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Association for Death Education and Counseling®
The Thanatology Association®

Connects

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President's Message June 2018

Louis A. Gamino, PhD, ABPP, FT



After spending a memorable Memorial Day weekend in DC and Virginia visiting family, I returned home to a very "hot" Texas with temperatures topping 100 degrees. Quite a shock!

Things are "heating up" as well with your ADEC governance team. One of the top priorities for your 2018-2019 Board of Directors is re-energizing all the various ADEC committees and task forces in order to deliver to our international multicultural membership the best possible value in return for your continued support and allegiance. ***We do not take your membership for granted.***

Some of the new Chairs coming on include Ben Wolfe with Fundraising and Donor Development, Fay Green with Conference Planning, Becky Watkins with Awards and Recognition, Ramona Fernandez

with Leadership Recruitment and Development, Stephanie Matonek with Membership, and Andrew Brown/Chye Hong Liew with Students and New Professionals.

This list does not include the veterans returning to office: Andy McNiel with Organizational Partnerships, Christiane Manzella with Business Planning, Illene Cupit with Committee on Committees, Jane Bissler with Governance, Ana Bendaña with Diversity & Inclusion, Heather Stang with Engagement & Networking, Chris Hall with Identity, Patti Anewalt with Grief Counseling & Therapy Standards, Helen Chapple with Body of Knowledge, and Greg Adams with Credentialing. These individuals, and those serving with them on the various committees and task forces, are your members in action making ADEC thrive.

Two governance areas that will be a special focus for the Board this year include Communications and Professional Development/Distance Education. The Board's deliberations pertaining to these key areas include determining how best to communicate ADEC's message—both internally to the membership and externally to other interested professionals and the general public. Also, we are studying how (and when) to proceed with a third edition of ADEC's *Handbook of Thanatology*. We are still looking for the right Chairs for these two critical committees. Interested in being part of it? Let us know.

Two other newsworthy items deserve mention. Under the leadership of Dara Rudick, the CEO of ADEC's new management service, **MHQ**, we continue the all-important search for a permanent Executive Director. Meanwhile, we continue under the steady, sage leadership of ADEC's foster father, err, I mean Interim Executive Director, Steve Thomas. The Whova App straw poll taken at the Pittsburgh conference showed that attendees emphasized having rigorous educational content at the annual meeting as their highest priority. Your Board is listening.

Like I said, things at ADEC are "heating up" in a good way. It's a great time to join the ride.

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.

Andrew Brown, Doctoral Student

My name is Andrew Brown, and I am a 3rd year PhD student in counseling psychology at Purdue University. Prior to coming to Purdue, I completed my undergraduate studies at Grand Valley State University, and I'm originally from St. Joseph, Michigan. Currently, my research interests are understanding college students' experiences of romantic breakup, as well as understanding how death and loss are talked about in professions outside of counseling and psychology. Clinically, I'm interested in working with clients working through broadly-defined loss, including death losses, romantic breakups, loss of a pet, and losses of certain parts of their identities. After I graduate, I hope to become a licensed psychologist and practice at a university counseling center, with the eventual goal of becoming a center director.



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.

That role model would have to be my advisor, Dr. Heather Servaty-Seib. Prior to 2016, I was a member of the Grief and Loss research team, and frequently engaged others in discussions about grief and loss, as it was an interest area of mine. In October 2016, my father died, and it has changed my trajectory slightly. Dr. Servaty-Seib was there to help provide me with books to read, videos to watch, and lectures to listen to, which made grief work into an interest and passion of mine. Now, I look forward to working with grieving clients and helping them start and continue on their grief journeys. Grief is a taboo and misunderstood topic, and I hope to help make it a more accessible topic, if for no one else than just my current and future clients.

