

Dr Leander Mitchell is a Clinical Psychologist and Clinical Neuropsychologist whose focus in terms of both clinical practice and research is older adults. Her PhD reflected on the topic of wisdom in older adults and her other research areas include downsizing, working with people with dementia, and interventions for people with such diagnoses as Parkinson's disease. At a clinical level, she works with older adults and their carers both within aged care and the community, looking at enhancing mental health and everyday wellbeing, as well as being involved in assessing for conditions such as dementia and other forms of cognitive impairment (and utilising a strengths-based approach).

Dr Mitchell is also Clinic Manager of the University of Queensland Psychology Clinic, a position that sees her playing a key role in training the next generation of psychologists. It is through this role that she not only encourages trainees to embrace the skills required of a good psychologist, but also builds on the opportunities postgraduate psychology students have to work with older adults across a range of contexts. Her work also includes teaching and supervising postgraduate students, particularly in the area of older adulthood, but also other age groups. Dr Mitchell presents on a range of topics within the community (both to professional groups and the general population), including dementia, caregiving and self-care, retirement, memory issues and stroke, wisdom, reminiscence, and a range of other health and wellbeing related topics in older adults.