

# Spiritual Resiliency in Older Women

Models of  
Strength for  
Challenges  
Through the  
Life Span

Janet L. Ramsey  
Rosemary Blieszner



# Spiritual Resiliency In Older Women Models Of Strength For Challenges Through The Life Span

**Chau Kiu Cheung**



## **Spiritual Resiliency In Older Women Models Of Strength For Challenges Through The Life Span:**

Spiritual Resiliency in Older Women Janet L. Ramsey, Rosemary Blieszner, 1999-03-19 Persons of all ages struggle to survive losses and rewrite their life stories Self help books abound yet seldom do we stop to consider living resources the wise old persons who are among us Gerontologists Janet L Ramsey and Rosemary Blieszner have recorded narratives of spiritually resilient German and American women and offer here a rare combination of listening personal story telling and professional reflection Avoiding simplistic answers and acknowledging the ambiguity of human experience the authors give voice to a remarkably unheard group strong old women In this unique book you will find unforgettable stories of courage and faith but also provocative suggestions on how to enrich your clinical and academic work through an increased emphasis on spiritual coping The authors also emphasize the importance of acknowledging emotions in spiritual experiences and integrating faith and close human relationships Spiritual Resiliency and Aging Janet Ramsey, Rosemary Blieszner, 2016-12-05 First Published in 2017 In this new book Ramsey and Blieszner invite readers to renew their acquaintance with the eight women of the previous book and to meet eight men who like the women were nominated by their pastors as being people the pastors would want to speak with in times of spiritual crisis Women and Positive Aging Lisa Hollis-Sawyer, Amanda Dykema-Engblade, 2016-03-03 Women and Positive Aging An International Perspective presents the noted research in the fields of psychology gerontology and gender studies reflecting the increasingly popular and pervasive positive aging issues of women in today s society from different cohorts backgrounds and life situations Each section describes a bridge between the theoretical aspects and practical applications of the theory that is consistent with the scientist practitioner training model in psychology including case studies and associated intervention strategies with older women in each chapter In addition to incorporating current research on aging women s issues each section provides the reader with background about the topic to give context and perspective Examines a comprehensive range of issues for aging women Details current research trends Encompasses a holistic model of women s aging Ranges from physical and mental health in response to aging changes to social relationships and sexuality Presents a how to put research into practice section in each chapter Focuses on topical issues that are relevant to women wanting to optimize their life outcomes as they live on average longer than ever before *The Encyclopedia of Adulthood and Aging, 3 Volume Set* Susan K. Whitbourne, 2016-01-19 This authoritative reference work contains more than 300 entries covering all aspects of the multi disciplinary field of adult development and aging Brings together concise accurate summaries of classic topics as well as the most recent thinking and research in new areas Covers a broad range of issues from biological and physiological changes in the body to changes in cognition personality and social roles to applied areas such as psychotherapy long term care and end of life issues Includes contributions from major researchers in the academic and clinical realms 3 Volumes [www.encyclopediaadulthoodandaging.com](http://www.encyclopediaadulthoodandaging.com) **Occupational Therapy with Aging Adults - E-Book** Karen Frank

