

# The Herczeg Institute on Aging Lecture Series for Gerontologists



January - April, Tel Aviv University 2015

## *Quality of life and mental health promotion in old age*

The gerontologists' lecture series is a continuing education program, designed for professionals who interact with the aged population. Its purpose is to provide the participants with new and updated knowledge, while relating it to the everyday professional environment.

Each lecture series includes four double meetings (eight lectures), given by experts from the academy or from the professional field in related disciplines such as psychology, sociology, medicine, nursing, or social work.

### Lecture Series Program

#### *Therapeutic and social aspects of psychological resilience in old age*

**Ms. Yifat Mizrahi** (M.S.W.), a clinical social worker, spoke about *Cognitive and behavioral therapeutic methods of developing resilience and coping skills in older persons*.

**Mr. Amir Manor**, a film director and journalist, spoke about the movie *Epilogue*, which he wrote and directed. The movie tells the story of one day in the life of an elderly couple and describes their physical decline and disappointment from the social welfare policies in Israel.

#### *Health, happiness, maturity and meaning in life in old age*

**Dr. Dina Eisen**, a former family physician who currently writes and lectures about humor and optimistic health, spoke about *The way in which our health is affected by our attitude towards life*, and provided simple, daily tools for happier life

**Dr. Denis Charbit**, Head of Political Science & International Relations Department at the Open University of Israel, spoke about *Aspects of maturity and meaning in life in the works of Albert Camus*, a French Nobel Prize winning author and philosopher.

#### *Philosophical, psychological and cultural aspects of old age*

**Dr. Tamar Aylat-Yaguri** from the Department of Philosophy at Tel Aviv University, spoke about *Psychological and philosophical aspects of meaning in life in old age*, notably about the concept of death in old age.

**Ms. Noa Vana**, a doctoral student from the Department of Sociology and Anthropology at Tel Aviv University, spoke about *The influence of cultural differences on the treatment of mentally impaired older persons* and about the social construction of dying in mentally impaired older persons.

#### *Fostering mental and physical health in an ever-changing world*

**Dr. Eleanor Pardess**, clinical psychologist, lecturer and researcher, spoke about *Compassion, self-compassion and fear of compassion among older persons and their families*.

**Ms. Lilach Erez** (BPT), physiotherapist and lecturer in ergonomics and health, spoke about *Joint health in old age*. The lecture combined theory and practice.