

ENROLL NOW FOR SPRING 2010

PSY 4230 | Loss and Trauma Across Lifespan

Some of the most difficult life events center around loss and trauma. Whether it is the loss of a spouse, a parent, a relationship, one's health a house, or a job, the psychological experience of loss is one of the most robust predictors of poor mental and physical health outcomes (Kendler, Karkowski, & Prescott, 1999). At the same time, loss is a normative and inevitable part of the life course that can forge our capacities to cope.

Why are some individuals more detrimentally affected by loss than others?

What factors predict resilience and recovery?

Are certain losses universally more difficult than others?