

ADC – Michelle Knight facts/figures

What We Knew

- 35 research studies between 1894 and 2006
- Involving over 50,000 people from 24 countries
- Diverse methodological quality
- Sample size range: 20 to 20,000
- Prevalence (ever in life) range: 2% to 88%
- Incidence (following a death) range: 49% to 90%
- Many reports of common occurrence and beneficial nature of ADC
- ADCrs' fear of talking about ADC with others, particularly profession
- Definition: spontaneous phenomenon in which a living person has a feeling or sense of direct contact with a deceased person
- Examples
- History
- Paranormal psychology
- Grief/bereavement studies

What We Knew

- 35 research studies between 1894 and 2006
- Involving over 50,000 people from 24 countries
- Diverse methodological quality
- Sample size range: 20 to 20,000
- Prevalence (ever in life) range: 2% to 88%
- Incidence (following a death) range: 49% to 90%
- Many reports of common occurrence and beneficial nature of ADC
- ADCrs' fear of talking about ADC with others, particularly profession

Research Questions

- How common?
- Benefits/detriments
- Mental health of ADCrs
- Sensory modalities of ADC

Systematic Review

- Purpose:
- To evaluate descriptive studies
- To determine best estimates
- To educate professionals and general public
- Steps
- Collected study publications
- Developed rubric
- Used rubric and three raters to rank the studies
- Used top ranked studies to arrive at best-estimates

Rubric Criteria

- Clarity/completeness of purpose and method
- Reliability and validity of the instrument(s)
- Representativeness of the sample surveyed
- Sampling method and sample size
- Response to bias, response rate, attempt to explain response differences between groups
- Results/conclusions/discussion

Results:

Prevalence

1 2 3 4 5 Best

Estimate

Prevalence 17 44 27 54 29 30-35%

Prevalence: a lifetime estimate of ADCs:

How many people are likely to report ADC over the course of their lifetimes?

At least 1 out of 3 of people report ADC sometime in their lives

Results:

Incidence

Incidence: frequency within a specified period of time following a specified event:

How many people are likely to report ADC within a year of the death of a loved one?

1 2 3 4 5 Best

Estimate

Incidence 82 73 81 49 90 70-80%

At least 3 out of 4 people report ADC within a year of the loss of a loved one.

Results:

Who Has ADC?

- Bereaved and non-bereaved (more in bereaved)
- Both sexes (more in women)
- All ages (more in older)
- All nationalities, ethnicities, education levels, income levels
- All religious affiliations and practices
- No relationship between mental condition and ADC:
not a sign of mental illness

Results:

Modalities

- Many modalities:
- ADCr sensory modalities: visual, auditory, tactile, olfactory, kinesthetic, sense of presence
- External modalities: symbolic, telephone
- Circumstance types:
- ADCr's state of consciousness: all, including awake and asleep
- Possibly most common: sleep (not dream) ADC
- Visual and sense of presence also quite common
- ADCr's health status: all, from perfectly healthy to deathbed

Results:

Benefits/Detriments

- Benefits: ADC described as pleasant, positive, mystical, serene, elating, helpful, comforting, healing, spiritual, etc.
- Detriments: ADC described as distressing in relation to fear and/or confusion from lack of information or misinformation
- Example

Knight Study

- Knight, M. T. (2011). Ways of being: The alchemy of bereavement and communiqué (doctoral thesis). Sydney, Australia: University of Sydney.

Methodology

- Michele's personal experiences
- Childhood
- Adulthood: mother, husband, others
- Recruitment through press releases in Sydney
- 21 adult participants
- Multiple lengthy interviews with each
- Not deceased but disembodied

Eight Themes

- Theme 1: Thirteen types of ADC
- Inner hearing Sound
- Use of embodied persons Non-living material items
- During sleep Scent / odor
- Physical contact Animals
- Sense of presence Fulfillment of pre-mortem pacts
- Sighting Synchronicity
- Manifestation

Eight Themes

- Theme 2: Additional experiencing persons
- Usually family members

Eight Themes

- Theme 3: Occurrence
- Once or multiple
- Usually but not always tapering off over time
- Theme 4: Conceptualization of ADC
- All eventuated into something positive, reassuring, and affirming
- Majority were directly relevant to a difficulty or concern the ADCr was experiencing at the time
- Theme 5: Conceptualization of relationships
- Confirmed or transformed ADCr's relationship to disembodied

- Deeper sense, understanding, and appreciation of ongoing connection
- Theme 6: Conceptualization of being
- Veracity of ADC
- Disclosure
- Safety to disclose
- Positive and negative reactions to disclosure
- Impact on worldview
- If already spiritual/transpersonal, confirmed
- If not, transformed
- Theme 7: Conceptualization of death
- Immortality
- Theme 8: Intersubjective nature of interview process
- Participants:
- Reportedly and observedly enjoyed participating in the study
- Reportedly considered it part of an ongoing evolution of their bereavement narrative

Composite Depiction

- Occurs unexpectedly, randomly, with little warning; often takes one by surprise
- Appears to occur spontaneously and sometimes as if by coincidence in response to emotional and psychological needs of experient at the time
- Something done to, not by, ADCr
- Can happen when sleeping or awake
- Can take a variety of forms, but always uniquely personal to the individual
- For those inexperienced in non-material phenomena, event is transformative;
for those experienced, it is confirmative

Composite Depiction

- A cacophony of feelings arise in response to the experience
- The mind turns inward in an effort to understand what has taken place.
- Sometimes initially confusing as one struggles to conceptualize in terms of what is already known
- Other times a confirmation of what is already known

- Experience educates and informs regarding two forms of existence: material and non-material; an invitation to understand life and one's place in the universe from alternate perspectives.

- From thinking differently, one acts differently in one's social/cultural world.

- Some report sense of communion with the sacred, others a sense of awe and

wonder; typically feel blessed; psychospiritual change pp. 340-341

Practical Application:

“In Life” Acronym

- Inquire: Have you heard from ____ since s/he passed?

- Normalize: The experience itself is

- common worldwide and

- unrelated to a mental disorder.

- Listen: without judgment

- Inform: About how ADCr's experience conforms to what is known from research

- Facilitate: Help ADCr come to his/her own understanding of the experience.

- Educate: Provide resources, esp. the ADC Fact Sheet.

How to Increase

Likelihood of ADC

- Dealing with “ADC envy”

- Receptive mode, openness

- Prayer, meditation

- Incubating dreams

- Journaling

- Induced After-Death Communication (IADC)

<http://www.induced-adc.com/>

3/29/16

10

Questions/Comments

and Contact Info

Questions? Comments?

Jenny Streit-Horn

jshorn@websentia.us

jshorn.com