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Association for Death Education and Counseling®  
The Thanatology Association®

# Connects

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## President's Message

Hello everyone,

What keeps you up at night?

Okay, besides that.

What keeps me up at night varies: sometimes it's a story I've heard that day from a client. Sometimes it's a book that refuses to be set down. Sometimes it's the news: stories of human misery around the corner and around the world that unsettle my mind and send me down a rabbit hole of unanswerable questions about how we can possibly fix everything that is broken.



A lot of what has occupied my mind of late has to do with my role as President of ADEC, and a lot of that involves thinking about how we can work to build ADEC's strength and numbers internally, and also develop a stronger voice externally. These two things are of course not unrelated: a larger audience means more potential members. Not enough people, including people who we would expect to be interested in our work individually and as a group, know who we are.

ADEC has not had a coordinated, targeted Communication strategy, although we have taken steps in the past to formulate such a plan. One such effort was undertaken by the dedicated members of the Strategic Planning Task Force that convened several years ago. I want to revisit the documents created by that group and their recommendations, particularly as they relate to ADEC's public presence. I believe we are in a better position than at any time in the past to act on the goals proposed in that plan. We have strong support in Management HQ, and our team there is working on a communications plan that will be rolled out over the next month and that will be a first, important step in advancing these initiatives. Of course, communications planning requires clarity about what it

is that we want to say, and to whom we want to say it. There are plenty of voices being raised about death, dying and bereavement, and the number of these voices is continually expanding. I believe that ours should be among those voices – that we have a uniquely rich research and practice informed perspective that should be part of the conversations taking place, particularly when those conversations are marked by inaccuracies or omissions.

Of course, our first commitment is to our current members, and here too, we are working hard to make members aware of the benefits that membership affords. But more important than promoting the benefits of membership is ensuring that these benefits are available and accessible. To attract new members and keep them, we have to have systems that work, people who respond when there are problems, and a willingness to help one another, so that we don't ask more of our management company than they are able to provide. We have to operate in a way that supports the important and often difficult work of counselors, educators and researchers in our field. Much of the Committee work carried out all year long is directed toward this support, and we can always use another head and another set of hands.

That's all for now. These are some of my thoughts; I am always interested in yours.

Talk to you soon.

Phyllis Kosminsky, PhD, LCSW, FT

## **Student Profile**

So that the ADEC community can get to know its students, Connects is featuring stories on individuals who are ADEC scholarship recipients

**Tiffany Hill, M.A.**



Tiffany Hill is Filipino-Canadian and a guest on the shared unceded territories of the Musqueam, Squamish, and Tsleil-Waututh, now known as Vancouver, British Columbia. She is a storyteller, a grief researcher, a convention breaker, and an owner of big feelings and many tattoos.

Tiffany is a researcher at the University of British Columbia in the Faculty of Medicine and is a board member at Learning Through Loss. She supports bereavement programming at Canuck Place Children's Hospice and champions research with young people at the ResiliencebyDesign Lab. Tiffany holds a Master of Arts in Interdisciplinary Studies with a specialization in sibling bereavement from Royal Roads University. Her thesis titled, "The Art of Grief: An Autoethnography Exploring Sibling Bereavement," engages with creative processes to explore the traumatic and violent death of her brother.

Tiffany's research supports and engages children and young people to creatively explore their lived experiences of grief and loss, resilience, and leadership. Her current research interests include bereavement and health care system change.

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

As my research interests changed as a result of my life experiences, I believe that my career path chose me more than I chose it. In April 2017, I briefly met Dr. Robert Neimeyer at the ADEC conference in Portland, Oregon, where he introduced me to his book, *Grief and the Expressive Arts*. This book, and the literature I immersed myself in soon after, played an instrumental role in my life

when my brother died in November of that same year. As a result of my brother's death, I wrote a thesis titled, "*The Art of Grief: An Autoethnography Exploring Sibling Bereavement*," which engages with creative processes to explore the traumatic and violent death of my brother. Full circle – Dr. Neimeyer acted as my external reviewer. Later this summer, I will connect again with him as part of my pursuit of the Grief Therapy and Meaning Reconstruction certificate offered by the Portland Institute for Loss and Transition.

