



Association for Adult Development and Aging

Hello Yoonsuh,

Greetings from Your AADA President!



Greetings AADA Members!

My name is Amber Randolph, and I am excited to begin my term as AADA President July 1, 2019. I have been an AADA member since I was a graduate student in Professional Counseling, and I feel as though AADA has been my counseling "home" since I entered the field. I have been on the AADA Board since 2015 and look forward to continuing to serve this upcoming year.

My first task is to invite you all to join me at the AADA 2019 National Conference in Chicago August 2-3! We have an exciting lineup of experiences this year, including a 3-hour ethics and mental health workshop with Dr. Barbara Herlihy! Our program is being finalized and will be published on our

website soon. Please stay tuned! We have an excellent assortment of presentations, round table sessions, a National Leaders Panel, posters, and much more planned. Please check out the AADA website for more information!

I look forward to seeing many of you in August! Thank you for your membership.

Dr. Amber Randolph
AADA President 2019-2020

About The July AADA Newsletter

Greetings!

This July newsletter includes numerous voices of our AADA members. First, it invites the AADA members to a welcome message by Dr. Amber Randolph. Dr. Randolph has just begun her term as AADA President today! Her message is followed by the highlights of AADA's events held at the American Counseling Association's annual conference taken place in New Orleans this past April. Next is **the AADA 2019 annual conference** information. Come and join us **in Chicago August 2 through August 3, 2019!**



This edition of the AADA newsletter also features a report from the AADA Older Adults Task Force and an update from the Grief Counseling Competencies Task Force. Furthermore, Dr. John Nance, AADA Treasurer gave a powerful talk at TEDxUNCCharlotte on March 22, 2019. A few photos from the event along with a link to the talk is included in this edition. In addition, Dr.

Rebecca Cowan's article about her experience as a Disaster Mental Health responder is being featured in this edition. Last but not least, beginning in July 2019, the AADA Board has decided to feature, in honor, our current AADA members in each edition of the newsletter to share with others as to what they are doing to make a difference in the areas of the division's vision. In this edition, Maria "Mica" Salazar Istre willingly agreed to share her information with us.

Yoon Suh Moh, Ph.D.
AADA Newsletter Editor

Highlights of AADA's Events Held at The American Counseling Association Annual Conference in New Orleans, Louisiana

We had an opportunity to greet and connect with a number of mental health professionals from around the world, including our AADA members during the American Counseling Association's conference held in New Orleans.



Mary and BJ Greeting at the AADA Booth
Courtesy of Photo: Paul Sakuma

A Presentation by AADA Emerging Adult Task Force members
Courtesy of Photo: Paul Sakuma



A Meaningful Speech by Dr. Suzanne Degges-White during the AADA Business Meeting
Courtesy of Photo: Yoon Suh Moh

AADA Badges
Did you get one for yourself?



Vote for A Float!
Courtesy of Photo: Paul Sakuma

The AADA 2019 Annual Conference in Chicago, Illinois, August 2-3, 2019

**Save The Date for The AADA Summer 2019 National Conference,
Creative Strategies for Counseling Adults across The Lifespan!**

We will offer a pre-conference session by Dr. Barbara Herlihy on Ethics and Diagnosis (worth 3 CE Hours for \$60!). Our keynote is by Dr. Catherine Roland, ACA Past-President. In addition to the pre-conference session, we will have 1.5 days of education sessions, roundtable sessions, and poster sessions. This includes our PowerPoint-Free Zone of experiential presentations! We will also host a National Leaders Panel featuring Dr. Jane Rheineck, Dr. Michele Kerulis, Joyce Marter, Dr. Christian Chan, Dr. Wendy Killam, and Dr. John Nance!