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

I find the most important piece to be remembering why you chose to do certain work in the first place. Although I'm still a student, there are definitely times when I find myself feeling burned out and frustrated, and I can't remember why I signed up to complete a PhD in the first place. At that point, I try to talk to my supervisors or advisors, and to find relevant news articles or books that remind me that I decided to do this work in order to help others become better versions of themselves, regardless of what is bringing them to counseling. For me, since I came into this field for a reason, making myself reflect on that reason helps give me energy when I find myself struggling.

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

From my limited perspective, it seems like grief, loss, and death are becoming more talkable topics, which is making them more accessible to the general public rather than exclusively thanatologists. If this trend continues, then I hope that I and other counselors can receive better training, and provide

better services to our clients, which is the ultimate goal. If we, as a field, can make discussing death more accessible, then we'll ultimately benefit our clients the most.

June Webinar

Sitting with Suffering: A paradigm shift



The prevention and relief of suffering is the primary aim of palliative care, described as an “obligation” (Cassell, 1982; Sacks & Nelson, 2007) and “duty” (WHO, 2014) for clinicians. This webinar will introduce the literature on suffering and a counter argument that suggests that there is intrinsic psychosocial suffering at end of life -- loss, feeling burdensome, loneliness, death anxiety and worry for family which may not be relieved despite clinicians’ best efforts. The shift from seeing suffering as transformational or meaningful, toward seeing suffering as intrinsic highlights a profound ethical and clinical tension in palliative care: the paradox of the expectation that we can relieve suffering, and our inability to necessarily do so. It also runs counter to the common adage that palliative care providers can and must “replace suffering with joy” or meaning for dying patients (Witt

Sherman, 2015. p. 477).

Our presenter is **Dr. Joan Berzoff**. She is Professor Emerita at the Smith College School for Social Work where she taught for thirty- eight years. During her tenure there, she co- directed the Doctoral Program and developed and directed the End of Life Certificate Program. She is the author of over forty publications and four books: *Living with Dying: A Handbook for End of Life Care Practitioners*, *Inside Out and Outside In: Psychodynamic Theories and Practice in Multicultural Settings* (Editions 1-4), *Falling through the Cracks: Psychodynamic Practice with Vulnerable and At Risk Clients* and *Dissociative Identity Disorders*.

This webinar is approved by the American Psychological Association and the Association of Social Work Boards (ASWB) for 1.5 CE Hours.

When: Wednesday, June 13

Time: 12 - 1:30pm Central Time

Pricing: Members \$35, Non-Members \$50

[Click to Register for ADEC's June Webinar](#)

2018 ADEC Annual Conference: Perspectives on the Keynote Presentations



Dr. Alison Salloum's Presentation: Working with Bereaved and Traumatized Children

By Jennifer Mathews, PhD, LPC, NCC, ACS



The first keynote speaker at the 2018 ADEC conference was Dr. Alison Salloum, Professor in the School of Social Work at the University of South Florida. Dr. Salloum presented findings from four studies in the area of community-based research on interventions for bereaved and traumatized children. Aside from an interesting topic, I appreciated hearing how she navigated challenges in evidence-based interventions and made modifications along the way to accommodate her participants. The Grief and Trauma Intervention (GTI) was used throughout her research, which allowed young people to express themselves, process grief reactions and learn positive coping skills.

Dr. Salloum's first study found a decrease in the Child PTSD Reaction Index score and reduction in re-experiencing and avoidance symptoms for 45 African American adolescent survivors' of homicide after participating in the GTI. The second study included children (6-12 years old) and found similar results to the first study. However, the GTI protocol was modified in the second study to address participant needs: four sessions were added, and home visits and specific behavioral interventions were included (anger management and mindfulness techniques). Studies three and four explored the use of GTI post-Hurricane Katrina, where distress-related symptoms decreased. Another useful take-away from the presentation was the DDWW intervention: Draw, Discuss, Write and Witness. When working with bereaved and traumatized children, it can be empowering them to draw their experience, discuss it in their own words, write out their experience, and have someone bear witness to their pain. Overall, Dr. Salloum's keynote address skillfully bridged research and practice in a meaningful way.