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

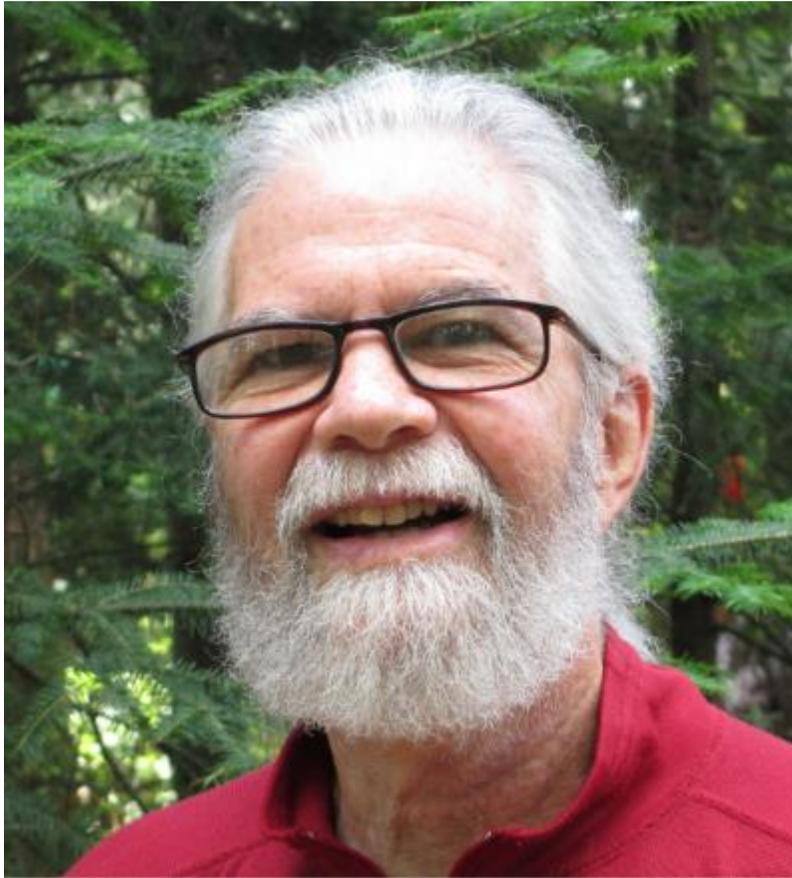
Advice I would offer to professionals is to connect, collaborate, and create. Take every opportunity you can to connect with people who are doing work that you find intriguing, exciting, and important. Be open to collaboration and new approaches. For me, connecting and collaborating are the foundations of creativity.

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

My five year plan includes pursuing a Ph.D. and continuing my current work at UBC. As well, I look forward to submitting several papers based on my thesis for publication in the next few months. I hope to continue to learn more about sibling bereavement in both childhood and adulthood. Furthermore, I anticipate collaborating with Canuck Place and other stakeholders to support bereaved siblings and their families.

## Committee News

To keep members up-to-date on what's happening in ADEC's committees!



Ben Wolfe, FT, past ADEC President

## ***The Planned Giving Committee (PGC)***

What is the PGC and what can YOU do for ADEC? The history of the PGC goes back to December 2012 when then-Treasurer Danny Roberts suggested creating ways to support ADEC through various planned giving formats. Danny was the Chair for many years and with the committee created two major areas: the ***ADEC Endowment Fund, and the Living Legacy Circle.***

The ***ADEC Endowment Fund's*** purpose is to build an account so the interest/dividends will make a substantial contribution to the general ADEC budget or be used for a Board initiative. Your donations to ADEC that are not designated to a specific fund (such as student scholarship or research), and are given to honor, thank, or remember someone are placed in this account.

The ***Living Legacy Circle*** consists of individuals who have included ADEC in their estate plans. It is important to note there is no minimum amount a person needs to bequeath to become a member of the ***Circle.***

For more information on Planned Giving please contact either Ben Wolfe (Chair) at [wolfe@d.umn.edu](mailto:wolfe@d.umn.edu), or Isaiah Allen (staff) at [Isaiah.allen@management-hq.com](mailto:Isaiah.allen@management-hq.com). More information

about Planned Giving can be found on the ADEC website under “Donate – Planned Giving/Living Legacy Circle.”