Below is a selective list of sessions on schedule during the conference:

- Bridging the generational gap: Enhancing pedagogy to engage emerging adults in the study of aging by Dr. Crystal Neal, IAADA President
- Wellness counseling for older adults: From theory to practice by Dr. Philip Clarke and Dr. Matt Fullen
- Mood, mindfulness & movement: Practical interventions to reduce stress and improve mood in older adults by Dr. Michelle Zechner and Mary Beth McDonald
- The power of calm: Basic trauma-informed yoga techniques to restore the mind and body by Dr. Anthony Suarez and Misty Hatch
- Resiliency of trans college students: Implications for counselors and higher education professionals by Dr. Jane Rheineck and Matthew Lonski
- Surviving stroke: Instilling a sense of hope through art therapy by Dr. Dawn Wirick and Dr. Corinna Costello
- Medicare reimbursement for counselors: The results of a national study on Medicare advocacy by Dr. Matt Fullen, Dr. Gerard Lawson, and Jyotsana Sharma
- Journaling, self-talk, and creative meditation: What about those mid-life anxieties? by Dr. Catherine Roland

Participants will be able to earn up to 13 CE units from the pre-conference and conference! AADA has been approved by NBCC as an Approved Continuing Education Provider, ACEP No.1022. Programs that do not qualify for NBCC are clearly identified. AADA is solely responsible for all aspects of the programs.

Date: August 2-3, 2019

Location: The Wit Hotel Chicago, Chicago, IL at 201 N State St, Chicago, IL 60601

For registration, please click on the following link:

[Registration](#)

For hotel reservations, please click on the following link:

[Hotel Reservations](#)

If you have any questions, please contact the conference committee at aadaconference2019@gmail.com

A Report from the AADA Older Adults Task Force (OATF)

The Older Adults Task Force focuses on Practices, Advocacy, and Research that advance the counseling profession's ability to meet the needs of people as they age. One of our goals is to increase the number of aging-related scholarly publications present in counseling profession journals. Several AADA members recently teamed up on a comprehensive content analysis that examined 26 years' worth of publishing patterns across 24 counseling profession journals. In total, 1.68% of all articles published during this time frame had a focus on aging/older adulthood, with more than a third of these articles published in a single journal. The authors hope the results of this study will spark additional research on older adulthood. The study will be published in the October 2019 edition of the *Journal of Counseling & Development*, and we hope that you will take a look when it comes out. A list of all 188 articles published on older adulthood since 1992 is available by emailing mfullen@vt.edu.

Citation:

Fullen, M., Gorby, S., Chan, C., Dobmeier, R., & Jordan, J. (2019). The current state of gerontological counseling research: A 26-year content analysis. *Journal of Counseling and Development*, 97(3).

Next Meeting for the Older Adults Task Force

- Please join us in Chicago during our in-person meeting at the AADA Conference!
- Exact time and location will be listed in the conference program.

If you would like more information, or to join our mailing list, please contact Matthew Fullen at mfullen@vt.edu.

Sincerely,

Matthew Fullen, Ph.D.
Assistant Professor, Virginia Tech
Chair, AADA Older Adults Task Force

TEDxUNCCharlotte John Nance



Relationships are central to the human experience. However, during a time of dichotomization within our society, maintaining healthy relationships proves to be challenging. Frustrated with the continuing dichotomization and cognitive distortions, AADA Treasurer, John Nance recently presented at TEDxUNC Charlotte. He incorporated personal stories and described personal experiences holding both majority and marginalized identities. Exploring several moments in his life, John identified as a survivor of a hate crime and also acknowledged difficult moments when his implicit bias impeded the ability to assist

others.

Although he earned a Ph.D. in Counselor Education and Supervision with a focus on diversity and multiculturalism, Dr. Nance discussed his learning process relative to racial disparity while balancing his love for those who may not share his beliefs. The intention of the TEDxTalk is to utilize 'self' as an example and view individuals within marginalized and majority groups as their own experts. When individuals feel intense emotions, their experience is their truth and somehow needs to be acknowledged with empathy and compassion. Agreement may not be necessary. However, empathic understanding can be beneficial. In his TEDxTalk, John placed the relationship with his brother in focus and described the necessity to approach the other as their own expert. He acknowledged the need to sit at the table and listen to others

and learn regarding their emotional experiences.