Dr. Carl Becker's Presentation: Taking Care of Ourselves

By Kathy Shear, M.D.

I don't think I will ever forget the story of the Japanese man who worked in an automobile factory putting tires on cars. Doing this job was immensely gratifying. He did it with love and care because he saw himself as being responsible for keeping millions of people safe. Dr. Carl Becker's keynote was like that: memorable, heart-felt, and meaningful. He included meaningful research findings and practical advice. For example, I will also remember never to do Sand-box therapy with Dr. Becker – Yungian or not. This talk included very interesting information about burnout: he discussed professional burnout and also the damaging burnout that can afflict family caregivers. Empathy and sense of purpose and meaning, like the tire man in the auto factory, protect against both. It is not too much emotion, but too little emotional connection that can contribute to burnout.



Dr. Becker's talk also included data collected using a measure called "Sense of Coherence," developed by medical sociologist Anton Antonovsky in 1979. This construct, used by Dr. Becker to help understand burnout, refers to the extent to which the world is viewed as comprehensible, manageable and meaningful. Dr. Becker helped us see that it is not so much what happens to us, but how we see ourselves that leads to flourishing and wellbeing. For me, a take home point is that we cannot put an end to suffering and trying to do so can result in emotional distancing. However we can help the dying people we care for and their caregiving families – and also help ourselves -- by accepting the realities of the world we live in. We must tackle problems that we can manage and, most importantly, see ourselves as making meaningful contributions to the world, like the Japanese tire man. Kudos to our Program Committee in Pittsburgh for selecting a truly wonderful and inspirational speaker.

Dr. Anne Balsamo's Presentation: The AIDS Memorial Quilt and the Design of Digital Memorial Experiences

By Jon K. Reid



The closing keynote presentation at ADEC's 40th Annual Conference was delivered by Dr. Anne Balsamo of the University of Texas at Dallas. The presentation was both compelling in importance and inspiring as well. Dr. Balsamo shared a history of the physical AIDS Memorial Quilt along with the latest information on the development of a digital version of the memorial.

The AIDS Memorial Quilt is the largest living memorial of its kind in the world, with more than 48,000 panels, representing 60 countries and commemorating more than 93,000 names. It is no longer feasible to display the physical quilt in its' entirety. But is there an app for that? Yes, "AIDS Quilt Touch," is a mobile web app currently in development: alpha version 0.8a. For those who aren't able to view any of the physical quilt live, an interactive medium of an open-source mobile web application is available at <http://aidsquilttouch.org/content/main-menu>. In addition to the mobile app, a tabletop interactive version is available that allows viewers to search the database of Quilt images to find a specific image and to browse the archive of Quilt panel images.

Consider that today's college freshman were born around the year 1999, long after the AIDS epidemic had been in the daily news. Consequently, telling the history of the AIDS epidemic in the US and around the world remains an important goal for those who didn't grow-up hearing about the epidemic and the government's initial inattention to the crisis. Dr. Balsamo's presentation emphasized the power of memorializing for building community, and also the use of material culture for raising awareness of the importance of HIV-prevention efforts.

Attendees were also able to view a section of the actual memorial quilt. Dr. Balsamo demonstrated the ritual folding of this section of the quilt with assistance from several participants from the audience. History came alive through a presentation rich with photographs of the 25-year history of the quilt, current efforts to make the quilt accessible digitally, and a section of the quilt for up-close and personal viewing.

The [NAMES Project Foundation](#) which is responsible for the preservation of the Quilt is located in Atlanta, GA, which is the location of ADEC's 2019 annual conference.

Management HQ Team Embraces ADEC's Spirit and Mission

After nearly a year of working with ADEC's diverse membership, its management team has developed a deep appreciation for the distinctive mission of the Association. Moreover, the team values the quality relationships and spirit of generosity among the membership.

