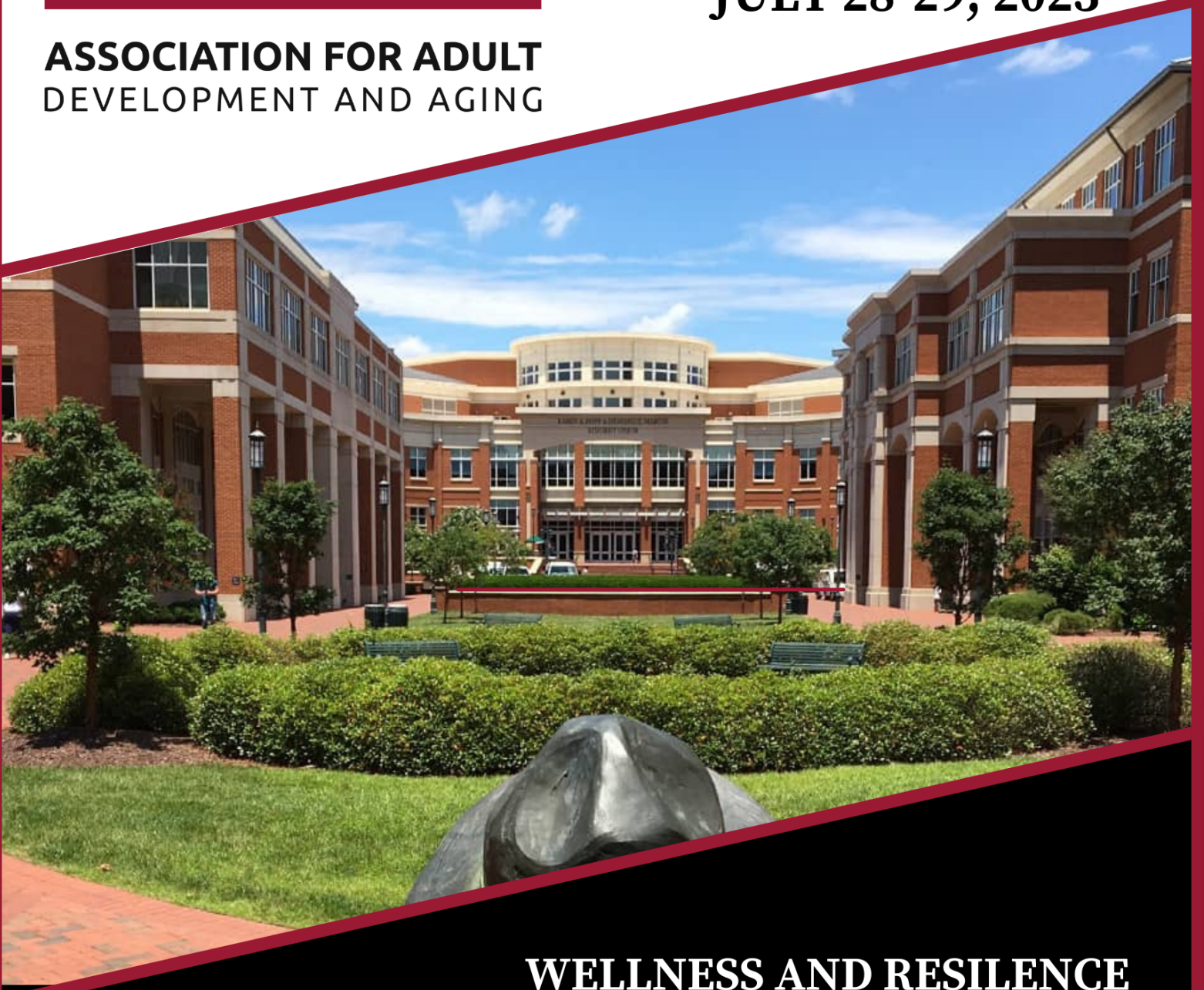


**2023 ASSOCIATION FOR
ADULT DEVELOPMENT AND
AGING CONFERENCE
CHARLOTTE, NC
JULY 28-29, 2023**



**ASSOCIATION FOR ADULT
DEVELOPMENT AND AGING**



**WELLNESS AND RESILIENCE
ACROSS THE LIFESPAN**

**CAMPUS OF UNIVERSITY OF NORTH CAROLINA,
CHARLOTTE**



**Thank you to everyone who volunteered their time to make
this conference possible!**

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AADA President

Janelle Jones
AADA President-Elect

Adrienne Trogden
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Mary Chase Mize & Janelle Jones
Older Adulthood Task Force

Marcela Kepic
