

Wise aging, based on empiric studies within several spiritual communities, sponsored by institute for jewish spirituality 2015

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To ensure that we both respect the education our years have given us and that this learning does not simply end when we die, it is essential that we understand wise aging and we are able to share, even teach wise aging to the generation behind us. The topics identified as fundamental to implementing that form of growing older are the core of this discussion. This presentation will be limited because understanding needs time for discussion, questioning and exploration. Author's goal is to raise questions, perhaps even confusion. Confusion has been described as a very high state of mind. It is the state of mind that occurs just before enlightenment. With confusion, we ask

questions. The questions asked and explored lead to learning.

Biography

Susan Theresa Lindau is doing her Clinical Practice in Los Angeles, CA in which she treats individuals with severe depression and chronic suicidality. She has also been teaching in the Suzanne Dworak School of Social Work of the University of Southern California in Los Angeles for 13 years. She has an online presence in a blog, Therapist of Last Resort. She is the CEO of Santa Monica Center for Acceptance and Change.

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