

# ADEC Connects

Association for Death Education and Counseling®

The Thanatology Association®

[www.adec.org](http://www.adec.org)



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## PRESIDENT'S MESSAGE



Sitting on an aeroplane in coach for just over 20 hours crossing the Pacific Ocean is no one's idea of fun. However this is something I have been happy to do for many years in order to attend the ADEC Annual Conference. For all of us, attending our annual meeting is a significant commitment of time and money. How do we justify this significant commitment to our family, employers and ourselves? For me attending the ADEC conference, and more broadly being a member of ADEC,

comes down to three things:

### 1. Learning

Being a member of the ADEC community and attending the conference is a commitment to my own learning. Keeping at the forefront of knowledge and practice can be a challenge and our conference allows me, in a reasonably short period of time, to get substantial information on a broad range of topics which interest me. It frequently opens up new horizons of interest in thanatology. Conference speakers, specialists in their field, have often already done the sifting and selection of information from a wide variety of sources and are able to present this in an applied and accessible way. Bringing back and sharing the ideas and excitement of what I have seen and heard at the conference is also important to me.

### 2. Relationships

Networking is one of the most popular reasons people cite for attending a conference. The creation of a learning community allows us to forge new, and deepen existing, relationships with our peers. Conferences allow us to interact with others who may be facing similar issues and problems in their work. People often invoke the metaphor of 'family' when they talk of ADEC and this is a testament of the richness and importance of these relationships. Being with like minded people who 'get us' is a powerful glue. A glue which can help hold us together.

### 3. Quality

ADEC conferences have a well deserved reputation. Conference organisers have a strong track record of identifying appropriate speakers who have the necessary subject matter expertise, practical experience, as well as the ability to engage audiences in workshops and presentations in a way that stimulates thought and debate. ADEC conferences allow participants to have issues addressed on a specific topic by recognised experts who are up to date with the latest developments in the field.

The quality of the meeting, and the existence of the conference itself, is a result of the hard work of both ADEC staff and the ADEC conference committee. I want to express my appreciation in particular to Jon Reid who chairs the conference committee as well as its members - Bill Hoy, Fay Green, Elissa Berman, Brian Chartier and Jill Harrington LaMorie. The energy, care and attention which this group has directed towards our 38th Annual Conference has been immeasurable. I,

along with many other ADEC members, look forward to feasting on the fruits of their labour.

See you in Minneapolis!

Christopher Hall  
President  
ADEC

## SEE YOU NEXT MONTH IN MINNEAPOLIS



Registration for the 2016 Annual Conference in Minneapolis, MN, is still [OPEN](#). Sign up today for the lowest rates and don't forget to book your [hotel room](#).

You can sign up online through the ADEC website, mail the registration form, or even by fax. Full details can be [found online](#).

[Keynote speakers](#) include **Simon Shimshon Rubin, Cynthia Rushton and Louis A. Gamino**.

## 2016 ADEC LEADERSHIP ELECTION RESULTS

### Vice President

Ramona Fernandez, PhD, MEd, CCC, FT

### Members-at-Large of the Board of Directors

Amy Chow, PhD  
M. Katherine Shear, MD

### LRDC Committee

Kathleen Gilbert, PhD, FT

## MEMBER PROFILES, KIM MOONEY AND DALE G. LARSON



### Kim Mooney, BA, CT

Kim has over two decades of experience in the field of dying, death, and grief. She has worked with hospices and as an independent consultant for faith communities, corporations, health care and mental health agencies. She is a keynote speaker, a published author, and a former member of the Board of Directors of the International Association for Death Education and Counseling. She has sat on the ethics committees for both hospice and hospital organizations and is a former member of the Board of the Colorado HealthCare Ethics Forum.

Through her company, Practically Dying, she offers private consultations, trainings, retreats and presentations focused on understanding and preparing for end-of-life

needs and living with grief. Practically Dying's goal is to help diminish the fear of death so we can relate to the idea of dying and our own deaths with forethought, deliberation and advocacy. You can see more about the company at [www.Practically-Dying.com](http://www.Practically-Dying.com).

