



Reflections from IAADA Past-President Elisa Woodruff

Dear IAADA Membership

Writing this letter as the outgoing president of IAADA is a bittersweet experience. I am so proud of all our small division has accomplished in the last two years. We have laid a solid foundation of member services by providing high quality newsletters at least twice per year and improving electronic member communication. We have offered inexpensive continuing education through an annual summer retreat with workshops from outside speakers and shifted to a successful collaboration with ISERVIC this year. We strengthened our presence at the Illinois Counseling Association annual conference with highly attended presentations on relevant and timely subjects related to aging and the adult lifespan. Through these efforts, we have found a variety of methods for getting the word out to our colleagues about the dire need to improve mental health services for older adults and train students and young professionals to meet their unique needs. The Baby Boomer generation is re-imagining the 60's, 70's, and beyond as times to thrive in new and different ways, and the counseling profession's focus on wellness puts us in a unique position to help them with their developmental transitions.

Challenges to our work abound. As of this writing, multiple bills that would allow professional counselors to bill Medicare have stalled in the US House and Senate committees. The current iteration, US Representative John Katko's H.R. 3032, is currently in committee. (I urge you to continue to advocate for its passage!) Legislatively, our professional also faces unique challenges in the face of attempts to repeal the Affordable Care Act which could cut coverage of pre-existing conditions which are chronic in older populations and mental illness.

Moving forward, older populations will not only grow; their landscape and the challenges they face will change. We are seeing growth in the numbers of people who live with chronic illness and disability. Longer lifespans mean people are also working longer, so discussions of career and retirement are changing. Our ethics code's treatment suicide in the face of terminal illness differently as of 2014, and a growing number of states legalizing death with dignity laws beg us to re-examine our beliefs about death. Older adults suffer with depression, anxiety, substance abuse, and suicide at alarming rates. Even the struggle of the Millennials to launch into adulthood is affecting adults and older adults through the growth of the "sandwich generation" of caretakers. Through it all, the landscape is also changing with a renewed attention being paid to clients whose differences may be different due to intersectional issues such as race, ethnicity, religion, or sexual orientation.

It is my firm belief that we will face these new challenges with strength and grace under the leadership of your division President Crystal Neal. As I have gotten to know her these last months, I have been inspired by the energy and vision with which she has developed a multi-tiered plan for bringing the IAADA you know and love to a new level. Her plans for increasing membership, improving communications, and attracting and training young professionals are exactly what this organization needs to survive and thrive in the next few years, but she needs help. Many hands make for light labor, and we will do best when each of you consider how you might contribute a few hours throughout your year to her efforts. For my part, I am moving on to serve as the Illinois Counseling Association Secretary and will also actively support Crystal and her agenda.

In closing, I would like to say it has been one of the great honors of my time in the counseling profession to serve as your IAADA President. I am grateful for all the trust you put in me and look forward to seeing the division continue to thrive.

In Service,

Elisa M Woodruff, MS Ed, LPC, NCC

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Edited by:
Lucy Parker
and
Elisa Woodruff



Welcome 2017 President-Elect Dr. Crystal Neal!

Message from the President-Elect



Thank you for the opportunity to serve as your incoming president of IAADA. Our leadership has established a strong presence of scholarship, social advocacy, and professional collaboration to address the developmental needs of aging adults. As we move forward with IAADA's mission *to enhance adult development throughout the life-span and to promote growth toward maturity and wisdom*, an emphasis on counselor training is essential to assist clients in effectively navigating normative attributes of aging to psychosocial and psychiatric challenges. It is our aim to further delineate IAADA as resource for counseling professionals and students seeking to strengthen competence in counseling the geriatric community.

Gerocounseling is a relatively new concept to describe our long-standing role in promoting mental health literacy and multidisciplinary support to older adults. Although not a direct CACREP standard in counselor training, educators and clinical supervisors are in a unique position to take a closer look at gaps in academic preparation to best serve this population. Inclusion of case studies surrounding historical barriers, post-retirement adjustment, substance use, caregiving, and bereavement can be tremendously helpful to introduce empirically-supported clinical interventions. There is also a need to present a developmental framework of aging to distinguish theoretical perspectives beyond foundational psychology models (i.e. *Gerotranscendence theory*).

