

Hello from Paula Wheaton:

I am honored to have received the Adult scholarship award in 2018. I am seeking my education, and now in the conclusion of my studies and working on my dissertation. I am pursuing a Doctorate degree through Liberty University in Education and the cognate I pursued is Community Care and counseling, Pastoral care. I am looking at assisting the community and churches in the area. Not sure what that will look like yet, but through the research I will be able to expand programs for Adult Children of Alcoholics [ACOAs]. My research is ACOAs and does psychoeducational sessions help with relationship satisfaction.

My reason for writing is to let others in the BPW community aware of my research and obtain willing participants for the research.

**Adult Children of Alcoholics (ACOA):
Do Psychoeducational Group Sessions Improve Relationship Satisfaction?**

- Are you between the ages of 18 and 65?
- Do you have a history of parents affected by alcohol?
- Were you not under the care of a medical (psychiatric) or mental health care professional between 2014-2019?
- Did you not abuse alcohol or drugs between 2014-2019?

If you answered yes to these questions, you may be eligible to participate in a research study.

Description of Project: The study is intended to help professionals working with ACOAs minimize the emotional, social, and psychological effects of being an ACOA. Potential participants will be asked to take a Children of Alcoholics Screening Test (CAST) and if accepted into the study. Individuals who qualify for the study based on their CAST scores and interview responses. They will receive a link to sign the consent form and complete a demographic survey and ECR-S survey. Participants will then be randomly placed into one of two groups. One group will participate in eight 90-minute psychoeducational group sessions (Group A) and the other group will not participate in group sessions (Group B). At the end of the eight weeks, both groups will be asked to complete the ECR-S again.

Compensation: Every 50th individual who completes the CAST survey will receive a \$50 Visa gift card. There will be a \$25 Visa gift card for every participant picked for Group A. Every 20th participant who completes the ECR-S survey twice will receive a \$15 Visa gift card.

**Please contact Paula Wheaton at (305) 395-2308
or Pwheaton@liberty.edu for further information.**