

COURSE DETAIL

CLINICAL PERSPECTIVES IN AUTOBIOGRAPHICAL MEMORY

Country

Denmark

Host Institution

Aarhus University

Program(s)

Aarhus University

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

119

UCEAP Course Suffix**UCEAP Official Title**

CLINICAL PERSPECTIVES IN AUTOBIOGRAPHICAL MEMORY

UCEAP Transcript Title

AUTOBIOGRPH MEMORY

UCEAP Quarter Units

8.00

UCEAP Semester Units

5.30

Course Description

How we remember our past and imagine our future has important consequences for our psychological well-being. This course examines how psychological research has informed our understanding of this relationship and how developments in the field of mental health science are translated into clinical practice. Through class discussion of theoretical concepts, practical examples of research methodology and intervention techniques, students gain insight into the psychological processes underlying autobiographical remembering and imagining. The course focuses on how biases in autobiographical processing are altered during times of psychological distress and examines the idea that changing the way individuals think about their own life-story can lead to improvements in psychological well-being.

Language(s) of Instruction

English

Host Institution Course Number

441251U002

Host Institution Course Title

CLINICAL PERSPECTIVES IN AUTOBIOGRAPHICAL MEMORY

Host Institution Course Details

<https://kursuskatalog.au.dk/en/course/137138/Clinical-Perspectives-in-Autobiogr...>

Host Institution Campus

Aarhus

Host Institution Faculty

Aarhus BSS

Host Institution Degree

Bachelor

Host Institution Department

Psychology and Behavioural Sciences

Course Last Reviewed

2025-2026

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