Fortunately, IAADA is in an awesome position to support the competent delivery of mental health services! As a well-established hub for peer collaboration, this leadership aims to increase newsletter and forum discussions of clinical best practices, mentorship, interdisciplinary support, and recruitment strategies through the following initiatives:

- ◆ Establish a webinar series to increase professional **competence** in gerocounseling
- ◆ Increase **collaboration** with ICA divisions to support academic preparation, public policy, and multicultural competence
- ◆ Engage in consumer **advocacy** to align the efforts of Illinois Coalition on Mental Health and Aging
- ◆ Strengthen **visibility** of counseling professionals in the delivery of geriatric services, research, and presentations
- ◆ Optimize **continuity** among IAADA and the Association for Adult Development and Aging (AADA)
- ◆ Support the National Association of Professional Gerontologists and AADA Older Adult Task Force (OATF) to promote **field credentialing**

This is an exciting time to continue building IAADA and establishing a strong presence in ICA! Onward!

Crystal Neal, PhD, LCPC

Email President Neal at nealcd06@att.net to volunteer for one of the open committee positions listed above or to suggest speakers, presentations, or topics.

2017 IAADA DIVISION LEADERS

Officers

President:
Past President:
Secretary:
Treasurer:



Dr. Crystal Neal
Elisa Woodruff
Dr. Donna Kirkpatrick Pinson
Dr. Robert Bracki

Committees

Membership:

Dr. Anna Marie Yates, mentor/chair
Martha O'Connor

Program Development and Planning:

Tamela McGhee, member

Awards:

Dr. Dale Septeowski, mentor/chair
Dr. Stephany Joy-Newman

Legislation and Public Policy:

Dr. Marie Bracki, mentor/chair

Publications:
torts

Elisa Woodruff and Suzy Wise, mentors
Lucy Parker, chair



An Update from the AADA National Conference

By: Dr. Amber Randolph, PhD, LPC, NCC, Judson University



AADA is gearing up for a busy year! July began our 2017-2018 fiscal year. Our Executive Board met for the first time during the AADA National Conference in New York.

The 2017-2018 AADA Executive Board members are:

- President: Dr. Marcela Kepic
- President-Elect: Dr. Katherine Hermann-Turner
- Past-President: Dr. Andrew Daire
- Secretary: Dr. Matt Fullen
- Treasurer: Dr. Wendy Killam
- Governing Council Representative: Dr. Suzanne Degges-White
- Member-at-Large: Membership: Dr. Amber Randolph
- Member-at-Large: Outreach and Advocacy: Mr. Christian Chan

Dr. Kepic’s vision for the year includes increased outreach to our membership. She envisions creating a webinar portal where members and non-members (for a fee) can view training videos on issues relevant to work with adults across the lifespan. AADA is an NBCC approved continuing education provider, so CE credits would be available for these webinars. Dr. Kepic also supports the growing AADA task forces, which focus on three developmental levels across the adult lifespan: Emerging Adults, Middle Adults, and Older Adults. The conference committee is also in the beginning stages of planning the 2018 summer conference. The location, theme, and dates will be announced shortly.

AADA national membership is just over 300 and we have several states with active division branches, Illinois included. We would love for more cross-over involvement between the Illinois division branch and AADA national. Please consider becoming involved at a national level!

AADA membership benefits include:

- Access to the peer-reviewed *Adultspan* Journal
- Bi-annual newsletters
- Discounts on registration for the AADA national conference
- Excellent opportunities for networking through our three task forces

Opportunities for AADA Member Involvement:

- AADA Conference Committee
- Conference proposal reviewers
- State Branches Committee
- Adultspan* Editorial Board members

Emerging Adult, Middle Adult, and Older Adult Task Forces

The Older Adult Task Force is the longest-running task force of the three. Three subcommittees make up this task force: Research, Advocacy, and Practice. Our most recent initiative has been to discuss partnering with Chi Sigma Iota’s Wellness Committee.

