

MTP8204 : Spirituality, Creativity, and Transformation in the Second Half of Life

Identify what it means to bring consciousness to the second half of life, the dynamic role of creativity in affirming and expressing the inherent gifts to be found. Examine the tasks of becoming an elder (personal growth and transformation, increased spiritual awareness, self-transcendence, and the development of wisdom) through reading, writing, and experiential activities. Gain an understanding of the myths of aging and articulate ways to assist people in experiencing the second half of life with vitality and meaning.

Credits 3