Midlife Task Force

Jillian Blueford & Megan Shaine
Grief Counseling Competencies

Jean Albert
Graduate Student Representative

Thank you to the Proposal Review Committee

**Tom Murphy Janelle Jones Wendy Killam Adrienne Trogden Marcela Kepic
Cathie Eaton Amber Randolph**

Campus Map

Prepared by:
Facilities Information Systems
(704) 687-8622
www.charlotte.edu

Updated: 06/17/2022

Light Rail Hotel Station
JW Clay Station

Blue Arrow = Light Rail
UNC Charlotte Main Station

Purple Arrow = Parking Deck
Union Deck (Visitor Parking)

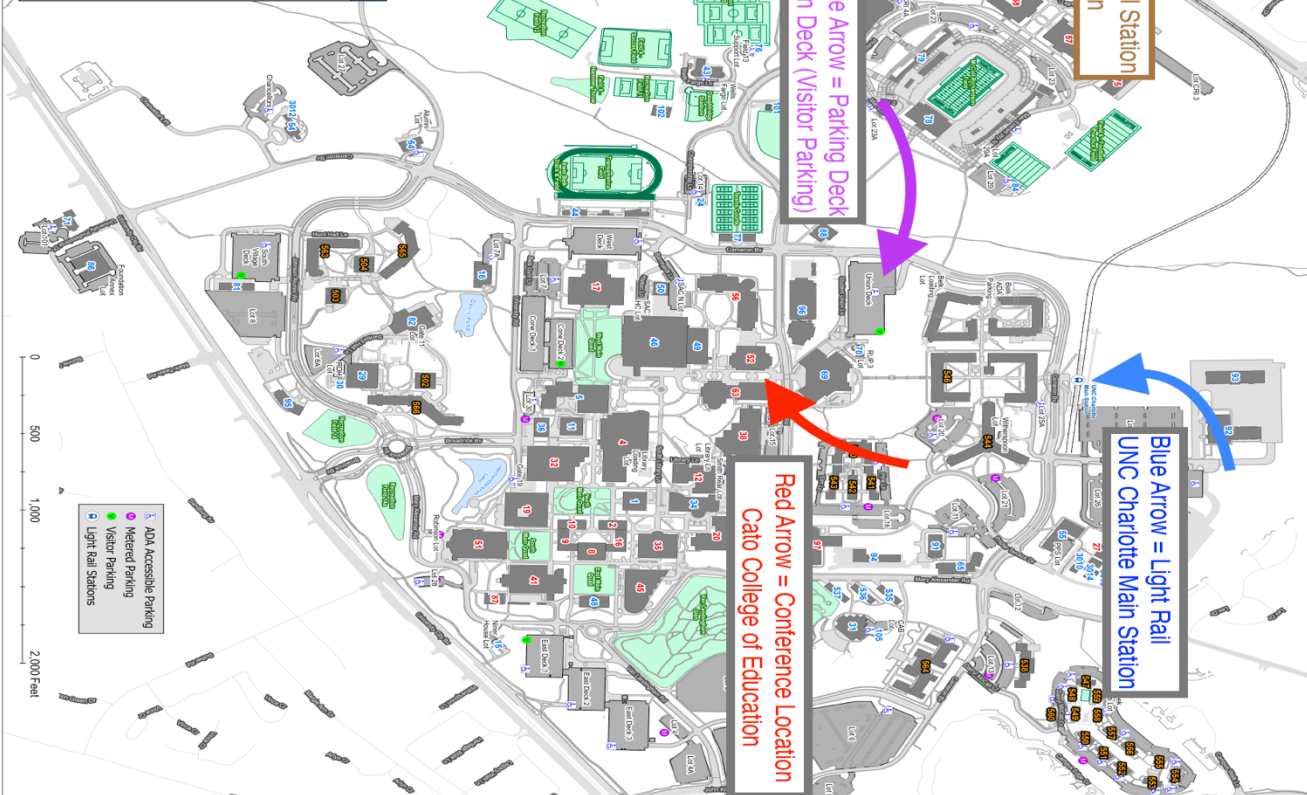
Red Arrow = Conference Location
Cato College of Education

