PRESIDENT'S MESSAGE

The 38th Annual Conference of the Association for Death Education and Counseling was a tremendously engaging and nourishing meeting for all who attended. There was a special energy in the air as this meeting marked the 40th anniversary of the founding of ADEC! The conference boasted three keynote presentations and over 70 concurrent sessions. The poster sessions allowed plenty of time to browse the aisles while enjoying coffee and brownies, as well as the opportunity to engage with those who exhibited in the same hall.

Janet McCord, PhD, FT

The keynote presentations were well attended and stimulating. Dr. Simon Shimshon Rubin, Dr. Cynda Rushton and Dr. Louis Gamino offered engaging presentations. Dr. Rubin inspired our thinking about the cross section of biopsychosocial functioning and emotional attachment to the deceased, while Dr. Rushton helped us all to learn to “be with” the suffering of others while embracing resilience. Dr. Gamino walked us down memory lane, starting his presentation with a lovely solo sung by Helen Chappell (soprano!) and ending with a slide show from across the years. In between, he reviewed ADEC’s history, helping us to visualize how as an association we are aging, and at the same time welcoming young educators and practitioners into our fold.

Concurrent sessions covered a vast array of content areas, from research reports to interactive workshops to panels. Several of these sessions were videotaped and will be available for purchase, including all three keynote presentations. Awards were given, student papers were celebrated, old friends were reunited, and new friends were made. And at the close of Saturday’s keynote, we enjoyed a 40th birthday cake.

Happy birthday, ADEC!

In honor of our 40th birthday, I invite each and every one of you to get involved. We have lots of volunteer opportunities, big and small, long-term and time-limited, and many ways you can help ADEC move forward into the next 40 years.

Janet McCord, PhD, FT
President
ADEC

SEE YOU IN PORTLAND!
The 39th ADEC Annual Conference beckons us to the ever popular location of Portland, Oregon for April 2017. It will be held at the Portland Marriott located in the city’s scenic downtown, close to shopping and entertainment, and facing Waterfront City Park and the Willamette River. You won’t want to miss the opportunity to visit the world famous Voodoo Donut (which features such delectable spirits as "Bacon Maple Vodka" and "Pretzel, Raspberry & Chocolate Ale"), the Portland Japanese Garden, the Shanghai Tunnels (The Portland underground), Lan Su Chinese Garden, and the International Rose Test Garden.

Scheduled keynote presenters include Wendy Lichtenthal, who will deliver her speech, “When Those Who Need It Most Use It Least: Facilitating Grief Support for Those at Greatest Risk;” Ira Nerkin International Speaker Henk Schut from the University of Utrecht who will present "Intervention Efficacy: Bridging the Gap Between Daily Practice and Research Findings;" and closing speaker John "Jack" Jordan who will deliver "Attachment Informed Grief Therapy; Working with a Suicide Loss Survivor."

But wait, there’s more: you will be able to earn valuable CEUs, see interesting and exciting exhibits, participate in a student auction, and network, network, network…

For those of you who are interested in doing a presentation at the conference, the call for proposals will be coming to your inbox by June 16. The last day to submit abstracts will be September 9.

See you in Portland,

Jon K. Reid, PhD, LPC-S, NCC
Conference Planning Committee Chair

PAST PRESIDENT’S FAREWELL

What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from.

T.S. Elliot

It is hard to believe that it’s already time to write my
farewell column as President of ADEC. How do you make a graceful exit? I can claim no credit other than having had the privilege to lead a deeply committed board and to have benefited from the skills and professionalism of our management team. This year as president has been an extraordinarily rewarding experience for me. I thank you for entrusting me with the job, and I join you in looking forward to another wonderful year ahead.

It was a privilege to be ADEC’s first president from outside North America in its 40 year history. I see this as a very optimistic sign as ADEC becomes increasingly engaged in the world and is seen as a relevant and valuable organisations for thanatologists - wherever they live. International engagement has been an important feature of our strategic plan, particularly the recognition of the mutual benefits of developing relationships with practitioners and organisations outside the United States. ADEC has much to teach and much to learn as a result of this deepened engagement with the wider world.

