NYSPA’S Division of Adult Development and Aging Presents:
Enhancement of Cognition in Older Adults:
Evidence-Based and Integrative Approaches
with Dr. Paula Hartman-Stein

Saturday December 11, 2010
9:00 AM to 1PM
Registration and check-in at 8:30AM
HOSTED BY
Prospect Park Residence
One Prospect Park West
Park Slope, Brooklyn 11215

<table>
<thead>
<tr>
<th>Schedule</th>
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<tbody>
<tr>
<td>9:00 AM – 10:00 AM</td>
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<tr>
<td>Review of the evidence for</td>
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<td>meditation and therapeutic</td>
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<td>writing as complementary</td>
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<td>methods of treatment for</td>
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<td>enhancement of cognition</td>
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<td>and mood.</td>
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<td>10:10 AM – 10:40 AM</td>
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<tr>
<td>Practice of Kirtan Kriya</td>
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<td>meditation for improving</td>
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<td>attention and cognition.</td>
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<tr>
<td>10:50 AM – 1:00 PM</td>
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<tr>
<td>Therapeutic writing exercises and discussion.</td>
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<td>Refreshments will be served.</td>
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This workshop will be both didactic and experiential in format. The presenter will review cutting edge and evidence-based non-pharmacological approaches and community programs designed to improve cognitive skills and enhance quality of life for both well and frail older adults. Following the didactic portion of the program, participants will learn two of these methods: Kirtan Kriya meditation recommended by the Alzheimer’s Research and Prevention Foundation in Tucson, Arizona and therapeutic writing exercises that can be used in groups or as part of individual therapy for adults of all ages.

Learning Objectives:
1. Identify key elements of cognitive enhancement programs.
2. Understand limitations in current research using non-pharmacological strategies to improve cognition.
3. Identify the benefits of expressive writing as a therapeutic technique with older adults.
4. Learn how to use expressive writing in a therapeutic context to improve working memory capacity and mood.

Speaker Bio: Paula Hartman-Stein, Ph.D. is a clinical geropsychologist who provides clinical and consulting services at the Center for Healthy Aging, in Kent, Ohio. She is one of three certified trainers in Ohio for the public health intervention for geriatric depression, Healthy IDEAS. She conducts creative writing workshops on body-mind-spirit connections as an integrative and complementary approach to improve mood, cope with chronic medical conditions and enhance cognitive functioning. Since 1998 she has been a correspondent for The National Psychologist, publishing over 70 news articles as well as numerous book chapters and journal articles in peer reviewed publications. She is the editor of one book, Innovative Behavioral Healthcare for older adults (1998) and co-editor of a handbook due out in early 2011, Enhancing cognitive fitness: A guide to the use and development of community programs. In 2010 she was named the Outstanding Gerontology Practitioner in the state of Ohio from the Ohio Association of Gerontology and Education.
Location:
Prospect Park Residence is located in Park Slope, Brooklyn, across the street from Prospect Park in a beautiful and easily accessible neighborhood in Brownstone Brooklyn. For directions by car and public transportation please go to www.prospectparkresidence.com. Affordable parking is located nearby, on Union Street, around the corner.

Continuing Education Credit (CE) (PENDING):

4 Hours of Continuing Education will be awarded to those that complete the requirements of attendance, post event survey and payment of CE fees. Registration and payment for CE credits will be done at registration.

The Enhancement of Cognition in Older Adults: Evidence-based and Integrative Approaches is sponsored by the Foundation of the New York State Psychological Association. The Foundation of the New York State Psychological Association is approved by the American Psychological Association to offer Continuing Education for psychologists. The Foundation of the New York State Psychological Association maintains responsibility for this program and its content.

Grievances about the workshop must be submitted in writing to the Foundation of the New York State Psychological Association, Inc., 6 Automation Lane, Suite 103, Albany, NY 12205, Attn: Continuing Education Committee.

REGISTRATION FORM
Name:__________________________________________________________________________
Mailing Address:__________________________________________________________________
City:_______________________________________State:_______ Zip:______________________

Fees: NYSPA Member NYSPA non-Member
Prior to December 1: $45 $55
After December 1 or On-site : $55 $65
Students $15 $30 applied to NYSPA membership
Add Additional Fee for CE Credits: $10 $20

(Fees for NYSPA members who aren’t members of Division of Adult Development and Aging can be used to join division).

Join Division _____YES _____NO

Payment Method:
_____ check (Payable to NYSPA) Check #______ Amount ________
Credit Card: VISA_____MasterCard_____Amex_____
Credit Card Number#:____________________________________ Exp. Date ____/_____
Signature: _________________________________________________

Please send payment to:
NYSPA, 6 Automation Lane, Suite 103, Albany, NY 12205
Or
Register By Phone: Call NYSPA Central Office at (800) 732-3933
Or
Register Online: www.NYSPA.org under calendar of events