

The Study of Life-review Therapy in the Elderly

- Experiencing narratives and psychological adaptation -

KURITA Yuuki

Graduate School of Science for Human Services, Ritsumeikan University

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The purpose of this study is to investigate the relationship between experiencing narratives and psychological adaptation in individuals through— life-review therapy. The participants (two men and four women, mean age=76.7 years old) were recruited from a mentally healthy elderly group. They completed one session (46.7 minutes on average) of life-review therapy. The participant's mental health was assessed before the session, and their mood state and any change in mental state were assessed after the session. Their life-review interviews were analyzed by using the Experiencing Scale. The results showed a focus on emotions and thoughts when they were told that “positive experiences may improve their self-esteem.” In addition, when they were told negative experiences in order to focus on emotions and thoughts, they may have come to understand their –own self and form their own identity. Furthermore, the result of mood state and the change in mental state was similar for one married couple. However, evaluating the Experiencing Scale was different in this couple. Thus, this couple's characteristics should be investigated further in the future.