Our contributions to this committee will include:

Assembling **research** teams to facilitate research on wellness counseling with older adults by identifying additional wellness-based research on work with older adults currently in existence.

Soliciting **practice** briefs from AADA members who work with older adults. We are interested in creating a database of counselors who are engaged in gerontological counseling, and this could include exploration of who is engaged in wellness counseling.

Generating additional **advocacy** opportunities as these relate to aging & wellness -e.g., a joint statement with CSI about wellness in older adults, a webinar on mediation and negotiation for wellness in older adults, spirituality as a resource for wellness in older adults, or another topic related to wellness and aging. We would also like to think about possible education the counseling profession might provide to AARP regarding wellness and mental health in older adults.

*If you are interested in joining AADA national or getting more involved with AADA, please contact:
Dr. Amber Randolph at amber.randolph@judsonu.edu*



A Lifespan Approach to Working with Grief and Loss: The Role of Spirituality and Wellness

By: Dr. Amber Randolph, PhD, LPC, NCC, Judson University

I recently had the honor of presenting a keynote address at the IAADA/ISERVIC retreat. I spent my time talking about the role of spirituality and wellness in grief and loss work in counseling. Loss is an encompassing theme in our life, and is not just related to death. In fact, most counseling work can be described as grief and loss work. People lose jobs, life partners, relationships, independence, opportunities, money, and much more. Loss can be defined as deprivation of something considered meaningful, whether that deprivation is real or perceived (Humphrey, 2009). Grief often accompanies loss. Grief is the experience of loss and frequently includes sorrow and distress (Humphrey, 2009). All losses, grief, and grieving are different. There is no “one size fits all” process to loss adaptation.

Sometimes grief presents straightforwardly; other times careful assessment is needed to uncover unresolved grief. It is helpful for counselors to note repeated themes of loss, rumination, overreactions, unexplained physical impairments, guilt, and interpersonal relationship issues when conducting assessment interviews (Baumann, 2000). Counselors should also be aware of physical, behavioral, intellectual, emotional, and even spiritual reactions to grief. An excellent book on this topic is “Counseling strategies for loss and grief” by Keren Humphrey.

Spirituality can be viewed as an individual and personal process, positive in nature, and a state of mind about how you live your life (Linscott, Randolph, & Mayle 2016). Religion is often viewed as the organized aspect of spirituality. Hill et al. (2000) offer a non-polarized conceptualization of religion and spirituality, which are at times viewed as opposite ends of a spectrum. Instead, Hill et al. (2000) contend that both religion and spirituality are comprised with the acknowledgement of the “sacred,” or a source of ultimate reality or divinity, as well as a search for the “sacred,” or one’s own relationship with that ultimate reality or an ultimate being. Hill et al. (2000) explain that religion offers additional components, above and beyond acknowledging and searching for the sacred. Religion offers a “legitimate” means for searching for sacred, in rituals and organized ceremonies. Additionally, religion offers “non-sacred” feelings of safety and community. Particularly for the older adults interviewed in Linscott et al. (2016), religion was strongly associated with community affiliation.

Spirituality has a strong impact on the wellness of individuals, above and beyond social support (Witmer & Sweeney, 1992; Zorn & Johnson, 1997). Integration of spirituality into daily life is an essential part of life balance. Spirituality, and sometimes the formal organizational structure of religion, can provide people with a meaningful framework for life. Transitions often initiate a search for meaning and can include an embrace of religion for possible answers.

Spirituality and religion can be a resource for grieving clients. “Grief is one medium through which people work out their existence” (Spillers, 2007). Meaning making is a cognitive process that attempts to restore life meaning that has been adversely impacted by life circumstances. Religion and spirituality can help give clients a sense of control and an outlet for emotional healing. Spiritual meaning making can lead to personal growth and a reprioritization of life values.

