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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