Another landmark event in the past year was the board adoption of the ADEC Diversity and Inclusion Plan which will actively strive to eliminate bias and enhance diversity within both our organization and our profession. This plan is motivated by the singular objective of eliminating bias and enhancing diversity - diversity of race, ethnicity, gender, sexual orientation, disability status, religion and age. We wish to promote full and equal participation by all persons in the Association and the field of thanatology.

As we all know change can be challenging and difficult. ADEC’s Strategic Plan is an elaboration of the organisation’s desire for change, as well as a commitment to building upon the organisation’s strengths. Changes in our governance structure, questions of expanding ADEC’s focus to non-death losses and how we might go about engaging members outside of the US all have the capacity to generate passionate debate. This passion is a measure of how much ADEC is valued by the membership and of the organisation’s maturity in being able to engage in vigorous and respectful debate.

I look forward to serving on the ADEC board for another 12 months under the skilful leadership of our president Dr. Janet McCord and my capable board colleagues. Janet’s experience, skills and dedication to ADEC are beyond measure. We are indeed in safe hands!

In gratitude.

Christopher Hall, BEd, MA
Immediate Past President
ADEC

STUDENT PROFILES, EMILY FAIR AND JARRED H. HARRINGTON

Emily Fair, MA

Prior to entering Hood’s Thanatology program, Emily Fair was a director in the area of operations change management where she guided programs in improving business processes, procedures, software/technology and customer experience. She received her BA from Georgetown University in 1996 with a major in psychology. She received her MA in Thanatology at Hood College in May, 2016.

During her time at Hood, Emily has participated in campus activities such as providing grief training to resident assistants and helping to plan and facilitate Hood’s 2016 Death Café. She is a member of Psi Chi, the International Honor Society for Psychology.

Emily is planning on pursuing a doctorate in psychology where she will
concentrate her research on the health outcomes of persistent complex bereavement disorder; psychoneuroimmunology (PNI) aspects of persistent complex bereavement disorder; adjustment to fetal loss during fertility treatments (including miscarriage and elective reduction); and psychological adjustment to chronic disease and suicide risk management. Her research will focus on minority and LGBTQ populations.

**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've had a longstanding interest in Thanatology and recently returned to the field. All of the professors in the Hood College psychology department have helped shape me and helped me to hone my research interests, particularly Dr. Terry Martin. Additionally, there are several professors who are publishing research on the effects of grief and bereavement on the body, particularly Dr. Mary O'Connor from Arizona State University. These professors have had a profound impact on my understanding of Thanatology as well as health outcomes of complicated grief.

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

My advice is to keep on top of the latest research and attend educational conferences and presentations. Talk with others in the field to learn what they are finding and see how you can apply that to your work.

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

I think that the as we further understand the connections between psychological state and immunity and health we will find ways to further expand our understanding of complicated grief.

---

**Jarred H. Harrington, MA**

Jarred H. Harrington is a 2011 graduate of The University of Kansas, with a bachelor's degree in Economics. He is also a 2012 graduate in Mortuary Arts. Jarred is a fifth generation funeral director and embalmer and is licensed in Kansas, Missouri, and Virginia. He is a current member of Psi Chi, Phi Gamma Delta, the Kansas Funeral Directors' Association (KFDA), the National Funeral Directors' Association, the Academy of Professional Funeral Service Practice, and various other clubs and organizations. After working as a funeral director and manager for several years, Jarred decided to return to school and pursue a Master's degree in Thanatology at Hood College where he graduated in May. At Hood College he achieved exemplary marks and offered unique perspectives in discussions as well as serving as a member on the Thanatology department's advisory board. Having managed, worked, and volunteered in many end-of-life related areas, he has developed a wide range of knowledge and understanding in the field. Jarred is the District President of the KFDA.

