Module 1:
Fundamentals of Reminiscence and Life Review (R&LR): Theory, Research and History

Overview:
This course will introduce students to the main contributors in the field of reminiscence and life review and provide examples of how R&LR are used in various lines of work. It will also review adult development theories to provide a context of the people with whom students will be working.

Learning Objectives:
Upon completion of this course, students will be able to:
- Appreciate the various definitions and approaches to reminiscence work.
- Identify different uses for reminiscence and life review work and how they have evolved.
- Understand age-related changes and how those may impact R&LR work.
- Connect with members of the International Institute for Reminiscence and Life Review (IIR&R&LR).
- Identify major contributors to the field of R&LR.
- Recognize reasons for setting objectives for planned reminiscence work.
- Consider how reminiscence work can be used with various groups.

Course Materials:

Class Schedule

| Week 1 | Introduction  
|        | Your interests/background |
| Week 2 | What is Reminiscence and Life Review? |
| Week 3 | Adaptive Processes of Reminiscence |
| Week 4 | Methods – Part 1 |
| Week 5 | Methods – Part 2 |
| Week 6 | Aging |
| Week 7 | An introduction to application |
| Week 8 | Final Project – how you see yourself using reminiscence and life review |
Module 2:  
Reminiscence and Life Review Practice and Application

Overview:  
In this course, students will acquire the knowledge, skills, and principles for conducting successful and safe reminiscence and life review sessions. Interview techniques, strategies for conducting individual and group sessions, and cultural considerations will be examined. Students will apply concepts by conducting reminiscence or life review sessions by the end of the course.

Instructor: Juliette Shellman, Ph.D., APHN-BC, Associate Professor of Nursing, University of Connecticut.

Learning Objectives:  
Upon completion of this course, students will be able to:
- Differentiate between the types of reminiscence and life review.
- Examine effective communication skills for facilitating reminiscence and life review with individuals and groups.
- Identify strategies for safe and effective reminiscence and life review sessions.
- Discuss cultural considerations when conducting reminiscence and life review sessions.
- Apply effective communication skill and safe practice techniques by conducting a reminiscence or life review session with an older adult.

Course Materials:
- Selected articles posted on D2L

Class Schedule
- Week 1  Introduction & Review of Reminiscence and Life Review modalities
- Week 2  Communicating effectively with older adults
- Week 3  Facilitating Reminiscence and Life Review - Part I: Individual Sessions
- Week 4  Facilitating Reminiscence and Life Review - Part II: Group Sessions
- Week 5  Handling challenging situations
- Week 6  Cultural considerations when conducting reminiscence or life review
- Week 7  Conduct reminiscence session on own
- Week 8  Final project presentation with feedback
Module 3:
Developing a Personal History Practice

Overview:
This course will introduce students to the specific competencies required to launch and operate a personal history practice. Topics covered include the personal history consumer, business models, legal and ethical considerations, sales and marketing, creating the product, and developing strategic relationships. It is designed to dovetail with business management educational resources elsewhere, but not to replicate what is readily available to students in their communities.

Instructor: Sarah White, BA, Personal Historian, Entrepreneur

Learning Objectives:
Upon completion of this course, students will:

- Be prepared to do the capstone practicum (described below).
- Be able to demonstrate understanding of the personal history professional “landscape”.
- Be able to explain his/her plans to practice personal history or an alternate type of practice.

Course Materials:

Class Schedule
Week 1  Overview
Know the personal history consumer

Week 2  Business models

Week 3  Legal and ethical considerations

Week 4  Sales and marketing

Week 5  Creating the product

Week 6  Conclusion: Strategic relationships
Final paper: Notes toward a business plan
Module 4:  
Capstone Project: A Practicum in Reminiscence and Life Story Work

The purpose of this project is for students to be able to demonstrate that they can effectively apply what they learned in the course work to actual practice and to ensure that students have at least one hands-on completed project for their portfolio or resume. The practicum will be completed with mentoring and over-sight from an experienced professional in an area of R&LSW as close as possible to the student’s intended area of practice. The practicum will be individualized to meet the needs of each student.

Capstone Coordinator: Esther Gieschen, MA, Program Manager, UW-Superior

During this practicum, students will:*  
- Identify their intended area of practice (at least for purposes of the practicum).
- Describe to the capstone coordinator and their mentor the project they plan to do.
- Identify and recruit an individual or group to be their client.
- Complete and sign all needed confidentiality agreements and other legal documents.
- Record (via the medium of their choice) an interview with their client on some aspect of client’s life.
- Create a product from the interview suitable for delivery to client.
- Submit documentation to capstone coordinator and their mentor of their project and the final product they intend to present to their client.
- Deliver completed product to client and received feedback from client.
- Submit final report documenting client’s feedback to capstone coordinator and mentor.

*These objectives will be modified for a student not planning to do personal history work

Expected time to complete Capstone: 6 weeks

Upon satisfactory completion of capstone project and payment in full of all fees, student will be awarded his or her official Certificate in Reminiscence and Life Story Work.