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

The mentor who shaped my entire career was Stephen Levine, who recently died. He helped me face my personal fear of dying when I had cancer, and taught me how to help other people deal with death and loss. I realized there was nothing more valuable that I could do with my life than that.

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

Study everything and everywhere. Don't narrow your vision to one aspect of this field of work. This is what makes ADEC such a critical asset to the world! After a decade in hospice, until I joined ADEC, I saw end-of-life and grief through one lens. In ADEC, I learned how much the field of death and grief encompassed and met a world of practitioners very different than myself. The broader your perspective, the better advocate you can be for healthy death in the world!

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

We have more prospects and more venues than ever to talk about death and loss "upstream," before it's so personal that it's too frightening. We are influencing government, medicine, law, and most importantly culture with new voices and initiatives that will help all of us create collaborations beyond these siloed professions that have had societal validation in the past.



**Dale G. Larson, PhD**

Dr. Larson is a Professor of Counseling Psychology at Santa Clara University where he directs graduate studies in health psychology. A Fulbright Scholar and Fellow in the American Psychological Association, Dale is a leader in end-of-life care and training: He co-directed a national mental health skills training program for hospice workers, chaired the First National Conference on Hospice Volunteerism, and has been a keynote presenter for the National Hospice and Palliative Care Organization, the Oncology Nursing Society, the American Academy of Hospice and Palliative Medicine, the Australian Psychological Society, and hundreds of other state, national, and international organizations. Dale was Senior Editor and a contributing author for the Robert Wood Johnson-funded national newspaper series, *Finding Our Way: Living with Dying in America*, which reached seven million Americans and is the author of the award-winning book, *The Helper's Journey: Working with People Facing Grief, Loss, and Life-Threatening Illness*. Dale is a licensed clinical psychologist and marriage and family therapist.

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

Thanks for asking me to share a bit of my journey. If I had to point to one great teaching that shaped my career path, it was probably the death of my older brother when I was five-years old. As for many of us, I think this early loss set my gyroscope in profound ways, leading me to a lifelong interest in things thanatological. I am also a product of my era: In 1968 I was an undergraduate at the University of Chicago, working my way through college with a summer job at

Billings Hospital. On my walks through the hospital I often passed by Elisabeth Kübler-Ross' weekly seminars on death and dying. The seminars intrigued me – even then, they had a buzz about them – but little did I know how they, and the energetic Swiss doctor who led them, would shape the field I was about to enter and inspire me in this work. Carl Rogers directly influenced me. Although not a thanatologist, he taught me about listening for loss and being with clients in the experiences in which they feel most alone. I have had the good fortune to share the journey with pioneers like Dame Cicely and Mary Labyak, and other friends and colleagues who continue to inspire – Bill Worden, Marcia Lattanzi-Licht, Ken Doka, Stephen Connor, and Ira Byock, to name a few.

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

Some bold advisement: Network. Read broadly. Write about what you are learning. Be integrative. Keep learning – at ADEC conferences, and in study groups, clinical seminars and supervision.

**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 currently excited about consolidating my thinking and research on self-concealment and secret keeping, and making the connections with work on grief, trauma, and helping. I believe that now, more than ever, our society needs dedicated helping professionals who do not avoid grief and suffering, but instead show up and assist people facing illness and loss. This need is a core motivator for me, inspiring my teaching, research, and clinical work. I think we are all fortunate to have such profound meaning at the core of what we do.

Best wishes to you all on your helping journeys!

## **ASSOCIATION NEWS AND NOTES**

### **We Need Your Help**

Each year at the Annual Conference, ADEC remembers and honors those members of the organization who have died in the past year. This year, the ADEC Service of Remembrance will be held Friday, April 15, from 6:30 – 7:30 p.m.

