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Association for Death Education and Counseling®
The Thanatology Association®

Connects

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President's Message October 2018

Louis A. Gamino, PhD, ABPP, FT



One of the pleasures of longtime ADEC members is looking over the list of Past Presidents and recognizing the luminaries who have helped grow this association from its inception in 1976 until now. From founder Dan Leviton to Judy Stillion to Ken Doka to Ben Wolfe to Donna Schuurman to Gordon Thornton to Sherry Schacter and many others, ADEC has been fortunate over the years to have had the guidance of some outstanding leaders.

At the same time, ADEC has existed long enough as a learned society to outlive many of the original and early members who drove so hard to ensure the association's survival. As the ranks of the

hard-core ADEC faithful age, one may reasonably ask “Who will be steering the ship of state in the future?”

That’s where the Students and New Professionals (SANP) come into the picture. No doubt you are familiar with their activities such as the perennial tee-shirt sale and silent auction which help generate scholarship funds enabling student members to attend the annual conference. Well, there’s much more going on with this enterprising group of (mostly young) individuals who comprise the SANP committee.

For example, in this edition of *ADEC Connects*, members will receive a link to take a survey authored by three of our very promising SANP members: Chye Hong, Bret Boeh, and Mae-Lynn Germany. The questions explore members’ attitudes and perceptions concerning organizational climate, membership trends, and cultural sensitivity. In other words, how do ADEC members see the association as far as meeting their professional needs and what can be done better to help retain a diverse multicultural, multidisciplinary membership?

So, I urge you to discontinue unneeded hand-wringing about where ADEC is headed, roll up your sleeves, and give our student leaders 15 minutes of your precious time to help them collect some very pertinent information on how you see/experience our cherished association. Of course, the results of this survey will be reported back to the membership and become part of the ongoing conversation about our future direction as a professional society.

To that end, it has become customary to convene a town-hall type meeting of the membership at the annual conference, i.e., “ADEC in Conversation,” to allow for a more free-wheeling exchange of ideas than can be accommodated at the business meeting on Saturday morning. I am asking you now to please attend this session on Thursday afternoon in Atlanta and give your input. I will strive for the discussion to be spontaneous, candid, courteous, and respectful, as befits the process. Your Board of Directors and I would love to have you there.

ADEC Climate Survey



Our names are Brett, Chye Hong, and Mae-Lynn and we are graduate student members of ADEC. We are interested in members' perceptions towards organizational climate in ADEC and their intention to maintain membership. We have therefore designed a brief online survey to help answer some of these questions. Your participation is appreciated and may help to improve the experiences of future ADEC members.

This study has been approved by the University of Memphis IRB Board.

Participation will involve completing an online survey that takes approximately 10 to 15 minutes. Participation is VOLUNTARY and your responses will be anonymous. You can stop the survey at any time, or skip questions at your discretion.

To participate, you must be over the age of 18 and be a current ADEC member. If you would like to participate in this study, please click on the link below.

If you have any questions, please feel free to contact us at mlgerman@memphis.edu. Thank you for your help!

[Click here to take survey](#)

**Nominate Candidates for ADEC's
Board of Directors**

ADEC's Leadership Recruitment & Development Committee (LRDC) is seeking eligible members of ADEC to serve on the ADEC Board of Directors and the LRDC Committee. Two open at-large Board positions, one partial term at-large Board position, the position of Vice President, and one LRDC member must be elected for terms beginning in April 2019. The term for two Board members is three years (eligible for a second term), and the term for the partial at-large Board member is 1 year (eligible for a second term). The Vice President serves for one year and then assumes the position of President the following year. The LRDC committee member serves a two-year term.



To be eligible for the Board positions, members must have served a minimum of one year on an ADEC committee. For Vice President candidates, the LRDC strongly encourages nominations of people currently serving or who have served within the last 5 years as an ADEC Board member.

