

Lecture series for Gerontologists, 2013

Mental Health in Old Age

In partnership with Eshel - Association for the Planning & Development of Services for the Aged in Israel

The lecture series for Gerontologists is designed for professionals caring for the elderly. The purpose of the lectures is to provide the participants with new and updated knowledge in their fields of work.

The lecture series includes four double sessions (eight lectures). The lecturers in the series are academic researchers and clinicians with expertise in specific fields of gerontology.

The lecture series for Gerontologists is conducted in partnership between the Herczeg Institute on Aging and Eshel - Association for Planning and Development of Services for the Aged in Israel.

The four sessions of the last series took place during January through April 2013.

This year's topic was "**Mental Health in Old Age.**"

- **The first session** included lectures by *Dr. Yoram Ma'aravi* about the mental health in old age, and by *Ms. Gila Bruner* about sexuality and intimacy in old age.
- **The second session** included lectures by *Dr. Alec Yofe* about neurotic disorders in old age, and by *Prof. Dov Eisenberg* about the clinical and therapeutic aspects of depression in old age.
- **The third session** included lectures by *Ms. Nava Eckstein* about physical activity and healthy lifestyle, and by *Ms. Josefa Ben-Moshe* about aging and physical activity ("*Is it for champions only?*").
- **The fourth session** included lectures by *Ms. Michal Hertz* about the well-being in people with dementia, and by *Dr. Joseph Halamish* about insights from brain research that may promote the mental well-being of the aged.

The participants in this series belong to diverse work sites all over Israel, including nursing homes, assisted living homes, hospitals, nursing centers in Kibbutzim, associations for the elderly, senior citizen clubs, and gerontological counseling centers.

For further information please visit our web site - www.herczeg.tau.ac.il