Ben Wolfe, David Meagher and Delpha Camp, former ADEC presidents, are asking each of you to help identify those ADEC members who have died since the 2015 ADEC Conference in San Antonio. We do not want to miss anyone, so if the person's name is mentioned a number of times, that is fine. We would rather have someone's name repeated than not know about their death. We already are aware that Ron Barrett and Shirley Scott have died.

As in previous years, attendees will find cards near the registration area of the conference on which they can sign the name(s) of loved ones or friends who have died so they can be honored and remembered. If you are not attending the conference but would like a loved one's name read at the service, please email the name and relationship to [Ben Wolfe](mailto:BenWolfe) by Wednesday, March 23.

### **Show off your ADEC style!**

Support the Student and New Professionals(SANP) division by pre-ordering a 2016 ADEC conference t-shirt. All proceeds from t-shirt sales go directly towards student scholarships for future ADEC conferences. Check out this year's [t-shirt design](#) and reserve one in your size today. The SANP is accepting pre-orders until **March 20th**: contact us at [adectshirtorder@gmail.com](mailto:adectshirtorder@gmail.com) and indicate what size t-shirt(s) you'd like to reserve. Once you arrive at the conference, visit the Student

Silent Auction desk to PAY FOR and PICK UP your t-shirt. T-shirts cost just \$12.00 USD. We will have some extra t-shirts in an assortment of sizes, but these are sure to be in demand. Don't get shut out—reserve a shirt in your size today!

### **Student Silent Auction**

An Annual Conference tradition, the Silent Auction will open for bidding at 9:00 am on Thursday, April 14th and close at 4:15 pm on Friday, April 15th. Please consider donating items for the auction, as all proceeds benefit student scholarships for next year (and the more items to bid on, the more fun the auction will be!).

Attendees are encouraged to drop off auction items at the Registration Desk prior to the first session on Thursday, April 14.

### **MEET ADEC STUDENT MEMBER, STACY HAMMERLIND**

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



#### **Stacey Hammerlind, RN, CT, CCM, CDP**

Stacey has worked in various aspects of human services since receiving her undergraduate degree in Psychology from Northeastern University and later a nursing degree from Bunker Hill Community College. She just completed a Master of Education from Concordia University. Stacey has worked in the substance abuse and mental health fields with refugees, seniors, children and adults – both with and without cognitive and physical challenges.

Stacey is currently the Project Coordinator for the Massachusetts Lifespan, an information, referral and advocacy group for family caregivers across the lifespan. She also maintains a private practice as a Care Manager in the Boston Area and co-leads a Young Onset Alzheimer's Care Partner Support group. Her ADEC education and Certificate in Thanatology factor heavily into all aspects of her work, as both family caregivers and the individual in need of services can be confronting loss and grief on many levels.

#### ***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 am fortunate enough to live in the Boston area and have been able to hear many of the ADEC professionals speak at the National Center for Death Education Summer Institute and other local educational institutes. I heard Jack Jordan years ago speak on Suicide Survivors and that opened up this whole field to me that I hadn't known existed before – especially that people who had been through such trauma weren't alone and had resources. Diane Moran from the National Center for Death Education has really been my role model, personally and professionally. She is an amazing example of what someone with a passion for their work can accomplish.

#### ***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 afraid. People want and need to share their grief and loss journey with you (and if they don't, they won't hesitate to tell you!). Remember that this is a sacred trust and that no matter how many stories you have heard, the one you are hearing now should be listened too attentively as the first story you ever heard. It could easily be the first time the person is telling it. Take care of yourself or you won't have anything to give to the people who need you. Take classes and webinars to

always have some new perspective and information rolling around in your head.

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

There has been a lot written on how Baby Boomers shape the culture and as they age they are looking to bring death and grief and bereavement more into the mainstream culture, so it is really an exciting time to be able to be doing this work. People are hungry for it.