The members of “Team ADEC” are: Tammy Schoenberg (credentialing and finances), Lisa Joly (communications and membership), Ashley Driste (conference and distance learning), Steve Thomas (interim executive director), and Dara Rudick (strategy and support). Collectively, this team has worked hard to effectively operate and support the many important services delivered by ADEC.

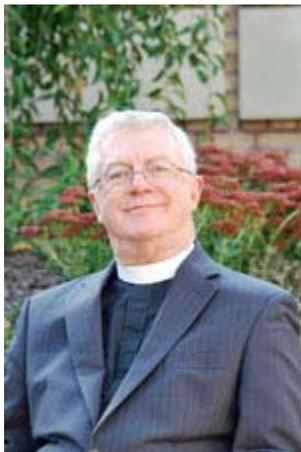
After an extremely successful conference in Pittsburgh, the [Management HQ](#) (MHQ) ADEC team is now focused on ADEC’s growth and increasing the Association’s impact worldwide. Growth and impact are bold aspirations but realistic goals given ADEC’s valuable assets. From the MHQ Team’s perspective, ADEC’s assets include:

1. Diverse, passionate members whose networks can help expand ADEC’s reach and influence.
2. Healthy finances, including proven strategies for supporting the Association’s operating income.
3. Teachers, researchers, and practitioners whose collective service benefits millions of people in very profound, important ways.
4. Knowledge and experience directed at fostering the next generation of teachers, researchers, and practitioners.
5. A growing need for quality services and support related to death, dying, loss, and grief.

ADEC’s members and friends are poised to grow and increase the association’s impact. Team MHQ / ADEC is grateful to play a role in shepherding the association to even greater success in the years ahead.

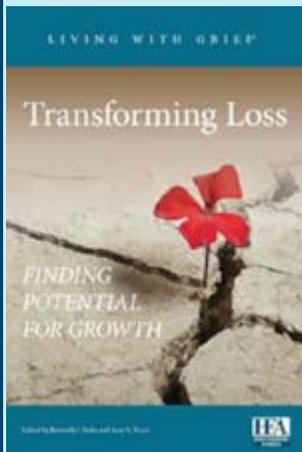
What’s New: New Books from ADEC Members

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:

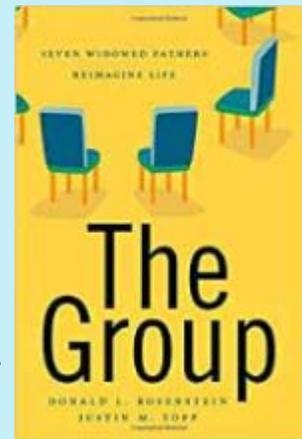
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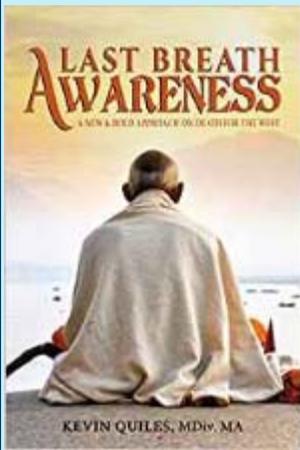
Doka, Kenneth J. and Amy S. Tucci, editors. *Living With Grief: Transforming Loss. Finding Potential for Growth*. Washington, D.C.: Hospice Foundation of America, 2018. ISBN: 978-1-893349-22-3. Softcover, 168 pages.

Doka and co-editor Tucci mark, with this book, twenty-five consecutive years in the Hospice Foundation of America's tradition of producing an annual Living with Grief program and companion book of continuing professional education in end-of-life and bereavement care. It is a remarkable achievement. Doka is joined by fourteen other authors to offer chapters organized in three sections: Understanding Growth and Grief; Context for Growth; and Enabling the Potential for Growth in Grief. As has been true for many of the books in the Living with Grief series, several chapters include personal stories by those willing to share their experience and perspective. The book widens the understanding of how loss is experienced and expressed and details the opportunity for resilient growth. It will be very helpful to clinicians, hospice providers, and other professionals who wish to support grievers beyond simply coping in order to experience both growth and transformation.

