



# INTERNATIONAL INSTITUTE FOR REMINISCENCE AND LIFE REVIEW

The Center For Continuing Education - University of Wisconsin-Superior

Fall 2018

<http://reminiscenceandlifereview.org>

## **Message from the President**

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*Juliette Shellman*

Dear members,

Welcome to the fall edition of our newsletter. I hope you enjoyed your summer! I am looking forward to seeing all of you at our conference in Boston, November 12-14th. As can be seen in the conference brochure, this year's conference promises to be exciting and educational. The variety of poster and paper presentations and workshops demonstrate the depth and breadth of Life Story work conducted by our members. We are also looking forward to hearing from our Keynote Speaker, Jefferson Singer, PhD, MPhil, MS, present "The Varieties of Remembered Experience: Illustrating the Utility of Reminiscence Research" on Monday, November 12th. Special thanks to Donna Sislo and Esther Gieschen and the conference committee for their hard work in putting the conference together.

During our annual meeting on Tuesday, November 13th at 11:55 a.m., we will be addressing critical issues related to the future of the Institute. Since I last communicated with you through this newsletter, we have been working hard exploring different strategies for the smooth transition from housing the Institute at the University of Wisconsin-Superior, Center for Continuing Education to other sites. At this time, I am unable to share a definitive solution. However, it is my goal to present a new structure for the membership's approval in Boston. Our work is very important and I count on all of you to support our efforts for the future. Our goals are to continue to promote and expand our organization to be multidisciplinary, and provide opportunities for more collaboration, research, education, and communication. I would like to take this opportunity to thank all of you who have provided creative ideas and a vision for the future.

See you in Boston!

Juliette Shellman, President  
International Institute for Reminiscence and  
Life Review

***Registration will open November 1 for the 2019 online Certificate in Reminiscence and Life Story Work – and you can pre-register now to save your place in the class!***  
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At the Reminiscence conference in New Orleans in 2013, members of the IIRLR met with staff from the University of Wisconsin – Superior, Center for Continuing Education to discuss the development of a first-of-its-kind on-line Certificate in Reminiscence and Life Story Work. The first students enrolled in the pilot cohort the following year. To date, 45 students from five countries and many professional fields have participated.

March 6, 2019 the fifth cohort will start the first of three 8-week, on-line courses. In August, 2019 they will start the final part of their certificate – a capstone project in their communities, doing the kind of life story work they choose.

Those who have pre-registered on the [“wait list”](#) will get a chance to register first and get an early discount. Members of the IIRLR receive a special discounted rate. Certificate details, instructor information, fees and pre-registration is available online now.

If you have questions about any aspect of this program or if you are interested in an alternative Certificate in Fundamentals of Reminiscence Practice, please contact Esther Gieschen at [egiesche@uwsuper.edu](mailto:egiesche@uwsuper.edu) or 715.394.8529.

## ***The Importance of the IIRLR Registry***

People interested in reminiscence and life review find the IIRLR website through their searches. Having your current information in the Registry can lead to important connections in the field and/or just opportunities to steer someone looking for information to an appropriate expert in their area of interest.

If you are a member and haven't included your profile information we suggest you do that as soon as you can. All you need to do is to go to the IIRLR site ([www.ReminiscenceAndLifeReview.org](http://www.ReminiscenceAndLifeReview.org)), and click on the Registry tab. You will see a “Join-Registry-fill-in-form”. This is the form you use to create your profile. Once you have filled out the form and saved it, email it back to us so we can include it to the Registry.

If you already have a profile, please review it. If an update is necessary, click on your name and at the bottom of your profile page is a link titled “Update-Profile-Form”. Click on this link and update accordingly. In the past month, we have had two inquiries from web searches that we were able to direct to members through Registry profiles.

For anyone reading this who has not become a member, please join and create your Registry profile! To become a member, visit us at: [www.ReminiscenceAndLifeReview.org](http://www.ReminiscenceAndLifeReview.org) or click on our [Registration Page](#).

# IIRLR

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International Institute For Reminiscence  
and Life Review

## MISSION

To further define and develop the interdisciplinary field of reminiscence and life review through discussion and collaboration in practice, research, education, volunteer and individual applications across the lifespan.

## GOALS

- Promote increased awareness, knowledge, and skill development in direct practice of reminiscence and life review.
- Further reminiscence and life review research activity, providing a venue for discussion of results as well as guidance for future research.
- Establish a working definition of reminiscence and life review.
- Further integrate research and practice.
- Educate others about reminiscence and life review practice, research, and ways to integrate the material in formal education, staff training, and volunteer organizations.

## HISTORY

The International Institute for Reminiscence and Life Review is a program in the Health and Human Issues division of the Center for Continuing Education/Extension at the University of Wisconsin-Superior. The Center sponsored the premiere National Reminiscence and Life Review Conference in 1995.