Please nominate candidates for these important roles by October 30. Candidates must agree to be nominated and submit a CV for review and consideration by the LRDC. The nominees will be selected by December 1 and the election commences in January 2019.

In order to answer questions about becoming a governing leader within ADEC or as an elected member of the LRDC, what it entails, time commitments, and financial commitments. Three video conference sessions have been scheduled. Representatives of the LRDC and current Board members will host these discussions. [Please RSVP here](#). To attend go to www.zoom.us and enter the meeting ID.

Wednesday, October 10 - 8:00 AM Central, Meeting ID: 209 803 893

Wednesday, October 10 - 4:00 PM Central (Students and New Professionals), Meeting ID: 550 022 174

Thursday, October 11 – 6:00 PM Central, Meeting ID: 311 812 513

Please fill out the [attached nominations form](#) and submit to adec@adec.org. Candidates will need to submit supporting materials to adec@adec.org.

Spotlight on Membership Benefits

What do I get from my ADEC Membership?



There are many benefits offered to members of ADEC, and we encourage you to take advantage of these resources. This is the first in a series of articles to highlight these benefits; watch the next several issues of *Connects* for a “Spotlight on Membership Benefits.”

As a member of ADEC you are part of one of the oldest interdisciplinary organizations in the field of death, dying, and bereavement and you are connected to nearly 2,000 other members hailing from an array of vocations including mental and medical health practitioners, educators, clergy, funeral directors, and volunteers.

ADEC was founded in 1976 as the Forum for Death Education and Counseling by a group of interested educators and clinicians. Over the years, the organization grew to become the Association for Death Education and Counseling® (ADEC). ADEC seeks to advance excellence in Thanatology and your membership helps the association in that endeavor and affords you an abundance of benefits and resources for personal and professional development.

Some major categories of benefits of being an ADEC member include but are not limited to:

- Discounted rates and registration for events and education
- Electronic subscriptions to three professional journals, and discounts on subscriptions to others
- Two free webinar recordings
- The ADEC newsletters: *Thanatology News Brief* & *Connects*
- Professional development opportunities, including Certified in Thanatology (CT©) and Fellow in Thanatology (FT©)

-Networking opportunities

-Professional recognition

Throughout the coming year you are encouraged to explore all ADEC has to offer and to take full advantage of all the resources at your fingertips! If you have specific questions about membership benefits do not hesitate to send an inquiry to membership@adec.org.

ADEC's October Webinar



W • E • B • I • N • A • R

A Person-Centered/Emotion-Focused Approach to Grief Counseling

Wednesday, October 10

12 to 1:30 pm CDT

Drawing upon the recent advances in the understanding of grief and the needs of grieving persons, Dr. Larson will present in this webinar a rationale for a person-centered/emotion-focused approach as a foundation for effective grief counseling. Dr. Larson utilizes insights discussed in his chapter in *The Handbook of Person-Centered Psychotherapy and Counseling*, "A Person-Centered Approach to Grief Counseling." He also draws upon the work of Rogers, Gendlin, Greenberg, Paivio, Bohart, Larson, and others.

In this webinar he will first examine how the person-centered approach and its elaboration and development as Emotion-Focused Therapy, fit with contemporary theories of grief and mourning and the needs of bereaved persons. That will be followed by examples of the approach in action, with a special focus on experiential interventions that can facilitate getting grief working for clients.

Register Now

2018 Student Silent Auction Results

The 2018 Student Silent Auction generated \$2,018 for 2019 Student Scholarships. A special thank you to all 2018 Student Silent Auction donors, bidders and Student Conference Scholarship volunteers whose generous support and tireless efforts made this possible.

Nine Student Conference Scholarships were awarded in 2018. Funds generated by the Student Silent Auction in 2018 will directly underwrite ADEC Student Conference Scholarships to attend the ADEC's 41st Annual Conference in Atlanta, Georgia in 2019.