Committee members include Ben Wolfe (Chair), Maggie Coolican, Bill Hoy, Van Pine, Danny Roberts, Donna Schuurman, Judy Stillion, and Gordon Thornton.

Current members of the Living Legacy Circle include Ronald Barrett (deceased), Illene Cupit, Louis Gamino, Linda Goldman, William Hoy, Ira Nerken (deceased), Lula Redmond (deceased), Jon K. Reid, Daniel Roberts, Shirley A. Scott (deceased), Patricia Stauber Klein, Edie Stark (deceased), Donna Schuurman, Judith Stillion, Gordon Thornton, Hannelore Wass (deceased), Barry Kay Wolfe, Ben Wolfe, and two anonymous donors.

## What's New: New Books from ADEC Members

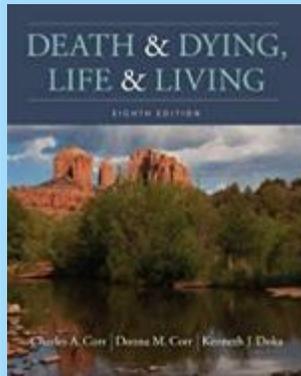
By The Rev Paul A. Metzler, D.Min

### New Books from ADEC Members

**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:

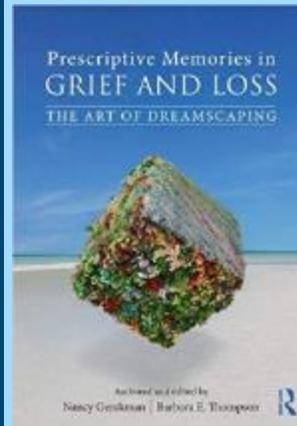
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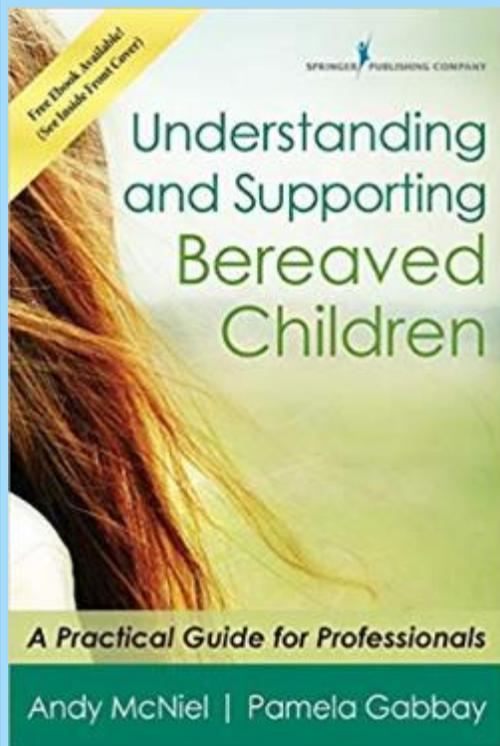
**Corr, Charles A.,  
Donna M. Corr,  
Kenneth J. Doka.**  
*Death & Dying, Life &  
Living (8th edition).*  
Boston, MA: Cengage,  
2018. ISBN: 978-1-337-  
56389-5. Softcover,  
716 pgs.

**Corr, Corr and Doka** have revised this substantive and foundational textbook, dedicating it in gratitude to their colleagues in ADEC and in the International Work Group on Death, Dying, and Bereavement. They have retained the basic organizational structure of the text while updating and adding new sections and content as appropriate. The seven sections (I: Learning about Death, Dying, and Bereavement; II: Death; III: Dying; IV: Bereavement; V: Developmental Perspectives; VI: Legal, Conceptual, and Moral Issues; VII: An Example of a Specific Disease Context) offer a comprehensive introduction and discussion of how life is lived in full view of the reality of dying and death. Designed for undergraduate and graduate studies (it offers many online resources for instructors), the book is also an excellent basic thanatology resource for clinicians and death educators.