Barney, Margaret Perkinson, 2024-06-21 Get all the information you need to work holistically creatively and collaboratively when providing services for older adults with Karen Frank Barney Margaret A Perkinson and Debbie Laliberte Rudman s Occupational Therapy with Aging Adults 2nd Edition Emphasizing evidence based occupation based practice and a collaborative interdisciplinary approach this text walks students and practitioners through the full range of gerontological occupational therapy practice inclusive of working with individual clients to working at systems and societal levels Over 80 leaders in their respective topical areas contributed to the book s 33 chapters including the conceptual foundations and principles of gerontological occupational therapy bio psychosocial age related changes environmental forces shaping occupational participation for older adults the continuum of health care as well as implications for communities and the attributes ethical responsibilities and roles involved in gerontological occupational therapy This edition also covers topical OT issues that are crucially important to an aging population such as diversity and inclusion disability and aging sexuality technology telehealth and virtual environments intergenerational connections updates on dementia research and caring for someone with dementia occupational justice and aging age inclusive communities and an expanded section on hearing to ensure your students are well versed in every aspect of this key practice area UNIQUE Intraprofessional and interprofessional approach to intervention emphasizes working holistically and collaboratively in serving older adults UNIQUE Chapter on the wide range of physiological musculoskeletal and neurological changes among the aging patient population highlights related occupational performance issues Case examples help you learn to apply new information to actual client and community situations Chapter on evidence based practice discusses how to incorporate evidence into clinical or community settings Questions at the end of each chapter can be used for discussion or other learning applications UNIQUE Chapters on nutrition food insecurity and oral health explore related challenges faced by older adults Chapter on ethics provides a deeper understanding of how to address challenging ethical dilemmas *Existential and Spiritual Issues in Death Attitudes* Adrian Tomer, Grafton Eliason, Paul T. P. Wong, 2008 In this new volume death is treated both as a threat to meaning and as an opportunity to create meaning New Directions in the Study of Late Life Religiousness and Spirituality Susan H. Mcfadden, Mark Brennan, 2014-05-01 Examine the questions of how what and why associated with religiousness and spirituality in the lives of older adults New Directions in the Study of Late Life Religiousness and Spirituality explores new ways of thinking about a topic that was once taboo but that has now attracted considerable attention from the gerontological community It examines various approaches to methodology and definition that are used in the study of religion spirituality and aging In addition it explores the ways that gerontological research can highlight the role of religion and spirituality in the lives of older adults The first section will introduce you to new ways of thinking about research methodology and data analysis that can be applied to studying the complexity of older adults religious spiritual practice and beliefs You ll learn several approaches to the study of phenomena that are both personal and also deeply embedded in community The second

section addresses issues of definition exploring important questions that call for critical reflection such as What are we studying What social and psychological influences shape our thinking about definition and Do the definitions used by gerontologists match those held by older people The final section moves the study of religion spirituality and aging beyond a focus on health and mortality to examine well being more broadly in the context of the life experiences of older adults Here is a small sample of what you ll learn about in New Directions in the Study of Late Life Religiousness and Spirituality structural equation modeling a statistical method designed to capture the dynamics inherent in the passage of time feminist qualitative methods for studying spiritual resiliency in older women spirituality as a public health issue the differences between groups of older people in the way they define religion and spirituality the psychosocial implications of two types of religious orientation dwelling and seeking older women s responses to the experience of widowhood and to the question of whether their religious beliefs were affected by the experience how social context influences our decisions and our interpretations of people s religious beliefs behaviors and experiences the ways that people caring for a spouse with dementia rely on religious coping a model that delineates three different ways people relate to God in coping and a study that asks whether these types of coping produce different outcomes for caregivers how people adjust to bereavement as a function of their beliefs about an afterlife

*Resilience Process and Its Personal and Social Bases* Chau Kiu Cheung, 2024-10-30 This book is to elucidate personal and social bases for personal resilience thus addressing the issue concerning the predominance of social factors in shaping resilience Essentially the book starts with a clarification of resilience as a phenomenon rather than a trait The clarification also identifies the personal bases in terms of the resilience process which specifies belief about resilience as a precursor to learning about resilience action for resilience and resilience successively To justify the personal and social bases the book expounds the analytical functionalist framework to specify voluntaristic and deterministic mechanisms to perform the four requisite functions of goal attainment adaptation integration and latency Equipped with the conceptual and theoretical grounds the book proceeds to scrutinize the effects of personal and social factors on resilience and its process The personal factors include personal background characteristics personality functional disability and various beliefs whereas the social factors include experiences of caring peace violence and social exclusion in society kindness sociability and aid from other people and social capital The scrutiny engages five databases about 6 948 Chinese people in Hong Kong and neighboring Chinese cities composed of the public service users older adults students and people with visual impairment Overall the book presents ample theoretical and empirical substances to clarify the genesis of resilience