Over sixty-nine ADEC leaders, experts and members in the field of Thanatology donated death, dying and bereavement related items for the 2018 Auction.

Conference participants had the choice of bidding on art, an assortment of books, huggable bears for grievers, a scholarly mug with words of wisdom, inspiring art, vintage ADEC artifacts, jewelry, or an array of nature photos and postcards. Each distinctive item contributed to the financial success of the 2018 Auction.

The Student Silent Auction entices conference participants to browse, mingle and chat while bidding on items – in a spirit of camaraderie - in support of scholarships for the next generation of death, dying, and bereavement counselors, educators and potential future ADEC members!

Our heartfelt gratitude to each individual who contributed an auction item, bid on items, and to all the Student Conference Scholarship volunteers who worked the Auction throughout the Conference.

A special word of appreciation also to ADEC Conference staff who provided unwavering infrastructure support contributing to the seamless coordination of the SSA and helped generated funds for the Student Scholarships.

We invite you to begin thinking of a unique Auction items for the 41st ADEC Conference in Atlanta, Georgia. Any unique ideas? Your thoughts? If so, please reach out and contact Gae Savino, LCSW, CT at ghsavino@aol.com.

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.

Sara Whisenhunt, MS, LAC

Sara grew up in Dallas, Texas. In 2014, she earned a Bachelor of Arts in Liberal Studies with an emphasis in psychology and elementary education from Florida College in Tampa, Florida and in 2018 she received her Master of Science in Mental Health Counseling from the University of Central Arkansas. She is currently working at Living Hope Southeast (www.lhsoutheast.com) as a Licensed Associate Counselor. This Fall she will also begin working at Little Rock Job Corp (www.littlerock.jobcorps.gov) serving the student population. Sara and her husband, Garrett, currently reside in Little Rock, with their two Scottish terriers, Cooper and Wrigley. Sara enjoys serving her church, performing on stage, spending time with her family, watching baseball, and vacationing at Disney World when she is out of the office.



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 have been blessed with many mentors in my life, from my childhood to my current career. My first mentor would be my dad. He is a preacher and is in the helping professions as well. It was not until I was further in my studies that I realized how much I had learned from him just by observing his work. I have always been intrigued by grief and loss, but I was inspired to pursue it when I found ADEC. I was led to ADEC by one of my professors and mentors at Lipscomb University (where I began work on my Masters degree), Dr. Joy Samuels, FT. She has been a wonderful resource to me over the years and continues to be as a friend and mentor. Unfortunately, this article does not have room to list all of the positive influences who continue to be a presence in my life since I joined ADEC in 2016 (Worth Kilcrease, Dr. Howard Winokuer, Gae Savino).

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

Don't be too hard on yourself. There are always going to be more books to read, more research to do, more clients to see, more hours to get, more presentations to give and to go

to. They will all keep. I never completed more tasks by being hard on myself. Your career is a journey; be a lifelong learner and enjoy the ride. Also, go to the ADEC conference! It is worth it ten times over.

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

I would like to think that it holds growth and bright, exciting new opportunities! I do think that is true. Grief is a niche and I think the more educated the helping professions become about it the more they will realize how invaluable it is to have a professional who specializes in its treatment. It is our job to continue to educate those around us as well as to improve ourselves in order to walk with our clients through their darkest times. I do not worry about my physical location or job because I know wherever I am, in whatever practice, I can practice grief counseling and bring healing to the broken-hearted.

ADEC 41st Annual Conference

April 9-13, 2019 Hilton Atlanta, Atlanta, GA

Pre-Conference Institute: April 9-10, 2019



Registration will be opening at the end of the month for the 41st Annual Conference in Atlanta, Georgia. Keep an eye on your inbox and the ADEC website for further updates.

[ADEC 2019 Conference Website](#)

2019 ADEC Conference T-Shirt



The Students and New Professionals committee wants everyone to know that, this year, you will be able to buy your ADEC 2019 Conference shirts while you are registering for the conference! The shirts will cost \$15, and will be available for purchase as either a t-shirt or long sleeve shirt. The SANP committee thanks you for your support!

