Using a Positive Psychology of Aging to Enhance Gerontological Counseling
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Fact or Fiction?
Older adulthood is exclusively about physiological deficits

What is Biomedicalization of Aging?
Associating old age with a person’s physical health or illness, to the detriment of other aspects of well-being (Ng et al., 2015)

What is Successful Aging?
“We define successful aging as including three main components: low probability of disease and disease-related disability, high cognitive and physical functional capacity, and active engagement with life” (Rowe & Kahn, 1997, p. 433)

A Positive Psychology of Aging
Emphasis on whole person wellness and resilience

Illness-Wellness Continuum

Aging & Whole Person Wellness

Resilient Aging
Resilience has been offered as a conceptual framework for aging well that is more inclusive, attainable, and open to diversity than models of aging that focus primarily on physiological and/or functional abilities (Harris, 2008; Hicks & Conner, 2014; Martinson & Berridge, 2015; Wild, et al. 2013)

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