Annual Review of Gerontology and Geriatrics, Volume 32, 2012 Bert Hayslip, Jr., 2012-02-01 This collection is a timely and excellent contribution to the study of resilience and the field of gerontology Anthropology and Aging Quarterly This state of the science multidisciplinary Annual Review of Gerontology and Geriatrics provides a comprehensive examination of critical issues on resilience in a variety of life domains central to the well being of older persons It examines the role of resilience in

determining adjustment and function in the domains of health grief and bereavement physical activity and functioning spirituality work retirement intellectual cognitive functioning coping with life events care giving and mental health interventions The first section of the book addresses such domains of resilience as immunological function stress and mood disorders emotional and cognitive resilience adjustment to cultural and environmental changes and spirituality Section two is concerned with practical applications of resilience A developmental family perspective is used to examine differences in adaptation to age related challenges The role of resilience in geriatric rehabilitation is discussed as is adaptive coping in regard to loss and trauma The text also explores resilience in regard to career management retirement and volunteerism considers resilience as a component of health in regard to public policy and examines exemplary public health programs and policies and the relationship of resilience to health care finance Also addressed is resilience in caregiving as a mutually beneficial process clinical interventions that enhance resilience and resilience from a lifespan developmental perspective Key Features Synthesizes the best current research in the field with direct practice implications Addresses resilience in regard to immunological function emotional and cognitive resilience and spirituality Explores the role of resilience in geriatric rehabilitation career management and retirement person environ fit and public health and policy Examines directions for future research and resilience oriented interventions

**Wising Up** Kathy Black, Heather Murray Elkins, 2010-04-01 Wising Up provides rituals and guidance for women as they age It helps them make the often difficult life transitions wisely and in the context of their faith communities Instead of focusing exclusively on time worn thresholds such as menopause marriage and divorce and dying the book contains affirming rituals on coming to terms with the changes in one's body learning to live with and depend on an item like a walker or a hearing aid giving up one's driver's license deciding how to give away one's household contents and being orphaned In addition to the rituals and guidelines on how to create one's own rituals the book contains a number of short stories hymns prayers quotations and poems to help ease women through the aging process

Contributors Susan Beehler Teresa Berger Kathy Black Ruth Duck Heather Murray Elkins Brigitte Enzner Probst Martha Whitmore Hickman Martha Ann Kirk Mary Elizabeth Mullino Moore Susan Roll Deborah Sokolove Linda J Vogel and Janet Walton

Handbook of Diversity in Feminist Psychology Hope Landrine, Nancy Felipe Russo, 2009-12-17 With the

publication of the Handbook of Diversity in Feminist Psychology the field of feminist psychology has achieved a new depth the volume is a sophisticated and cutting edge compendium that not only describes the state of the field but also pushes its boundaries in important ways Sex Roles A Journal of Research Critical for all those who are in the field of psychology to own refer to and use No longer are diversity and gender issues considered to be on the periphery as they once were one would be remiss in not considering these factors in psychology Florence L Denmark PhD From the Foreword Author Psychology of Women FINALLY A collection of work that is built on decades if not centuries of hard work from many feminists of color and our allies This is one of the few books that delves deeply into the complex world of considering the human condition in

cultural context something psychology is only relatively recently trying to do This book is a must have for anyone interested in feminism OR diversity issues It is a great example of feminist multiculturalism and both fields i e feminism and multicultural psychology should consider it an example of how to merge theoretical orientations in a way that is fitting for real people I LOVE this book Geneva Reynaga Abiko Psy D This handbook presents a multicultural approach to diversity in feminist psychology Provocative and timely the text comprehensively discusses the cutting edge of feminist discourse covering major topics such as multicultural feminist theory gender discrimination aging health and therapy violence and harassment politics and policy and much more The unique quality of this book is that each contributor brings her own cultural perspective values and concerns to her chapter Special emphasis is also given to the intersectionality of minority identities such as race ethnicity social class sexual preference and other socially constructed status differences among women Key Topics Discussed Intimate partner violence perspectives from ethnic groups in the United States Gender transgressive sexual minorities HIV AIDS among women of color and sexual minority women Psychological perspectives on older women including transitions cognitive functioning and mental health Ethnicity disordered eating and body image Methodological and statistical issues in research with diverse samples Low income women women with disabilities workers and immigrants refugees

