

STOCKTON COLLEGE

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



Reminiscence Benefits Older Adults

Second in a Series of Professional Seminars to be Held on July 7

For Immediate Release

Thursday, June 17, 2010

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Galloway Township, NJ- The second in an ongoing series of Continuing Professional Education Seminars, presented by the Stockton Center on Successful Aging (SCOSA) and School of Graduate and Continuing Studies, is scheduled for Wednesday, July 7, 2010 from 7:30 a.m. to 9:00 a.m. The seminar, entitled "The Therapeutic Value of Life Review through Guided Autobiography," will be presented by Dr. Lisa Cox, SCOSA research chair and associate professor of social work, at the Health Center at Galloway (66 West Jimmie Leeds Road, Galloway, NJ 08205).

Dr. Cox notes that "guided autobiography helps people to more fully understand the meaning of their life, or to utilize knowledge and strength from their past in order to deal with current and future struggles and life transitions such as widowhood, retirement, career change and chronic health problems." Dr. Cox is a certified Guided Autobiography (GAB) Leader, completing her training with the methodology's creator, Dr. James Birren, renowned gerontologist from the University of Southern California and presently of UCLA.

The seminars, designed for professionals, para-professionals and other caregivers who work with older adults are free of charge and include a full breakfast. Upon completion, participants will receive 1 CE for social workers, marriage and family therapists, and licensed professional counselors. Online