Access the
Interactive
Campus Map



| Academic Buildings | |
|--------------------|------------------------------------|
| 4 | Atkins |
| 16 | Barnard |
| 17 | Belt Gym |
| 68 | Biodynamics |
| 38 | Burton |
| 42 | Cameron Hall |
| 52 | Cato College of Education |
| 85 | Childcare |
| | Engineering Entry |
| | College |
| 63 | College of Health & Human Services |
| 32 | Conard |
| 8 | DuKE Centennial Hall |
| 72 | Epic |
| 45 | Fretwell |
| 9 | Garner |
| 58 | Gregg Hall |
| 87 | Johnson Band Center |
| 62 | Kulicki Laboratory |
| 42 | Mary |
| 20 | McHenry |
| 18 | Memorial Hall |
| 75 | Motorports |
| | Research |
| 80 | PORTAL |
| 51 | Robinson Hall |
| 19 | Rowe |
| 97 | Science Building |
| 12 | Smith |
| 41 | Storrs |
| 10 | Wilmington |
| 56 | Woodward |

| Services - Places of Interest | |
|-------------------------------|---|
| General | |
| 39 | Aus Service Building |
| 46 | Burnett |
| | - Student Activity Center |
| 31 | Center for Student Activities |
| 598 | Campus Store |
| 5 | Care University Center |
| | - Graduate Admissions |
| 554 | Facilities Management |
| | - Facilities Operations |
| 47 | Hunter Hall |
| 29 | Housing & Life Style |
| 57 | Maclean Greenhouse |
| 49 | Milneson-Walsh Center |
| 91 | Price Counseling Center |
| 44 | Student Health Center |
| 86 | University Recreation Center |
| Administration | |
| 48 | Cato Hall |
| 555 | Cedar Hill |
| 5 | Care University Center |
| | - Career Center |
| | - Financial Services |
| | - Information Technology |
| | - Registrar/Transcripts |
| 95 | Graduate Admissions |
| | - Registrar/Graduate |
| 558 | History Hall |
| | - History |
| 1 | Kennedy |
| 36 | Law |
| 337 | Simmons Hall |
| Dining Services | |
| 5 | Care University Center |
| 69 | Popo Adams Student Union |
| 80 | PORTAL |
| 43 | Prospector |
| 82 | South Village Dining Center |
| Places of Interest | |
| 54 | Bisell House |
| | - Chancellor's Residence |
| 21 | Foundation |
| 96 | Foundation Center |
| 77 | Greene |
| 64 | Heiser Alumni Center |
| 88 | Heiser Alumni Pavilion |
| 44 | Irwin Park Track & Field |
| 6001 | Jared Flouwer Student Party |
| 35 | Lower House |
| 89 | Recreation & Sports |
| 81 | Recreation Stadium |
| 78 | Roper Football Center |
| 6004 | UNC Charlotte Main Hall & Conference Center |
| 43 | Wells Fargo Performance |



| Parking Areas | |
|----------------------------------|------------------------|
| Faculty & Staff (F/S) | Visitor Parking |
| Lot 17 | Pay on foot entrance |
| Lot 11* | Handicap |
| Lot 29 & 30A | Handicap |
| Lot 14 | Handicap |
| Zone Deck 1, 8 & 7* | Handicap |
| Lot 24 | Handicap |
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ADA Accessible Parking
Visitor Parking
Light Rail Stations

