what had happened.

Suddenly, out of nowhere, my life, as I knew it, was over.” To come to grips with her loss, Grad began blogging about grief, widowhood and the long, heart-breaking road to restoration. This book, which chronicles Laurie’s first three years as a widow, is a powerful part of that journey. Through her ardent words, Laurie shepherds all widows—and anyone else who has lost a partner—through one of life’s hardest transitions. Ultimately, the book is cathartic and empowering.

The definitive self-help guide for widows of any age. In her warm yet no-nonsense style, Laurie tackles the challenges of sleeping alone, cooking for one, juggling finances and managing all the practical aspects of widowhood. With signature candor, Grad also discusses dipping one’s toe back in the dating pool and when to use a vibrator, guilt-free.

ABOUT THE AUTHOR:

[Laurie Burrows Grad](#) is a grief blogger, a James Beard Award-nominated cookbook author, a television chef, and the Editor-in-Chief of Epicurus.com, where she writes about travel and food. Her passion for food artistry dates back to her childhood and the glamorous parties hosted by her parents. Her father, Abe Burrows, was a Broadway playwright, director and humorist, and theater luminaries, including Cole Porter, often made up the guest list at their New York City home. (Grad’s brother, James Burrows, would grow up to become the co-creator, producer, and director of the long-running NBC sitcom Cheers.)

On August 1, 2015 Laurie’s husband, the TV executive Peter Grad, died suddenly. Overwhelmed by the loss of her life partner and soul mate, Laurie began blogging about grief, contributing close to 100

posts as a regular contributor to HuffPost and, now, to ThriveGlobal. Laurie, a former model, is also a longtime activist and fundraiser who, some 26 years ago—to honor the memory of her father—created the annual, star-studded gala, A Night at Sardi's. She and her husband, Peter, helped raised more than \$30 million for the Alzheimer's Association.

In November 2017, Laurie Burrows Grad was honored by the [Global Fund for Widows](#).

Born in Puerto Rico, **Kevin Quiles, MDiv, MA, LPC** comes with fifteen years of experience as hospice chaplain, seven plus years as licensed counselor, and a few more as military chaplain deployed to Afghanistan in 2003. He has two masters and well over a decade of specialized training in the fields of pastoral care, counseling, and mindfulness practice. An existentialist, the fifty-five year old founded *Conversing with Death* and is the author of three books: *Spiritual Care to Elderly and Dying Loved Ones*, *Conversing with Death*, and his latest *Last Breath Awareness*. He lives in Georgia with his wife and two children and holds a private practice where he works with adult individuals and couples around trauma, depression, aging, change, loss, chronic and terminal illness, and dying.



Kevin's [FAQ](#) and [Research Page](#)

Books by Kevin Quiles:

- [Spiritual Care to Elderly and Dying Loved Ones](#)
ISBN-10: 098162197X ISBN-13: 978-0981621975
- [Conversing with Death: To Build a Better Now and Future](#)
ISBN-10: 0741496941 ISBN-13: 978-0741496942
- [Last Breath Awareness: A New & Bold Approach on Death for the West](#)
ISBN-10: 1478730765 ISBN-13: 978-1478730767



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 June 2018 issue of *Connects* please submit your ideas/content by Wednesday, May 25.

Contact Us

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