

Ernst Bohlmeijer, PhD



Ernst is a professor in mental health promotion at the University of Twente. He has a special interest in life-review and narrative psychology. Ernst was (co-)developer of six life-review interventions and (co-)authored over 30 peer-reviewed papers and book chapters on this topic. Recently he was (co-) editor of the book *Storying Later Life*, issues, investigations and interventions in narrative gerontology, published by Oxford University Press. This book contains 13 chapters about reminiscence and life-review. He will conduct the workshop in close collaboration with his colleagues Gerben Westerhof, Jojanneke Korte and Sanne Lamers.

Gerben Westerhof (PhD)



Gerben is a psychogerontologist and works as associate professor in psychology at the University of Twente. He has published widely on the topics of mental health, well-being, meaning in life, and identity development in later life. He is particularly interested in the importance of life stories and reminiscence in promoting mental health. Gerben has been the co-editor of "Ageing in society: European perspectives on gerontology" (Sage, 2007).

Jojanneke Korte



Jojanneke is PhD student at the University of Twente, Department of Psychology, Health & Technology. Her research is focused on the prevention of psychological distress in later life. In mediation models, she studied the adaptive value of reminiscence on psychological distress in older adults with depressive symptomatology. Furthermore, she evaluated an early life-review intervention in a large randomized controlled trial. Besides studying the effectiveness, she investigated how life-review achieves its effectiveness and if life-review is more suitable for certain target groups. Her future research plans involve a cost-effectiveness study on life-review and an in-depth qualitative analysis to gain more insight into the working mechanisms of life-review.

Sanne Lamers



Sanne is a PhD student at the University of Twente, Department of Psychology, Health and Technology. In her project she investigates mental health from a positive perspective as the presence of emotional, psychological and social well-being. She evaluated the Dutch Mental Health Continuum-Short Form, a self-report questionnaire on positive mental health, and studied age differences in positive mental health. Currently, she examines the effectiveness of a guided self-help intervention on life-review and reminiscence in a randomized controlled trial.