0 500 1,000 2,000 Feet

562 Bell Hall 561 Mathmore Hall
543 Elm Hall 540 Oak Hall
580 Greek Village 541 Pine Hall
538 Hawthorn Hall 502 Sanford Hall
504 Hobhouse Hall 503 Scott Hall
583 Hunt Hall 545 Wallis Hall
565 Laurel Hall 544 Witherspoon Hall
566 Levine Hall
542 Lunch Hall
542 Maple Hall
564 Martin Village



The Association of Adult Development and Aging is proud to welcome our Keynote

Matthew Fullen, Ph.D

Associate Professor of Counselor Education at Virginia Tech

Dr. Matthew Fullen is an associate professor of Counselor Education at Virginia Tech, as well as an affiliate faculty for the Virginia Tech Center for Gerontology. He has worked with older adults since 2005, first in the affordable senior housing industry, and then as a licensed professional clinical counselor. He has worked as a mental health professional in diverse settings, including long-term care, adult day, and private practice contexts. Fullen is one of those most active gerontology scholars within the counseling profession, and his work has been funded by federal, private non-profit, and university-based grants. Dr. Fullen's research agenda focuses on three distinct areas: 1) Developing and implementing counseling interventions that focus on wellness and resilience in older adulthood, 2) Expanding older adults' access to mental health services, specifically through expansion of Medicare-eligible services, and 3) Preventing suicide through community-based prevention frameworks. He has contributed to more than 90 peer-reviewed or invited conference presentations and published numerous scholarly publications in academic journals across the counseling and gerontology disciplines. Dr. Fullen has been instrumental in the passage of the Mental Health Access Improvement Act which will provide greater access to mental health services to those in the Medicare population.



How to claim your continued education credits?

Please click this link:

https://iup.co1.qualtrics.com/jfe/form/SV_9XfeawmNCtnzo90

This link will take you to a session evaluation form. Please fill out a separate form for each session you attend. You will receive a Continued Education Certificate shortly after the conference.



**ASSOCIATION FOR ADULT
DEVELOPMENT AND AGING**



**ASSOCIATION FOR ADULT
DEVELOPMENT AND AGING**

Conference Schedule

Friday, July 28th

| <i>TIME</i> | <i>LOCATION</i> | |
|---------------------------------|------------------------|---------------------|
| <i>8:30AM - 1:00PM</i> | Atrium Lobby | Registration |
| <i>9:00AM - 10:20AM</i> | Ed Rooms | 120-min Ed Sessions |
| <i>10:30AM - 11:00AM</i> | Atrium Lobby | Poster Sessions |
| <i>11:10AM - 12:00PM</i> | Ed Rooms | 50-min Ed Sessions |
| <i>12:10PM - 1:00PM</i> | Ground Floor -065 | Keynote & Lunch |
| <i>1:10PM - 2:00PM</i> | Ed Rooms | 50-min Ed Sessions |
| <i>2:10PM - 3:00PM</i> | Ed Rooms | 50-min Ed Sessions |
| <i>3:10AM - 4:00PM</i> | Ed Rooms | 50-min Ed Sessions |



**ASSOCIATION FOR ADULT
DEVELOPMENT AND AGING**

Conference Schedule

Saturday, July 29th

| <i>TIME</i> | <i>LOCATION</i> | |
|---------------------------------|------------------------|----------------------------|
| <i>9:00AM - 10:20AM</i> | <i>Ed Rooms</i> | 120-min Ed Sessions |
| <i>10:30AM - 11:20AM</i> | Ed Rooms | 50-min Ed Sessions |
| <i>11:30AM - 12:20PM</i> | Ed Rooms | 50-min Ed Sessions |
| <i>12:30AM - 1:20AM</i> | Ed Rooms | 50-min Ed Sessions |