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

My career path began with a deep-seated passion for helping others that is ever present in my father and grandfather. As I grew up I watched them as funeral directors in a small town in Kansas. These men were always on-call and usually could not make it through the grocery store without providing grief counseling to at least one person. No matter what was going on in their lives, if someone needed something that was the number one priority. Seeing this in the men that I admired as I grew up, it seemed natural to be there when others needed me. I
wanted to follow in their footsteps to provide assistance at the end of life as people come to us for help. The work that we do as funeral directors and educators surrounding the end of life is so important, and being there when someone presents a need is the greatest honor I could have.

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

This is a field that you cannot force results or understanding in others or yourself. The hardest obstacle for younger professionals in many Thanatology fields in my experience is the concept of time. Acquiring a working knowledge that enables someone to help those around them takes time and experience in many diverse settings and an ability to combine this knowledge with life experiences. This is a knowledge that comes from within, and is at its best when we can mindfully learn from all that we do. This helps maintain a high level of self-awareness that is needed to provide proper self-care to prevent the work we are doing from becoming burdensome and preventing us from providing the best services and aid that we can. Helping others through this process requires someone to learn from those around them, following in the footsteps of a mentor, so that they, too, can provide a working knowledge of what it means to grieve.

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

I think there will be a greater focus on end-of-life issues in our aging society especially those topics relating to Thanatology. There exists a need to find new ways of expressing loss as our culture and practices evolve to address those aging members of our society. There will be a greater need for many, as they age and process through end-of-life issues, to find guidance from professionals with the knowledge and insight in Thanatology. This will allow many professionals, including myself, the ability to provide customized care to our clients. In our global society, we will face challenges in the way we experience loss; this will be the focus of many in the Thanatology field – to provide care for those who need us. Loss is ever-present as we all face end-of-life conversations and in the future increased conversations around loss and its role in life will, hopefully, provide comfort and guidance for our society.

REFLECTION ON ADEC’S 38TH ANNUAL CONFERENCE BY THE CONFERENCE PLANNING COMMITTEE

Minneapolis welcomed our 38th Annual Conference with a week of great weather! Together we recognized our ADEC members who died this past year and honored several ADEC members with awards for service, research, clinical practice, and lifetime achievement.

This conference was the first conference planned by our Conference Planning Committee. ADEC has had a long tradition of having conference co-chairs (with intermittent conference advisory committees to support conference co-chairs), and although the practice led to interesting and creative programming, the practice also lent itself to some degree of “reinventing the wheel” with each conference. (See the April 2016 edition of ADEC Forum for further specifics.)

The three Keynote Presenters were Dr. Simon Shimshon Rubin who spoke of advances in his Two-Track Model of Bereavement along with intersections with other current models. Dr. Cynda Rushton inspired those of us who work in this field to build resilience and to take good care of ourselves in the face of suffering. Dr. Louis Gamino began his presentation with a lovely solo by past president Helen Chapple, followed by a trip down “memory lane” and concluded with challenges to us as individuals and as an organization to take ADEC into the future while holding fast to what is essential.
Concurrent Sessions and Poster Presentations were carefully selected from abstracts that were submitted. They represent the depth and breadth of the knowledge of both our members and newcomers to the conference. Thanks to the review committee who reviews every proposal.

Popular panel presentations continued this year with: Teaching that Matters, Research that Matters, and Our Lives, Our Selves.

For the third year in a row, we webcasted selected sessions so that the conference could be “attended” from any location on the planet. These sessions are also available for purchase at any time.

“ADEC in Conversation” provided an opportunity for Board President Chris Hall to share updates to ADEC’s strategic plan and invite an exploration of ADEC’s identity along with the name of our organization, Mission statement, and Vision statement. Based on feedback at the “ADEC in Conversation” meeting and input from members on the recent survey, the board will decide how to proceed.

Many thanks to the members of our Conference Planning Committee: Elissa Berman, Brian Chartier, Fay Green, Bill Hoy, and Jill LaMorie. Each brings experience of being a past conference co-chair and/or considerable experience with ADEC. The committee has worked well together with guidance from Emily Burch of our management company. It has been a pleasure for me to serve the association and to work with this talented and dedicated committee.

