



**Living to 100 Club
Archives Available**

**January 31st 2020: Narrative Gerontology: How
the Pen has Power to Promote Optimal Aging**

This show will explore "narrative gerontology," a relatively new interdisciplinary field of research and practice, meaning "life as story" and involving late life. In the early 1960's, the gerontologist Robert Butler laid the foundation for life review, asserting that looking back from the vantage point of the present, individuals can re-frame their perspectives of past accomplishments and regrets, overcome bitterness, and move on with greater integrity and new purpose. Interventions that combine narrative and aging include memoir, guided autobiographical writing, reminiscence done in gro

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Featured Guest



Paula Hartman-Stein

Paula Hartman-Stein, Ph.D. is a nationally recognized clinical psychologist specializing in aging as well as a behavioral healthcare consultant, journalist, and non-fiction writer. Working as a clinician in northeast Ohio for most of her career, Dr. Hartman-Stein offers seminars on aging issues and narrative gerontology.

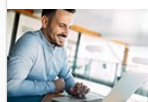
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