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Living to 100 Club

Friday at 2 PM Pacific

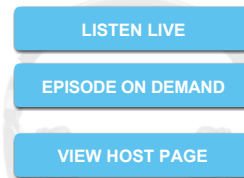
January 31st 2020: Narrative Gerontology: How the Pen has Power to Promote Optimal Aging

This show will explore narrative gerontology. Our guest is a psychologist, gerontology educator, and author, Dr. Paula Hartman-Stein. She has used narrative gerontology and guided autobiographical writing with individuals in her clinical practice and has led many inter-generational writing groups. Does the pen have power to promote optimal aging?



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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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