Yopp, Justin M. and Donald L. Rosenstein. *The Group. Seven Widowed Fathers Reimagine Life*. New York, NY: Oxford University Press, 2018. ISBN: 978-0-19-064956-2. Hardcover, 175 pages.



Yopp and his co-author have written an engaging and informative account of their support group with seven widowed fathers raising young children after their wives died of cancer. The group met for nearly four years under the auspices of the University of North Carolina's Lineberger Comprehensive Cancer Center in Chapel Hill. The eighteen chapters are organized into three sections: (Unimaginable Loss; Adaptation Reimagined Lives), that feature engaging vignettes of the men's conversations on a variety of common parental bereavement issues. Yopp and his co-author are able to transition from these narratives to offer informative death and loss education, drawing strongly from Schut and Stroebe's dual process model of bereavement. This book will be valued by any griever, but especially a grieving parent who is raising children. Clinicians will also gain insight into the ebb and flow of the clinical process while providing a supportive milieu for grieving persons.



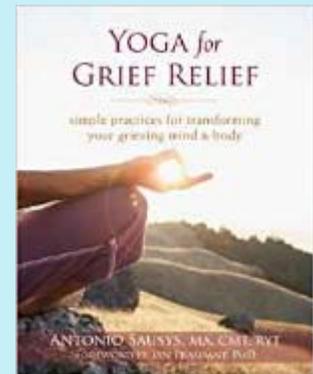
Quiles, Kevin. *A Last Breath Awareness: A New & Bold Approach on Death for the West.* Outskirts Press, Inc. 2017. ISBN: 978-1-4787-3076-7. Softcover, 130 pages.

Quiles brings many years of professional work with aging and ill populations, from professional positions in hospice and bereavement care, to writing this book that encourages practitioners in similar fields to be mindful of personal death awareness. He has developed what he terms “Conversing with Death,” a conceptual and practice tool that joins Eastern psychology and Western psychotherapy insights to encourage deeper self-awareness. “Last Breath Awareness” is an alternative term he uses to blend Eastern and Western insights to accept one’s impermanence in the scheme of life and peacefully anticipate our near or far-off final breath. The book

includes several exercises and other materials to help readers adopt this practice either personally or in professional and group settings.

Sausys, Antonio. *Yoga for Grief Relief: Simple Practices for Transforming Your Grieving Mind & Body.* Oakland, CA: New Harbinger Publications. 2014. ISBN: 978-1-60882-818-0. Softcover, 162 pages.

Sausys advocates the use of gentle yoga practices to relieve the many emotional and physical challenges of living with loss and grief. He notes that yoga is not simply a form of exercise but an ancient source of self-knowledge. Joined with new neuroscience and psychophysiology understandings, he believes yoga can help transform our common body-based responses to loss. His six chapters offer a basic introduction to the concept and tasks of mourning, the spiritual underpinnings of yoga’s approach to suffering in loss, and a wide array of yoga practices, including over 100 photographic illustrations of yoga poses. His book includes helpful comparisons of Eastern and Western understandings of grief, as well as a glossary and references list of additional resources



Stay in contact with ADEC, is your contact information up to date?

We are asking members to take a few minutes to verify that their contact information is up to date. With the amount of services that are provided with ADEC’s membership on-line an updated email address is important. In addition, when paper dues statements go out in the Fall or for those who take part in the credentialing program a current mailing address is needed. Please know that your information is held in the strictest confidence and is not shared with any other organization. To check your contact information please follow the steps outlined below:

1. Sign in to [ADEC](#) in the upper right-hand corner of the site.
2. Go to the My ADEC tab and select edit your profile.

3. Once your ADEC profile populates click on the addresses tab.
4. Double check the information that is provided. If something needs to be updated click the pencil icon on the right to make the change.
5. Once your edits have been made be sure to click the **Save & Close** button so the edits are saved.



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

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