ASSOCIATION FOR ADULT
DEVELOPMENT AND AGING

120-Minute Educational Sessions

9:00AM - 10:20AM – Friday, July 28th

Income Earning Mothers Across the Lifespan: Challenges, Intersections, and Systems of Support **Room: 166**

Katherine M. Hermann-Turner

Marcela Kepic

Wendy K. Killam

Suzanne Degges-White

Amber Randolph

Scholarship on working mothers explores gender role disparity, role overload, pay inequity, and other variables, but little exists on the impact of COVID-19 on income-earning mothers. This presentation employs a lifespan model to explore the complex intersection of variables impacting mothers to uncover how working mothers can best be supported.

Reconnection: Sexual Health Needs of Premenopausal Breast Cancer Survivors **Room: 102**

Cheryl Fisher

Breast cancer impacts 26,393 premenopausal women annually. Treatments include mastectomies and oophorectomies resulting in infertility. Medications catapult young women into early menopause. Survivors experience poor body image, decreased libido and little follow up around sexual health. Survivors and their partners experience isolation from, and collapse of their relationships. Clinicians need to validate, and advocate for the sexual health of breast cancer survivors.

Poster Sessions

10:30AM - 11:00AM– Friday, July 28th
Atrium Lobby

1. Mental Health Education for Older Adults in Community Senior Centers

Erika Snitzer

This poster on mental health education describes grounding adult programming in the familiar dimensions of wellness to illustrate the connections each has with mental health and wellness. Programming progresses month to month using group theory, with leader developing relationships and modeling interpersonal sharing in early sessions. Group participation is encouraged and expands over time. Objectives of the program aim to reduce misconceptions about mental health and wellness addressing stigma. Help seeking, caregiving, and self-advocacy are discussed, normalizing conversations about the challenges of mental health concerns for the older adult population. We discuss specific topics related to development in older adulthood, including the existential concerns of freedom, meaning, and death. Ongoing programming is responsive to older adult needs expressed in sessions. The poster will outline development of programs, delivery methods, and the potential benefits to older adults.

2. Professional Counselors' Conceptualization of Wellness Counseling: A Constructivist Grounded Theory Study

Suzanne LeMere Guerin

Amber Randolph

While wellness is foundational in counseling, we do not have a well-developed understanding of how counselors incorporate wellness counseling into their work. The purpose of this poster presentation is to share the results of a study exploring the process by which licensed professional counselors conceptualize and engage in wellness counseling.

3. Family Factors and Child Adjustment to College: Role of Parental Marital Status and Parent-Child Relationship Quality

Taylor Meadows

This research examined family contexts such as parental marital status and quality of parent-child relationship and how they may predict child adjustment to college. Separation anxiety, depressive symptoms, and college adjustment of first year students at a small, liberal arts university were examined in this study.

4. Body Dissatisfaction and Wellness Across the Lifespan in Men

Aaron Albirght

Parker Manley

The presenters will outline and synthesize the extant research about body dissatisfaction in men, discuss its relationship with wellness across the lifespan, and address its implications for counseling research and practice. Participants are encouraged to engage with the research via their own experiences.

5. Aging in ACTION: Acceptance and Commitment Therapy to Enhance Wellness in Older Adults

Jared Sossin

Lexi Davis

Phillip Clarke

Positive self-perceptions of aging and well-rounded self-narratives of wellness are essential to quality of life and longevity. Acceptance and Commitment Therapy (ACT) offers practical concepts to bolster self-perceptions of aging and multifaceted definitions of wellness. Learn how ACT exercises such as values clarification foster acceptance and continued investment in life.

