

# Clinical Psychology of Aging

Syllabus Number	CLI-311
Elective	2 credit
ZAITSU, Koji	

## 1. Course Description

In general, as the elderly grow older, their brains age and their cognitive functions decline. In addition, there are many psychological issues unique to the elderly, such as retirement, bereavement with close relatives, financial insecurity and conflicts in family relationships, anxiety and loneliness facing aging and death. In addition, the onset of dementia and physical illness can be accompanied by various mental symptoms. In this lecture, we will organize and explain the knowledge and theories necessary to understand these problems inherent in the elderly psychologically. In addition, we present a model case that assumes an actual clinical situation, and discuss it from a psychological, biological, and social perspective. The goal of this lecture is to deepen the understanding of the psychological practice of the complex and diverse elderly and to acquire a basic idea of the actual psychological practice.