Member's Corner:

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

For consideration in the next edition of Connects please submit content to [Amanda Brace](#) by **Wednesday November 28, 2018**.

FACULTY AWARD FOR EXCELLENCE IN SCHOLARSHIP

Illene Cupit, PhD, ADEC Past President



Illene Cupit is the 2018 recipient of the Faculty Award for Excellence in Scholarship. A professor of Human Development, Dr. Cupit, is a creative and productive scholar who has published more than 60 peer-reviewed articles (listed as first author on 52 of them). Dr. Cupit is an expert in death, dying, and bereavement and has presented to scholarly audiences across the U.S. and internationally. She has received numerous Research Council Grants in Aid of Research, two UW-Green Bay Research Scholar awards, and a National Institute of Mental Health grant for over \$90,000. Her recent book was described as the “staple publication for online grief research.” Dr. Cupit often writes “practitioner-oriented articles that provide immediate guidance to those working on the frontlines of grief and bereavement practice;” in fact, her research led UW-Green Bay’s campus to being the first university to adopt an official student bereavement policy. Dr. Cupit previously served as the President of the National Association for Death Education and Counseling and has chaired its Institutional Review Board for the past four years, demonstrating her commitment to research on campus.

One of her crowning achievements is Camp Lloyd — a day camp for children who are grieving the death of a loved one. It has served not only as a sanctuary for hundreds of hurting kids through the years but also a training ground for many UW-Green Bay undergraduates studying psychology, human development, and social work. One letter of support noted that Dr. Cupit is “approachable, meaningful, and useful” and another stated that Dr. Cupit “only engages in work that will make a difference.”

[Article Link](#)

ADEC Member Receives Robert F. Kennedy Award for Social Justice



ADEC Member **Sandra Bertman, PhD, FT** was recently honored with the 2018 Robert F. Kennedy award for Social Justice on September 21, 2018. The message below was written by Leonard Alberts, MD President, NEAHOF National Association on HIV Over Fifty to inform Sandy of her award.

For more than twenty-five years since the struggle against AIDS began, your work has exemplified true dedication to the principles evoked by Robert F. Kennedy in a speech delivered in Capetown, South Africa in 1966:

Few will have the greatness to bend history; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation ... It is from numberless diverse acts of courage and belief that human history is thus shaped. Each time a (wo)man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, (s)he sends forth a tiny ripple of hope and crossing each other from a million different centers of energy and daring, those ripples build a current which can sweep down the mightiest walls of oppression and resistance.

Your work in the Humanities and Arts has served as a pathway for those who have experienced grief and loss due to the HIV epidemic. The many workshops and seminars that you have made available for providers in the United States and in the International arena have brought the concepts of management of Grief and Loss to PLWHA, families and providers who are over fifty. You have given many hours of time and effort to better the experience for those who are touched by the HIV epidemic. You shined a light on the ways that social injustice impacts PLWHA even in the end of life experience and more importantly you brought us examples of how to provide quality grief and loss support even in the face of inequity.

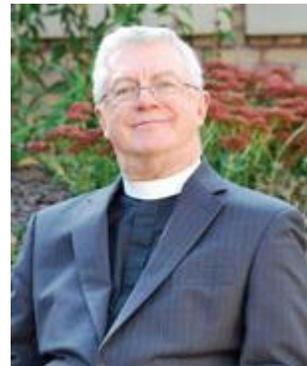
We honor your many efforts and applaud your continued support of the National Association on HIV Over Fifty, PLWHA's and providers who serve them.