50-Minute Educational Sessions

11:10AM - 12:00PM– Friday, July 28th

Multicultural Considerations for Counseling African American Older Adults identified as DAEUS **Room: 166**

Kiahuna Haynes

Cumulative racial trauma is prevalent for Descendants of Africans Enslaved in the United States and has detrimental effects on mental and physical health. Increased counselor competency is pertinent as mistrust can be a barrier to services. We will discuss older Black Americans' past experiences, coping strategies, and counseling implications.

Race Based Traumatic Stress of Ethnic Minority Older Adults Through Media Exposure **Room: 165**

Janelle L. Jones

Jasmine Newsome

Kiara Williams

This presentation will help attendees examine race based traumatic stress (RBTS) for aging ethnic minority clients and how RBTS is influenced by exposure to various media sources. Moreover, presenters will offer strategies to address RBTS and indirect trauma through media exposure with older adult clients.

Fostering Optimal Wellness with Chronic Illness and Medical Trauma **Room: 102**

Simone Lambert

Strategies to assist clients who experience medical trauma, chronic mental health and/or physical illness will be provided in efforts to promote wellness. Advocacy skills to navigate co-occurring disorders with adults will be addressed. Case scenarios and resources will be offered for clinical applicability with clients, their families, and treatment team

Keynote Lunch

12:10PM - 1:00PM– Friday, July 28th
Room: 065 (Ground Floor)

Matthew Fullen- Keynote Speaker



50-Minute Educational Sessions

1:10PM - 2:00PM– Friday, July 28th

The Principles and Practices of Wellness Counseling (Virtual and In-person offering) **Room: 102**

Phillip Clarke

Lexi Davis

Jared Sossin

Wellness Counseling (WC) is an approach grounded in holism and client strengths. The presenters will provide key principles and practices for utilizing WC with their clients across the lifespan including wellness assessment, treatment planning, and bolstering client motivation and confidence via eliciting client strengths and resilience.

Stepping Into the Aging Imagination Through Sandtray Therapy **Room: 103**

Sharon R. Thompson

Ashton Smith

Denise Hudson

Lorin Puebla

In this discussion, we will explore the interactive experience of sandtray therapy to access the aging adult client's inner world. Sandtray therapy fosters nonverbal communication by allowing the client to use miniatures as a way to express, access unconscious thoughts, and show their trauma without being constrained by language.

What was I Supposed to Say? Implications for Counselors and Clients in a Post-Roe America **Room: 166**

Candace Park

Ashley Laws

Jen Hartman

This lecture style presentation will allow participants the opportunity to learn and discuss the results of a qualitative study and its implications for working with clients on the topic of abortion in a post-Roe America.



ASSOCIATION FOR ADULT
DEVELOPMENT AND AGING

50-Minute Educational Sessions

2:10PM - 3:00PM– Friday, July 28th

How Counselors Can Support Wellness and Resilience in Later Life with the Aging Services Network
Room: 103

Jordan Wescott

Matthew Fullen

Older adults are at elevated risk of depression, social isolation, and suicide, but they are also less likely to have access to high-quality mental health services. Come learn about strategic ways to engage community supports to provide lay mental health services for older adults!

Resilience through Wellness & Self-Worth
Room: 165

Elizabeth "Miki" Anderson

Simone Lambert

As helping professionals, we are often accustomed to putting the needs of others before our own, leading to burnout and possible low self-worth as a result. This presentation focuses on the connection between self-worth and the prioritization of one's needs.

50-Minute Educational Sessions

3:10PM - 4:00PM– Friday, July 28th

The Impact and Clinical Implications of Delayed Adult Sexual Assault Disclosure on Aging Women
Room: 102

Alexis Issac

Matthew Fullen

Sexual violence is associated with many consequences for survivors, including mental health struggles. A research gap exists on adult sexual assault survivors who disclose later in life. The presenters will review the literature on later-life adult survivors of sexual assault, describe clinical examples, and provide recommendations for best practices.

