

# Ageing and Spirituality Conference

The power of resilience in older people

1 November 2019 | Selwyn Village Theatre, Auckland

The American Psychologists Association defines resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. These sources of threat can be mental, physical as well as spiritual. When it comes to the power of resilience in older people, often those who care - such as family, friends or health professionals 'hold' the resilience when a person is particularly frail.

Resilience building techniques come from the ability to share experiences and results. Stories, it seems, have both an empowering and therapeutic effect in guiding oneself or others to a point of recovery and re-engagement. This year's Ageing and Spirituality agenda will focus on the many aspects of resilience, with presenters sharing their stories and secrets of success. Join us on 1 November at The Selwyn Village Theatre, for what will be an enriching day led by a number of experts in their fields, including:

## Dr Lucy Hone

*Director, New Zealand Institute of Wellbeing & Resilience*

Creating resilience - what my life and work has taught me

## Richard von Sturmer

*Writer, Performer and Filmmaker*

Storytelling and the practice of resilience

## Dr Gary Cheung

*Psychiatrist, University of Auckland*

The psychological story of resilience

## Rev Caroline Leys

*Director, Spiritual Care, The Selwyn Foundation*

Assessing spiritual distress and needs with older people

## Rebekah Preston

*Community Development Coordinator, Age Concern*

Resilient communities

## Jeremy Hema

*Kaiarahi, University of Auckland*

Whanau & resilience

## Amanda Levey

*Whitecliffe Art School Programme Director Art Therapy*

Art therapy to create resilience – interactive session

## Tools and techniques for resilience creation:

The Therapy Box - Hannah Young DT

Mind Body Practice - Heyes Johnson

