



A Half-Day Workshop March 25, 2010
Kent State University

*Combining guided reminiscence and
meditative practice in groups with older adults: A recipe
for enhancing mood and memories*

Featured Speaker: Paula E. Hartman-Stein, Ph.D.

The Ohio Association of Gerontology and Education and Kent State University are pleased to bring you Dr. Paula Hartman-Stein to present this half-day workshop for health care professionals working with older adults.

Clinical practice and recent research findings indicate that both mood and recall of personal memories can be enhanced by combining expressive writing techniques with a brief meditative practice taught in group settings with older adults. This therapeutic approach can be easily incorporated into regular use by a wide variety of mental health professionals either separately or as an adjunct to other forms of treatment.

Workshop Format

This 4 hour workshop will be both didactic and experiential in its format. Dr. Hartman-Stein will review the evidence for the benefits of guided reminiscence and meditation with older adults as well as share her experiences conducting such programs in groups at a retirement community and in out-patient settings. Workshop participants will have the opportunity to write about their own life transitions based on prompts developed by gerontologist James Birren, experience a group meditative practice useful for cognitively intact and memory impaired adults, and share their writing and personal insights in small groups.

Workshop Objectives

1. Learning about evidence that meditation improves cognition, reduces anger and increases compassion.
2. Learning about evidence that guided autobiographical writing creates awareness of past adaptive strategies and develops strategies for coping with current life transitions.
3. Learning how to identify the key elements of guided reminiscence and autobiography groups.
3. Learning how to conduct a brief 12 minute meditative practice that can be used with memory impaired older adults.

Who Should Attend?

Professionals who would benefit are clinicians including LSWs, LISWs, LPCCs, psychologists; activity therapists, and nurses in long term care facilities; program planners and administrators of senior centers.

About the Speaker



Paula Hartman-Stein, Ph.D. is a clinical psychologist and founder of the Center for Healthy Aging in Kent, Ohio, where she provides consulting and clinical services for older adults and their caregivers. Dr. Hartman-Stein conducts professional training on screening and intervention strategies for geriatric depression and leads creative writing workshops to promote emotional and physical resilience. Since 1998 she has written regularly for the newspaper, *The National Psychologist*. She is currently editing a handbook by Springer, *Enhancing Cognitive Fitness: A guide to the use and development of community programs*. Dr. Hartman-Stein is a Senior Fellow at the Institute for Life-Span development and Gerontology (University of Akron), Adjunct Associate Professor of Psychology (Kent State University), and Assistant Professor of Psychology in Psychiatry (NEOUCOM).

REGISTRATION FORM

Combining guided reminiscence and meditative practice in groups with older adults: A recipe for enhancing mood and memories

Thursday March 25, 2010—1:00—5:00 PM

Student Center , Room 313

Kent State University

Kent, Ohio (for driving directions visit <http://kentstate.kent.edu/directions/kent/travel.asp>)

Legal Name (Please print) Last First M.I.

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Please register as soon as possible. The number of registrants is limited. Deadline for acceptance of registration is March 18, 2010. Cancellations after this date will not be refunded.

Office of Continuing Education Hours: Mon.-Fri. 8 a.m. - 5 p.m.

Payment is due when you register. In order to bill your organization, we need a purchase order or letter of authorization with your registration.

Cancellations: If we have to cancel a program, we will notify you immediately.

Fee and Charges: Kent State staff benefits do not apply to noncredit workshops.

To register:

- **Mail form** and full payment to Workshops, Office of Continuing & Distance Education, Kent State University, PO Box 5190, Kent, OH 44242-0001
- **Fax** your registration to 330-672-2079
- **Phone** in your registration at 330-672-3100 or toll free in Ohio at 800-672-KSU2
- **Register in person** at 204 Michael Schwartz Center, Kent Campus

- **Online registration** at
<http://yourtrainingresource.com>
(Click Programs, Conference, then Education)