All My Life I Had To Fight: A Discussion About the Strong & Resilient Black Woman
Room: 165

Jasmine Newsome

Kiara Williams

Janelle Jones

Black women are frequently referred to as “strong” and “resilient” which often negates the human experience of life stressors and racial trauma. Presenters will engage participants in a discussion about the strong Black woman, the psychological impacts of this archetype, how symptoms may present, and clinical implications for practice.

120-Minute Educational Sessions

9:00AM - 10:20AM – Saturday, July 29th

Advocating for Disability Accommodations at home, work, and school with Clients_
Room: 103

Catherine J. Eaton

One aspect of Diversity, Equity and Inclusion that is often ignored is the need to address accommodations for disabled persons in the home, work and school environments. This session will identify how counselors can advocate for their clients for reasonable supports and accommodations under the Americans with Disabilities Act (1990).

Understanding Aging LGBTQ+ Folks and Chosen Families_
Room: 166

Leslie Kooyman

Aging LGBTQ+ folks face unique psychosocial/support issues. They experience greater health issues, losses, and disparities in care. Many create a "chosen family" as a support network. This interactive presentation will explore the psychosocial issues of aging LGBTQ+ folks and chosen families. Cultural differences and counseling implications will be explored.

50-Minute Educational Sessions

10:30AM - 11:20AM– Saturday, July 29th

Lost Connections: The Many Faces of Grandparent Alienation & Hope for the Future_ **Room: 102**

Suzanne Degges-White
Marcela Kepic
Katherine M. Hermann-Turner
Wendy Killam
Amber Randolph

Grandparent alienation is a complex issue with potentially far-reaching consequences. This session presents perspectives surrounding the phenomena and describes potential risk factors and consequences. Strategies and approaches for preventing and healing from grandparent alienation will be provided in addition to interventions to support struggling family members and promote healthy relationships.

Treating Executive Function in Elderly Clients Utilizing Memory Reconsolidation Techniques_ **Room: 166**

Sharon R. Thompson
Lorin Puebla
Ashton Smith
Denise Hudson

Utilizing memory reconsolidation techniques such as EMDR and MESE can improve executive functions, such as planning, decision making, working memory, personality expression, moderating social behavior and controlling certain aspects of speech and language aiding in wellness and resilience across the lifespan.

Age & Ageism: (Re)-Defining the Contours of Multicultural Competence_ **Room: 103**

Matthew Fullen
Jordan Wescott
Mary Chase Mize
Julie Williams
Lisa Boyd

Ageism is rarely emphasized in counselor training despite the importance of multicultural and social justice competence. Come learn strategies to conceptualize age as a key part of clients' social and cultural identities, explore your own assumptions about aging, and identify ways to integrate aging into your counseling and education practices!

50-Minute Educational Sessions

11:30AM - 12:20PM– Saturday, July 29th

Prolonged Grief Disorder: Diagnosis and Treatment Strategies for Client Wellness and Resilience_
Room: 102

Candace Park

Crystal Zanders

Prolonged Grief Disorder (PGD) was added to the DSM-5-TR. This presentation will provide a distinction between the typical experience of grief and the more severe experience of PGD. It will also include discussion of the theoretical conceptualizations of grief and treatment strategies to support client wellness and resilience across the lifespan.

Millennial Gender Differences in Relationship Satisfaction, Attachment Style, and Mobile
Room: 166

Elizabeth "Miki" Anderson

Simone Lambert

This study focused on the differences between scores on the Experiences in Close Relationships Scale-Short Form, Relationship Assessment Scale, and Romantic Texting Proclivity Scale in males and females born between 1981 and 1996 who communicate via mobile messaging.

Adoption as trauma: Legitimizing the experiences of relinquished persons_
Room: 165

Sara W. Bailey

Adoption trauma is ubiquitous. Counselors' failure to acknowledge and assess for it injures adoptees further, exacerbating lifelong consequences of relinquishment on identity. Examine the eugenicist foundations that inspire current adoption practice and learn culturally responsive approaches to support the healing of adoptees within systems that continue to marginalize them.