TEDxUNCCCharlotte is an independently organized live TEDx event which took place on March 22, 2019 on the UNC Charlotte campus. The inaugural event featured jury selected live speakers and talks reflecting the theme for this year's TEDx event, "The Power of You Makes it Possible." Dr. Nance's TEDxUNCCCharlotte talk is available for viewing at: <https://www.youtube.com/watch?v=n0kl7TxNXOY&feature=youtu.be>



An Update from the Grief Counseling Competencies Task Force

Elizabeth Crunk, Ph.D., Task Force Chair

Loss is a universal theme in the human narrative, and grief is a natural but often highly distressing response to loss. Grief is a common presenting issue among individuals and groups seeking mental health services and the demand for grief counseling is expected to continue rising as baby boomers face successive losses (Crunk, Burke, & Robinson, 2017; Maples & Abney, 2006). However, coursework in grief and loss is not a requirement of most counselor training programs (Doughty Horn, Crews, & Harrawood, 2013). Therefore, the purpose of the Grief Counseling Competencies Task Force (GCCTF) is to conduct research exploring the standards of competence for professional counselors working with clients facing issues of grief and loss and to develop a set of competencies that outlines these standards. In addition, the GCCTF, in partnership with the Association for Adult Development and Aging, aims to promote awareness of developmental considerations for counseling grieving individuals across the lifespan. The GCCTF is a two-year endeavor and its reach across the domains of research, advocacy, and practice is expected to extend beyond that timeframe.

The call for GCCTF members was distributed across professional listservs and social media platforms in February 2019 and members were selected by an expert panel of judges in March. Due to the high level of interest in the GCCTF, applicants were assigned to either the GCCTF or to a larger Grief Counseling Competencies Interest Group. Members of the GCCTF are charged with research duties and with the development of the competencies. Membership in the Interest Group, however, is open and we welcome participation from anyone interested in getting involved or receiving updates on the project.

The GCCTF met for their first web meeting in May and will meet again virtually in late summer 2019. In addition, we are pleased to convene for our first in-person task force meeting at the AADA Conference in Chicago, Illinois this August. Individuals who are registered for the AADA Conference and are interested in learning more about the Grief Counseling Competencies Task

Force or the Interest Group are welcome to attend our open task force meeting! In the meantime, please contact Elizabeth Crunk, GCCTF Chair, for more information.

Grief Counseling Competencies Task Force Members:

- Ramya Avadhanam, Ph.D.
- Amanda Brace, Ed.S.
- Kailey Bradley, M.A.
- Adam Carter, Ph.D.
- Elizabeth Crunk, Ph.D.
- Liz Horn, Ph.D.
- Preet Kaur, M.A.
- Marcela Kepic, Ph.D.
- Michael Kocet, Ph.D.
- Katie Kostohryz, Ph.D.
- Claudia Sadler-Gerhardt, Ph.D.
- Megan Shaine, Ph.D.
- Victor Tuazon, Ph.D.
- Laura Wheat, Ph.D.
- Peggy Whiting, Ph.D.

Seek Training Now: Crisis/Trauma/ Disaster Preparedness

When I began writing this brief article on May 31, 2019, I had planned to focus the discussion on my experience as a Disaster Mental Health (DMH) responder at the 2017 mass shooting incident in Las Vegas, Nevada. Through this experience I had come to recognize the importance for all counselors to become knowledgeable about DMH, not only clinicians who are interested in crisis response. Like many, I once held the misconception that the probability of a mass shooting occurring in my own community was rare and therefore, there was no need to seek focused training in this area. However, I have found that the impacts of these events are often felt far and wide, no matter where they occur. After all, this was something I had encountered in Las Vegas as thousands of festival attendees, who had traveled from numerous areas across the United States and other countries, were heading back home and we were tasked with connecting these victims with clinicians, just like you, in their own communities. Many of these clinicians expressed that they did not have any specialized training or knowledge of working with victims of mass shootings and felt "unprepared". My original goal was to use this example to encourage you to seek this type of training "just in case". Then the unthinkable happened.