*Handbook of Families and Aging* Rosemary Blieszner,Victoria Hilkevitch Bedford,2012-09-20 This comprehensive state of the art textbook and reference volume in family gerontology reviews and critiques the recent theoretical empirical and methodological literature identifies future research directions and makes recommendations for gerontology professionals This book is both an updated version of and a complement to the original Handbook of Families and Aging The many additions include the most recent demographic changes on aging families new theoretical formulations innovative research methods recent legal issues and death and bereavement as well as new material on the relationships themselves sibling partnered and intergenerational relationships for example Among the brand new topics in this edition are step family relationships aging families and immigration aging families and 21st century technology and peripheral family ties Unlike the more cursory summaries found in textbooks the essays within Handbook of Families and Aging Second Edition provide thoughtful in depth coverage of each topic No other book provides such a comprehensive and timely overview of theory and research on family relationships the contexts of family life and major turning points in late life families Nevertheless the contents are written to be engaging and accessible to a broad audience including advanced undergraduate students graduate students researchers and gerontology practitioners Serious lay readers will also find this book highly informative about contemporary family issues

*Aging, Spirituality, and Religion* Melvin Kimble,Susan H. McFadden,2002-12-01 Volume II picks up where Volume I left off with practical advice and tools for ministry with the aging in a variety of settings Gerontological and theological perspectives undergird the practical guidance and a final section treats of the unique ethical issues involved in ministry with the aging

**Dancing the Labyrinth** Maddy Cunningham,Jade de

Saussure,2019-03-22 There is a scarcity of professional literature and research that focuses on women s spiritual development and experiences and how they may differ from those of men For women the spiritual is often inner focused rather than transcendent relational rather than solitary and interdependent rather than autonomous Dancing the Labyrinth integrates knowledge of women s psychological and spiritual development alongside stories of a diverse group of women to examine how spirituality changes over the adult life course the catalysts for said changes e g the natural aging process or traumatic events and feminist spirituality which highlights the importance of relationships to self others and God While the authors focus on spirituality they examine the experiences of women who express their spirituality within both traditional and non traditional paths The text also includes several chapters that highlight specific clinical interventions professionals can use to implement spirituality into their practice with women Written in an engaging and accessible style this book serves as a helpful resource for mental health practitioners pastoral counselors spiritual directors and lay audiences interested in better understanding of the nuances of women s spiritual development and experiences **Spirituality of Later Life** Elizabeth

Mackinlay,2014-06-11 Humor expresses a certain heroic defiance in the face of life s most challenging experience and provides a valuable resource for the celebration of life and the divine comedy of faith hope and love From the book chapter by Melvin A Kimble PhD Studies have shown that as many people age their spirituality deepens Spirituality of Later Life On Humor and Despair explores the challenges faced by those in later life and the use of humor for self transcendence to achieve greater strength and deeper spirituality Respected authorities share their insights on humor and despair in the process of spiritual development in later life with discussions on how to provide effective pastoral practice in aged care Spirituality of Later Life On Humor and Despair presents the major issues that challenge people in later life that could lead them to either spiritual integrity or despair Beyond the physical and psychosocial this book shows how the journey into aging can through humor become self transcendent and deeply spiritual in the face of physical decline This theological perspective illustrates the full breadth of issues facing those in later life It presents effective pastoral frameworks of care for those who struggle with the depression dementia disabilities losses and terminal illness that may accompany aging Spirituality of Later Life On Humor and Despair explores humor as a path to self transcendence in later life later life s paradox of well being and defiant power of the human spirit dementia and its effect on spirituality spiritual and pastoral care approaches for those with depression religiousness in older people with dementia the spiritual journey of hospice patients non speech based pastoral care Spirituality of Later Life On Humor and Despair provides valuable insights for aged care chaplains parish clergy pastoral and aged care workers social workers activity officers health professionals and anyone whose life includes an elderly person Dignity and Grace Janet L. Ramsey,2018-08-01 Discovering how to live with dementia I m a stranger in a strange land sighed the dignified gentleman Janet L Ramsey met walking down the care center hallway Those words her first glimpse of the confusion that comes with dementia led her into a lifetime of work with older adults If you have been diagnosed with



dementia or you are accompanying someone with this illness you may find yourself on a journey that began with a sudden diagnosis and an acute sense of panic Or perhaps your journey started gradually as you noticed changes in yourself or in your partner or parent Whether sudden or gradual the impact of a diagnosis of dementia reorganizes a family's entire life Drawing on her own experience as a pastor teacher therapist and family caregiver as well as on interviews with eight family and professional caregivers Janet L Ramsey helps caregivers and those with impaired memories learn as they listen to each other She also shows them how the Holy Spirit can awaken their imagination and understanding while they discover how to live with dementia