## **FINANCE UPDATE.**



**William G. Hoy, ADEC Treasurer**

I remember at some point in my clinical training being asked to ponder the question, “What is the best way to break bad news?” Fortunately, the news I deliver related to ADEC’s finances is not all bad; it is just more bad than this time last year! As I have said since assuming the role of ADEC treasurer in April 2014, our beloved association is in strong financial shape. Like most families, there are times we have had more money and there are times we have had less money but we are in sound fiscal condition as 2016 begins. Let me be more specific.

We ended the year having spent more than we received, a situation that seems to ebb-and-flow from year to year. To be specific, we received \$856,428 in 2014 and \$711,042 in 2015, a decline of nearly \$150,000. As you have heard me and others say before, that reality largely turns on two factors: the number of members who renew their membership or join in any given year and the number of individuals who attend our conference. Those two numbers tend to move in lockstep so when conference revenue is down, so is membership. We took a “bruising” at last year’s conference because of the unexpectedly low attendance in San Antonio.

In spite of this substantial \$150,000 shortfall in revenue, we adjusted expenses, cut prudently where necessary, and ended the year with a net loss (revenues-expenses) of about \$82,000. Of course, we had a \$71,000 surplus in 2014 so it is not nearly as bad as that big deficit number might seem on the surface; we have not even touched our “Reserve” account whose balance still sits at a bit more than \$270,000 and the year ended with about \$95,000 in the checking account. Believe me when I say: I have been in leadership in organizations that could not pay their bills and that is NOT the story at ADEC. Our auditors and others I know in nonprofit finance tell me regularly just how enviable our financial situation is.

We are analyzing why 2015 was so bad. Of course, our investments lost a little bit (\$2,700 on our invested assets of \$369,000) during the year which might be about what you saw in your own investment portfolio (or maybe better than in your own finances!) As predicted by the lockstep conference-membership observation above, we had many members who did not renew their membership in 2015 and we believe the explanation for this is really quite simple. Some people seem to join ADEC in years when they attend the conference to gain the “member rate,” do not renew their membership in the years when they know they won’t attend, and then join again in a later year when they do attend again. This helps explain why we see membership declines the year after really big conferences like Miami and Baltimore. Recognizing the problem is one thing; forecasting when it will happen and how it will affect us is much easier said than done.

You need to know that this topic is a major point of conversation and strategic thinking with a number of different leadership groups including our Conference Planning Committee, Membership Committee, Finance Committee, board, and staff. In all of those groups, we are discussing whether we see these issues as simply “blips” or if they predict longer-term trends. In any case, we are not sitting

idly by “hoping” that the situation improves. I am having conversations even as we speak with program leaders about delaying expenses that were budgeted for this year until after we get past our conference. In our March meeting, I will be asking the board to accept some cuts to the board’s budget just as I am asking from program leaders. And Kellen (formerly Sherwood Group), the association management firm that runs the logistical operation that makes ADEC function has voluntarily forgone their budgeted increase in fee for 2016 that would cover their expenses to provide cost of living adjustments to the staff. In other words, we are being prudent and we are taking appropriate action to maintain our excellent financial condition.

I hope you are planning to attend our conference in Minneapolis next month. At the Saturday morning business session, I will provide an update on our finances and respond to questions. I thank you for your support of our association. I appreciate your support of me personally, even when I deliver “bad news.” Above all, I commit to you to be transparent in our finances and to make sure you know where we stand. Please feel free to email me at [Bill\\_Hoy@baylor.edu](mailto:Bill_Hoy@baylor.edu) if I can answer specific questions before the conference next month.

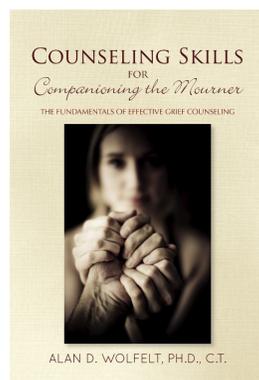
## MEMBER NEWS

### Hood College to Host Death Café February 27

On Saturday, February 27, Hood College will host a Death Café to afford individuals the chance to gather to eat cake, drink tea and discuss death. The objective is to increase awareness of death with a view of helping people make the most of their finite lives. If you are interested in attending or want to learn more, please contact Emily at [deathcafehood@gmail.com](mailto:deathcafehood@gmail.com) or visit [www.facebook.com/deathcafeathood/](http://www.facebook.com/deathcafeathood/). To learn more about the idea of a Death Café, visit [www.deathcafe.org](http://www.deathcafe.org).