50-Minute Educational Sessions

12:30PM - 1:20PM– Saturday, July 29th

Integrating Self-Care Discourses in CLNG & CES: A Mixed Methods Investigation into the Self-Care Discourses in Counseling and Counselor Education and Supervision_

Room: 165

Emily Hotz

Self-care is targeted by the counselor community because of the taxing work that comes with the job. Self-care is a well-known concept, but fails to acknowledge the cultural differences in how we take care of ourselves. This presentation explores the current way self-care functions as a construct and how CES can move the voices of neo-indigenous people out of the margins when it comes to self-care.

Using Creativity to Maintain Counselor Self-Care_

Room: 166

Wendy Killam

Counselors face situations focusing emotional energy leaving them susceptible to stress and burnout. Participants will explore creative techniques to engage in self-care. They will be guided in creating routines allowing for goal setting focusing on wellness. Techniques learned can be infused in daily life to handle stress and find balance.

Emerging Adults and Individuation: Helping Young Adults Navigate Parental Relationships

Room: 102

Matthew L. Nice

The process of individuation from one's parents is age-normative during the emerging adult years, and central to optimal development in this period. Emerging adults are tasked with redefining the parenting relationship in the process of individuation. This presentation details strategies for counselors to work with emerging adults during this process.

WHAT MAKES ADULTSPAN UNIQUE?



- **QUICK
TURNAROUND**
- **FOCUS ON AND
PRIORITIZE
OLDER ADULTS'
LIVED
EXPERIENCES
AND MENTAL
HEALTH NEEDS**
- **WE ACCEPT A
WIDE VARIETY
OF ARTICLE
SUBMISSIONS**

SEND ADDITIONAL QUESTIONS TO :

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- **FOLLOW US ON TWITTER-
@ADULTSPANJ**

AADA



History of AADA

Chartered in 1986 by first the first AADA President, Dr. Jane Myers, the Association for Adult Development and Aging, serves as a focal point for sharing, professional development, and advocacy related to adult development and aging issues and addresses counseling concerns across the lifespan.



AADA Logo 1986-2021

AADA Logo 2021-present

| AADA Past-Presidents | | |
|-----------------------------|------------------------------|----------------------------------|
| 1986 – 1987 Jane Myers | 1997 – 1998 Judith Coy | 2009 – 2010 Summer Reiner |
| 1987 – 1988 Barbara Shelton | 1998 – 1999 Greta Krahn | 2010 – 2011 Jane Rheineck |
| 1988 – 1989 Elinor Waters | 1999 – 2000 Catherine Roland | 2011 – 2012 Gary McClain |
| 1989 – 1990 Lorraine Clark | 2000 – 2001 Bonnie Malone | 2012 – 2013 Radha Horton-Parker |
| 1990 – 1991 Richard Johnson | 2001 – 2002 Larry Burlew | 2013 – 2014 Suzanne Degges-White |
| 1991 – 1992 Marilyn Edwards | 2002 – 2003 Christine Moll | 2014 – 2015 Bob Dobmeier |
| 1992 – 1993 Charlene Kampfe | 2003 – 2004 Marie Wakefield | 2016 – 2017 Wendy Killam |
| 1993 – 1994 Larry Burlew | 2004 – 2005 Donna Ford | 2017 – 2018 Marcela Kopic |
| 1994 – 1995 Peter Emerson | 2005 – 2006 Vonda Long | 2018 – 2019 Katherine Herman |
| 1995 – 1996 Barbara Keene | 2006 – 2007 Wendy Enochs | 2019 – 2020 Amber Randolph |
| 1996 – 1997 Rose Cooper | 2007 – 2009 Carolyn Greer | 2020 – 2021 Christian Chan |
| 2021-2022 John Nance | | 2022-2023 Adrienne Trogden |