Handbook of Assessment in Clinical Gerontology Peter A. Lichtenberg, 2010-08-20 New trends in mental healthcare practice and a rapid increase in the aged population are causing an explosion in the fields of clinical gerontology and geropsychology today This comprehensive second edition handbook offers clinicians and graduate students clear guidelines and reliable tools for assessing general mental health cognitive functioning functional age psychosocial health comorbidity behavior deficits and more Psychopathology behavioral disorders changes in cognition and changes in everyday functioning are addressed in full and a wide range of conditions and disorders common to this patient population are covered Each chapter provides an empirical review of assessment instruments assessment scales in their totality a review of how these instruments are used with and adapted for different cultural groups illustration of assessments through case studies and information on how to utilize ongoing assessment in treatment and or treatment planning This combination of elements will make the volume the definitive assessment source for clinicians working with elderly patients The most comprehensive source of up to date data on gerontological assessment with review articles covering psychopathology behavioral disorders changes in cognition and changes in everyday functioning Consolidates broadly distributed literature into single source saving researchers and clinicians time in obtaining and translating information and improving the level of further research and care they can provide Chapters directly address the range of conditions and disorders most common for this patient population i e driving ability mental competency sleep nutrition sexual functioning demntias elder abuse depression anxiety disorders etc Fully informs readers regarding conditions most commonly encountered in real world treatment of an elderly patient population Each chapter cites case studies to illustrate assessment techniques Exposes reader to real world application of each assessment discussed

**Methods in Religion, Spirituality & Aging** James W. Ellor, 2013-10-18 Since the 1971 White House Conference on Aging in the United States the need to move from religiosity into new areas such as Spiritual Assessment and Spirituality has emerged This movement has picked up momentum among scholars particularly in terms of research in the area of Spirituality While spirituality as a term is employed in many new studies this term continues to defy the quest for a single definition and method This book is divided into three sections In the first the authors reflect on the philosophical and theological issues presented by these terms from a variety of both cognate and practical methodological approaches The second section offers insights from the major professions of sociology

psychology public health nursing and social work The final section offers insight and assistance to researchers and authors on specific religious traditions This book will be important for anyone working to develop such practical tools as spiritual assessment forms to those who engage in more formal scholarly investigation      **Spirituality, Religion, and Aging** Holly Nelson-Becker, 2017-02-01 Spirituality Religion and Aging Illuminations for Therapeutic Practice by Holly Nelson Becker is a highly integrative book written for students professionals in aging ministers and older adults themselves Readers will gain the knowledge and skills they need to assess engage and address the spiritual and religious needs of older persons Taking a fresh approach that breaks new ground in the field the author discusses eight major world religions and covers values and ethics theories interventions health and caregiving depression and anxiety dementia and the end of life Meditations and exercises throughout the book allow readers to expand and explore their personal understanding of spirituality Referencing the latest research the book includes assessments and skill based tools designed to help practitioners enhance the mental health of older people      *The SAGE Handbook of Social Gerontology* Dale Dannefer, Chris Phillipson, 2010-08-13 This SAGE Handbook integrates basic research on social dimensions of aging It presents programmatic applications of research in areas not often seen in Handbooks including imprisonment technology and aging urban society aged and elderly migration The authors constitute a Who's Who of international gerontology and the focus on globalization and aging is unique among Handbooks today This Handbook should be in the library of every social gerontologist Vern L Bengtson Professor of Gerontology University of Southern California This volume reflects the emergence of ageing as a global concern including chapters by international scholars from Asia Australasia Europe and North America It provides a comprehensive overview of key trends and issues in the field drawing upon the full range of social science disciplines The Handbook is organized into five parts each exploring different aspects of research into social aspects of ageing Disciplinary overviews summaries of findings from key disciplinary areas within social gerontology Social relationships and social differences explores area like social inequality gender religion inter generational ties social networks and friendships Individual characteristics and change in later life examines different aspects of individual aging including self and identity cognitive processes and bio social interactions and their impact on physical and psychological aging Comparative perspectives and cultural innovations topics include ageing and development ageing in a global context migration and cross cultural perspectives on grandparenthood Policy issues covering policy concerns such as long term care technology and older people end of life issues work and retirement and the politics of old age This will be essential reading for all students researchers and policy makers concerned with the major issues influencing the lives of older people across the globe

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