Do not be afraid to talk about grief with your clients. People who are grieving are often grateful to explore their grief with someone. Recognize that grief is complex and unique to each individual. Sometimes one of the most powerful things you can do for a client is to “bear witness” of their grief, journey with them through challenges, and celebrate growth.

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Report from the 2017 IAADA/ISERVIC Summer Retreat

By: Lucy Parker, Doctoral Candidate, IAADA Publications Chair, Northern Illinois University
Member, Association for Adult Development and Aging



Greetings all!



As we enter this 2017 Fall Semester, IAADA has been proactively advocating, intervening, and educating clients, counselors, and educators about the needs of all developing adults! Particularly, much of IAADA's efforts were highlighted in the recent IAADA/ISERVIC 2017 Summer Retreat! This retreat, titled, Spirituality and Adult Development Retreat focused on a plethora of topics salient for increasing care to adults of all ages. Additionally, professional development and collaboration for each division, IAADA and ISERVIC (e.g. the division of Illinois Spiritual, Ethical, and Religious Issues in Counseling) also took place. This retreat hosted approximately 20 professionals including new and current members of IAADA, who earned up to 4.5 CEs. Presenters for this retreat included: IAADA Past-President, Elisa Woodruff, ISERVIC President and licensed professional counselor and counselor educator, Dr. Scott Wickman, licensed professional counselor and counselor educator, Dr. Amber Randolph, and licensed professional counselor, Mr. Reco Bates. Topics included: healthy aging and grief work, meditation for youth and aging clients, and spiritual life mapping. In addition to educational presentations, the bi-annual IAADA meeting was also held. As referenced, this retreat was lucky to host Dr. Amber Randolph, a the keynote speaker on the topic of spirituality as a resilience in healthy aging and grief. Dr. Randolph also stayed to inform the bi-annual IAADA meeting! Overall, attendance and learning was large and it is easy to share that this retreat was a success! A special thank you for this retreat goes to organizers from each division of IAADA and ISERVIC. Particularly, IAADA Past-President, Elisa Woodruff and ISERVIC President Scott Wickman were vital to the success of this retreat! As a participant in this recently held and informative event, I encourage other IAADA members, students, and professionals to get involved in all events IAADA has to offer in the upcoming year! Events, such as, this past co-sponsored retreat foster integral professional collaboration, innovation, knowledge, and professional advocacy! Furthermore, if you are interested in any of the information from this June retreat, please email myself at: lucycharleneparker@gmail.com. We are also considering other co-sponsored events and encouraged all educators and counselors to participate or send self-nominations to present!

This recent event is hoped to be a catalyst to other professional development events in the coming years hosted by IAADA! Thank you to all who participated and made this time worthwhile!

Sincerely,

Lucy Parker, MA, LPC, NCC, Doctoral Candidate, 2017 IAADA Publications Chair

Creativity for the IAADA Member's Soul...

Larry's Bridged Dictionary

By the aging **Larry D. Rawlins**
(Larry D. Rawlins, PhD, LCPC)

HY — IN

Hypallage:	When one agrees to fail proper parts of speech with one's modifiers in juxtaposition, thus creating an editor for need. (In 8 th grade English, the example was, "Throw me out the window my hat." Attributed to Dutchlish)
Image:	What our first refrigerator would have said if it could have talked: "I'm a G.E."
Incage:	What our first refrigerator might have been if it had been made in Peru: "Inca G.E."
Interage:	What you have to do on most government forms
Intermarriage:	Some couples do this on a whim and soon find themselves outer marriage.
Interstage:	Wait until the coach comes to a complete stop.
Intertillage:	Taking money from the neighboring teller's money tray in a bank

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IAADA Mission

To enhance adult development throughout the
life-span and to promote growth toward
maturity and wisdom

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CALLING ALL WRITERS!

Are you a counselor, writer, poet or other creative type who cares about issues related to adult development and aging? Then IAADA wants to hear from you! If you would like to see your writing featured in our quarterly newsletter, send your piece to the editor at

iaadasubmissions@gmail.com.