### Dr. Robert Neimeyer to Speak at Hood College April 1-2

Noted thanatologist and past ADEC president, Robert Neimeyer, will be the Dana Cable Memorial Lecture Series guest speaker at Hood College in Frederick, Maryland on Friday, April 1 from 7 pm - 9 pm. Dr. Neimeyer will also conduct a ½ day workshop at Hood on Saturday, April 2, from 9 am - 12 pm. At the workshop Dr. Neimeyer will discuss what contemporary understandings of grieving as a meaning-making process implies for individuals and families negotiating loss as they strive to manage the emotional challenges of mourning and reconstruct a continuing bond with a loved one who is physically absent but psychologically present. If you are interested in attending the workshop, please contact Beverly Rollins at [bkr3@hood.edu](mailto:bkr3@hood.edu).



### Book Mentors Grief Care Providers in Foundational Helping Skills

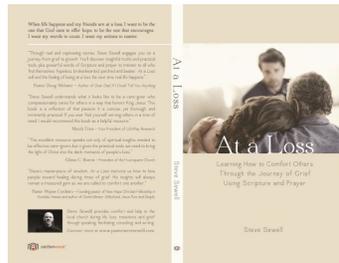
Companion Press announces the publication of a new book entitled, *Counseling Skills for Companioning the Mourner: The Fundamentals of Effective Grief Counseling*, by grief educator, Dr. Alan D. Wolfelt.

Written for both professional counselors and lay grief caregivers, the book explains Dr. Wolfelt’s companioning philosophy of grief care and reviews caregiver qualities. It then steps readers through the how-tos of verbal and nonverbal communication skills, including active listening, clarifying, perception checking, leading, questioning, and many more. A grief counseling specialist for almost forty years, Dr. Wolfelt gives caregivers a peek into his counseling office, sharing his most effective tips, techniques, and lessons learned for helping those in grief feel safe and well cared

for as they explore their six needs of mourning and move toward healing.

Dr. Wolfelt serves as Director of the Center for Loss and Life Transition in Fort Collins, Colorado. The author of *Understanding Your Grief* and many other books for grief caregivers and mourners, Dr. Wolfelt is committed to helping people mourn well so they can live well and love well. He is available for interviews on grief counseling and bereavement care.

*Counseling Skills for Companioning the Mourner: The Fundamentals of Effective Grief Counseling* is available in both hardcover and e-book formats. To order and to learn more about Dr. Wolfelt's books on grief and loss, visit [www.centerforloss.com](http://www.centerforloss.com) or call (970) 2266050.



religion, spirituality, medical ethics and public health. If your daily work involves these fields, you will find the information in this book that will be vital to your work.

## FEATURED UPCOMING EVENTS

**March 16, 2016**

[Using Therapeutic Groups in Working with the Bereaved](#)

Amy Chow, PhD, RSW, FT  
12:00 p.m. - 1:30 p.m. CST

REGISTER NOW

**April 20, 2016**

[Helping Children Grieve: Bereavement Camps and More](#)

Jon Reid, PhD, LPC-S, NCC  
12:00 p.m. - 1:30 p.m. CST

REGISTER NOW

## ADEC CONNECTS ANNOUNCEMENT

*ADEC Connects* is interested in your work in the field of thanatology. Share your death education and counseling resources with ADEC, including: curriculum and educational materials, meetings or events, products or services, research projects, grant funding, member death notices (memory notes), bereavement links and any other information you think would benefit ADEC members. We'd also like to include your photo, so please send one along with your submission!

[Contact Amanda Brace](#) to submit your resource today.

### CONTACT US

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