Whereas 2016 marks the 40th anniversary for the Association. Attendees at the closing keynote session were treated to a generous slice of 40th birthday cake. It was a time to celebrate the accomplishments of the past, while looking forward to the future.

Informal feedback received thus far about this year’s conference has been very positive. Thanks to our presenters, volunteers, supporters, and Kellen staff who together produced a great conference.

Jon K. Reid, PhD, LPC-S, NCC
Conference Planning Committee Chair

MEMBER NEWS

Grief One Day at a Time: 365 Meditations to Help You Heal After Loss, by grief educator Alan Wolfelt.

After a loved one dies, each day can be a struggle. Now, mourners can turn to a daily companion for comfort and understanding. With one brief entry for every day of the calendar year, this compassionate book by grief counselor Alan Wolfelt offers brief, one-day-at-a-time doses of guidance and healing. Each entry includes an inspiring or soothing quote followed by a discussion of the day’s theme and a short meditation. Perfect for grievers’ nightstands and small enough to tuck into a purse or backpack, Grief One Day at a Time is poised to become one of the most popular and helpful books for mourners.

Author, educator, and grief counselor Alan 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 the normal, necessary journey of grief and on healing through active mourning.

http://sherwood-adec.informz.net/informzdataservice/onlineversion/ind/tbWFpbGlzZ2lc3RhbmNNlaWQ9NTc2MTI0MSZzdWJzY3JpYmVyaWQ9MTA2Mjk5Nz…
Grief One Day at a Time is available in both softcover and e-book formats. To order and to learn more about Dr. Wolfelt’s books on grief and loss, visit www.centerforloss.com or call (970) 226-6050.

On March 24, 2016, Althea Halchuck, EJD, CT moderated an educational public hearing and panel discussion sponsored by Arizona Senator Barbara McGuire and the end of life (EOL) advocacy group, Compassion and Choices. The event was held at the Arizona state capitol building and highlighted Senator McGuire’s bill, the End of Life Options Act (SB-1136).

Ms. Halchuck presented an update on efforts to bring physician aid-in-dying to Arizona. The 5-member panel included Senator McGuire who explained her bill as well as the opposition efforts against it. In addition, the panel featured Dan Diaz, husband of Brittany Maynard, the young woman with inoperable brain cancer who made news in 2014 when she moved to Oregon to take advantage of Oregon’s Death with Dignity law.

Other panel members included Arizona resident, Lance Goldberg, and his daughter, Lauren, who showed a video that their wife and mother, Terry, made before she died of MSA, a rare neurological condition. When morphine failed to help her pain, Terry voluntarily stopped eating and drinking (her only end-of-life option in Arizona) and died five days later.

Also at the hearing Reverend Michelle Wittington offered a spiritual perspective on EOL choices saying that many religions support compassion at the end of life, including aid-in-dying. In addition, Dr. Alan Molk, a University of Arizona emergency physician and professor, expressed support for the End of Life Options Act.

Althea Halchuck is a member of the steering committee in the metropolitan Phoenix area for Compassion and Choices, a national organization that advocates for medical choice at the end of life. Since graduating Concord Law School in 2012, Althea’s mediation focus has been on end of life issues.

FEATURED UPCOMING EVENTS

June 15, 2016
Loss upon Loss: Caregivers, Dying Persons and the End of Life
Marcia Lattanzl-Licht, LHD, RN, LPC
12:00 p.m. - 1:30 p.m. CST

July 20, 2016
Keeping up in Grief: A Vital Component in Self Care
William (Bill) Hoy, DMin, FT
12:00 p.m. - 1:30 p.m. CST

ADEC CONNECTS SEeks FEEDBACK

ADEC Connects is interested in your engagement with social media and social networking sites. Please take 2 minutes to fill out this brief survey so we may gain better insight into how our members interact and would like to interact with ADEC.