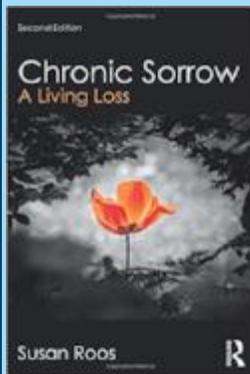
What's New: New Books from ADEC Members

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:

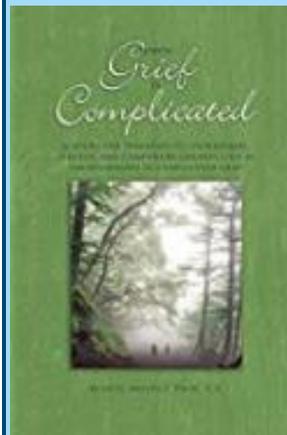
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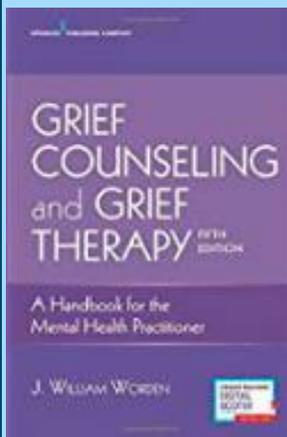
Roos, Susan. *Chronic Sorrow. A Living Loss.* Second Edition. New York, NY: Routledge, 2018. ISBN: 978-1-138-23068-2. Softcover, 208 pages.

Roos has updated her 2002 book that provides a crucial and substantive consideration of the complicated reality of losses that are not final but ongoing into the present life of the griever; e.g., raising a child with disabilities or learning to live with one's own aging or traumatic disabilities. Her 11 chapters offer grievers and clinicians the comfort and clarity of naming the pervasive and profound reality of continuing and unavoidable loss. She addresses how disabilities have been understood from ancient civilizations to our current practices and gives many rich insights into the psychodynamics of families coping with chronic sorrow. She also discusses the complications and existential realities faced by individuals, families, and society as the fact of chronic loss is acknowledged and support offered. Clinicians and other helping professionals, as well as individuals living in a state of chronic sorrow, will find this book immensely useful in its clarity and resourcefulness.



Wolfelt, Alan D. *When Grief is Complicated. A Model for Therapists to Understand, Identify, and Companion Grievers Lost in the Wilderness of Complicated Grief.* Ft. Collins, CO: Companion Press, 2018. ISBN: 978-161722258-0. Softcover, 242 pages.

Wolfelt's title is clear and descriptive of this book's intended topic and audience. There are numerous published books, journals, and other resources that also address complicated bereavement, but Wolfelt adds his signature perspective about companionship of the bereaved rather than perceiving grief and grievers through a pathological lens. Wolfelt describes himself as a "responsible rebel" who has been questioning assumptive models of assessment and treatment for grief for some years now and has produced a considerable body of published materials, including a "Complicated Grief Educational Supplement" resource of handouts and worksheets which are available for purchase. This "Supplement" provides the clinician with teaching aides to reinforce education about grief and loss and its complications.



Worden, J. William. *Grief Counseling and Grief Therapy. A Handbook for the Mental Health Practitioner.* Fifth Edition. New York, NY: Springer Publishing, 2018. ISBN: 978-0-8261-3474-5. Paper, 293 pages.

Worden first published this book in 1982, drawing from materials he developed at the University of Chicago while teaching mental health professionals. The book has been revised for this fifth edition, including: enhancements to his well-known “Tasks of Mourning;” consideration of the role of social media in contemporary mourning; and a discussion of changes in the DSM-5 regarding understandings of complicated bereavement. A close reading of his detailed table of contents and index is in itself instructional for those seeking to grasp the range of clinical bereavement issues. This wise and insightful book is well suited to the Master’s Level classroom, including the availability of an Instructor’s Manual, test bank, and PowerPoint materials for qualified instructors. Both experienced clinicians and newly practicing mental health professionals will find this book relevant and useful.



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 December 2018 issue of Connects please submit your ideas/content by **Wednesday, November 28, 2018.**

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