It was a Friday afternoon and I had been working on this article for a couple of hours and it was nearing the time to finish for the day. At that time, I received several texts advising me to turn on the news; that something was happening in a Virginia Beach municipal building just fifteen minutes away from my office. That night I would learn that twelve people had been gunned down. The next day, I was deployed by the American Red Cross to yet another mass shooting, this time in my hometown. This was not happening in some community on the other side of the country or world, this was my community. Over the next several days, I had numerous local counselors contact me to offer their assistance. Many stated that even though they had intended to complete training specific to DMH, they had not yet had the chance. This was a wake-up call. As these incidents continue to increase (Katsiyannis, Whitford, & Ennis, 2018), it is not time for us to consider "if" these tragedies might happen in our communities, but "when". For this reason, do not wait until one of these disasters occurs, seek training now.

What we know about treating victims of mass shootings as well as how clinicians are personally impacted by this type of work is shifting, as new research emerges. It is our duty as ethical and competent counselors to keep abreast of this research including how to effectively respond to these events, provide care for these victims, and for ourselves by learning how to reduce potential impacts of Vicarious Trauma (VT). One way to complete DMH training is by reaching out to your local American Red Cross (ARC) chapter. The ARC has an excellent curriculum that has prepared me to respond to several mass casualty incidents over the past two years. However, even though I highly recommend the ARC, there are likely other reputable trainings available. Do your research and find one that works best for you.

In the end, this has been a challenging time, but it has been incredible to see so many clinicians come together to assist the community of Virginia Beach, Virginia. These tragedies are stressful no matter what, but we can do our part by adequately preparing. Although we are not in control of when or where these events occur, we can control our ability to respond. For that reason, I have

made a personal and professional commitment to work even harder to ensure my community is ready, and I hope you are willing to join me.

References

Katsiyannis, A., Whitford, D. K., & Ennis, R. P. (2018). Historical examination of United States intentional mass school shootings in the 20th and 21st centuries: Implications for students, schools, and society. *Journal of Child and Family Studies*, 27(8), 2562-2573.

About The Author

Dr. Rebecca Cowan is a PhD-level Licensed Professional Counselor, National Certified Counselor, Board Certified Telemental Health provider, and Certified Mental Health Integrative Medicine Provider with over 15 years of experience in the mental health field. She is a professor at Capella University and an adjunct professor at Old Dominion University. She has experience in working in inpatient psychiatric, private practice, residential treatment, integrated care, and foster care/child protective services settings. She has numerous professional publications and has made several national and regional presentations. She enjoys volunteering as a Disaster Mental Health responder with the American Red Cross and has deployed to several mass casualty incidents including the Route 91 Harvest Festival, Parkland, Florida, and Virginia Beach, Virginia.

Adultspan News

This past year, we welcomed some new reviewers to our editorial board. These include Mary A. Hermann, a faculty member at Virginia Commonwealth University; Ben Willis, who's at the University of Scranton; and Nathaniel Wagner, at Indiana State University. If you are interested in being a member of the Editorial Review Board, please send a copy of your CV and a letter of interest that highlights your relevant editorial and publication experience to the editor at adultspanjournal@gmail.com.

Note: All AADA members receive free access to the journal which is available online. To access the electronic journal, please use the link below.

Step 1: <https://www.counseling.org/publications/electronic-journal-access-members>

Step 2: Sign in to your ACA account which can be accessed through the link above.



Suzanne Degges-White, Ph.D., Editor

Wendy Killam, Ph.D., Associate Editor

Meet Our AADA Member!



Maria "Mica" Salazar Istre has been a member of AADA for 2 years and has dedicated her clinical practice to help victims of sexual trauma such as sexual assault, rape, and sexual exploitation. Furthermore, she integrates a multicultural lens using spirituality in her clinical practice to help foster positive therapeutic outcomes among highly traumatized clients. She is a first-year doctoral student at Georgia State University in the Counselor Education and Practice program and a graduate of the University of Louisiana at Lafayette. During her master's program she studied under Dr. Katherine Hermann-Turner and focused her clinical training and research on complex trauma and sexual exploitation of women. Maria hopes that through acquiring her doctoral degree she can help advance treatment modalities for sexually exploited women who have experienced complex trauma.

AADA Newsletter Committee

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Please consider submitting something for our AADA newsletter in the future! We are always looking for news, updates, events, book recommendations, and articles from our talented membership.

STAY CONNECTED



Association for Adult Development and Aging,
A Division of the American Counseling Association, Alexandria, VA 22222

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