**Gershan, Nancy and  
Barbara Thompson.**  
*Prescriptive Memories  
in Grief and Loss: The  
Art of Dreamscaping.*  
New York, NY:  
Routledge, 2019. ISBN:  
978-1-138-04341-1.  
Softcover, 240 pgs.

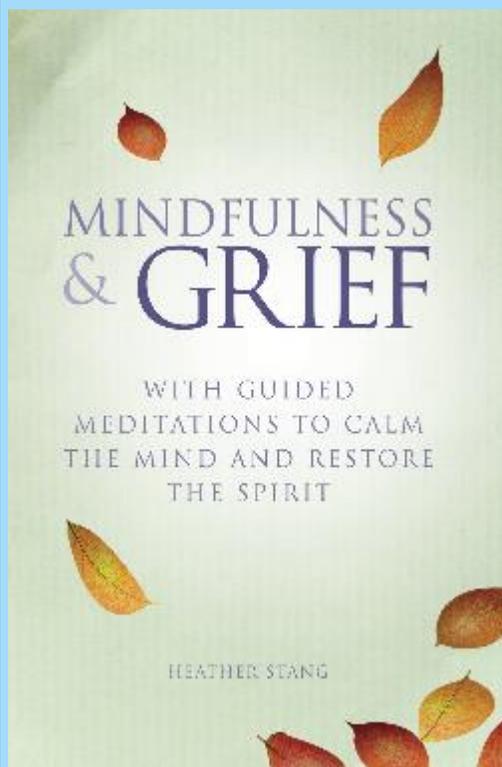
**Gershan**, along with her co-editor **Barbara Thompson**, has developed dreamscaping as an innovative, multifaceted, and imaginative approach to working with the dying and the bereaved. Dreamscaping involves co-creating a prescriptive and healing memory, often using color photography, to enable those dealing with loss to creatively prescribe a memory that they wished they had, thus fostering hope and growth. Joined by ten other notable authors, the sixteen chapters of this book will inform and enrich the practice of thanatologists who are open to new methods to complement traditional talk therapy models. Vivid photographs illustrating work with clients as well as detailed guidelines for implementing dreamscaping techniques will enable readers of this engaging book to add this imaginal practice to their therapeutic armamentarium.



**McNeil, Andy and Pamela Gabbay.** *Understanding and Supporting Bereaved Children: A Practical Guide for Professionals.* New York, NY: Springer Publishing, 2018. ISBN: 978-0-8261-4048-7. Softcover, 171 pgs.

**McNeil and Gabbay** have joined their considerable experience in providing bereavement support to children as well as their teaching of other professionals to offer this useful book on childhood bereavement. The ten chapters are equally divided between focus on conceptual frameworks to clearly understand grief processes and ways that professionals can intervene with healthy, growth-promoting interventions. They address individual and family counseling settings and group support, including camps. Chapter 9, “Activities That Engage Children,” is particularly rich with examples of creative activities to engage children and families in deeper bereavement support. Importantly, Chapter 10, “Professional Accountability and Ethical Considerations” addresses standards of practice and

accountability that apply across all grief and bereavement delivery settings. This practical book offers important conceptual grounding as well as useful modalities of intervention that will be highly valued by mental health, school-based, community, and faith-based professionals.



**Stang, Heather.** *Mindfulness & Grief: With Guided Meditations to Calm Your Mind and Restore Your Spirit.* New York, NY: Cico Books, 2018. ISBN: 978-1-78249-673-1. Softcover, 144 pgs.

**Stang** has reissued this book, first published in 2014, with brief but important updates. She draws from Buddhist and yoga traditions to help grievers cope with loss and grief with greater balance, peace and self-compassion. She has updated various principles of meditating and included trauma-sensitive mindfulness not previously included. This will enable practitioners to work more directly with difficult emotions, including the RAIN practice (recognize, allow, investigate, nurture) to foster self-compassion and kindness in the midst of problematic recollections. Each of the eight chapters anchors the mindfulness exercises in current grief theory so grievers can move forward knowledgeably in the midst of loss. It is a well-written self-help book and its

reissue will continue to bring important insights and tools from ancient eastern wisdom to contemporary western grievers.

## 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 2019 issue of Connects please submit your ideas/content by **Wednesday, July 31, 2019.**

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