Major leaders in the field formed the International Reminiscence and Life Review as a follow up to that conference. The Board of Directors and interested participants have met at the 1997, 1999, 2001, 2003, 2005, 2007, 2009, 2011, 2013 and 2015 International Reminiscence and Life Review conferences sponsored by UW-Superior.

## *Become a member today*

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- Identify yourself as a leader in the field
- List yourself and your special areas of expertise in the Registry on the IIRLR website
- Promote the services you offer under Member Services on the IIRLR website
- Become eligible for leadership roles in the Institute's advisory board, conference planning committee, awards nomination process and more
- Receive advance notice of publication of on-line newsletter and Journal
- Support the Mission of the IIRLR – advance knowledge and practice of Reminiscence and Life Review

To facilitate the transition of the IIRLR from the Center for Continuing Education, University of Wisconsin-Superior to a new hosting organization effective June 30, 2019, 2018 memberships will be extended to June 30, 2019, with no additional cost to members.

Annual fee: \$48 US dollars  
\$24 US dollars for full time students

Contact:  
Donna Sislo at [dsislo@uwsuper.edu](mailto:dsislo@uwsuper.edu) or 715.394.8170 or Esther Gieschen at [egiesche@uwsuper.edu](mailto:egiesche@uwsuper.edu) or 715-394-8529.

## **Optional Pre-Conference Workshop**

Monday, November 12th from 9:00 am - 11:00 am

### **Reminiscence Therapy for Persons with Alzheimer's Disease and Other Cognitive Impairments** (Mariner Room)

Description: This workshop will center on the use of reminiscence in the context of memory loss. An overview of the state of the science will be provided. In addition, different reminiscence techniques that have been previously attempted (e.g. story boards, music, photographs) will be described. Methodological and logistical approaches will be considered, as variability in physical health and cognition pose unique challenges in this population. Highlights and pitfalls in the selection of research designs and outcome measures, always a challenge both in the context of memory loss, as well as in reminiscence will be discussed. The hope is for an active engagement among participants, as we aim to share our collective experience.

Instructor: Alison Kris, PhD, RN, Fairfield University

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Monday, November 12th from 1:00 pm - 3:00 pm

### **Reflecting on the past: A cultural lens** (Mariner Room)

Description: In this session, we will explore the role of culture, ethnicity, and religion. What roles do each of these play in health and the interpretation of wellbeing in diverse communities? Using research evidence from reminiscence, life review, narratives and oral history, we will compare and discuss how individuals from diverse communities reflect on the past using a cultural lens.

Learning Objectives:

- identify culturally sensitive approaches to doing reminiscence practice and research
- identify connection of culture to health and wellbeing from a reminiscence and narrative lens
- identify cultural differences of reminiscence and life review practice

Instructors: Sharon McKenzie, PhD, CTRS, CADDCT, Kean University and Zayed Ahmed, PhD, LPCC, LICSW, Director, Avenue for Homeless Youth, Minneapolis, MA

## **Optional Post-Conference Workshop**

Wednesday, November 13th from 9:00 am - 11:00 am

### **Reminiscence and Life Review with People in Hospice and/or Near End of Life** (Mariner Room)

Description: This workshop will describe the current research findings for using life review in the palliative care and at the end of life including different approaches to LR and complementary alternative medicine activities in palliative care and their impact on spirituality, well-being, and meaning of life.

Learning Outcome: Attendees will describe how reminiscence and life review is used with people in hospice and/or near the end of life.

Workshop breakdown:

1. Introductions and goals for the workshop (10 min)
2. Describe current research findings for using life review (LR) with palliative care (PC) and at end of life (20 min)
3. Discuss approaches to LR and its impact with spirituality, well-being, and meaning in life with PC and at the end of life (60 min)
4. Explore Complementary Alternative Medicine activities in PC and at the end of life (20 min)
5. Future of Reminiscence and Life Review research and practice (10 min)

Instructors: Cheryl Brohard, PhD, RN, AOCN, CHPCA, University of Houston and Brian de Vries, PhD, Professor Emeritus, San Francisco State University

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## ***Invitation to submit papers, symposia, or posters***

The following meeting may be of interest to our IIRLR members.  
Thank you to Ayanna K. Thomas and Linda Henkel for providing this information.

The Society for Applied Research in Memory and Cognition (SARMAC) invites submissions for its 13th Biennial meeting to be held in Brewster, Cape Cod, MA, USA, 6 - 9 June 2019.

SARMAC welcomes submissions for papers, symposia, or posters in any area of applied research on memory and cognition (e.g., law, education, engineering, health/medicine, politics, marketing, human factors). The conference features keynotes by Stephan Lewandowsky (University of Bristol), Susan Bluck (University of Florida), Simine Vazire (University of California – Davis), and Steven Whittaker (University of California – Santa Cruz).

**The deadline for symposia submission is November 1, 2018. The deadline for abstracts for posters and talks is December 1, 2018.**

To register, make a submission, or learn more about the conference, visit the conference website at <http://www.sarmac.org/sarmac-xiii-cape-cod-ma/>

Please pass this information to your colleagues and students.