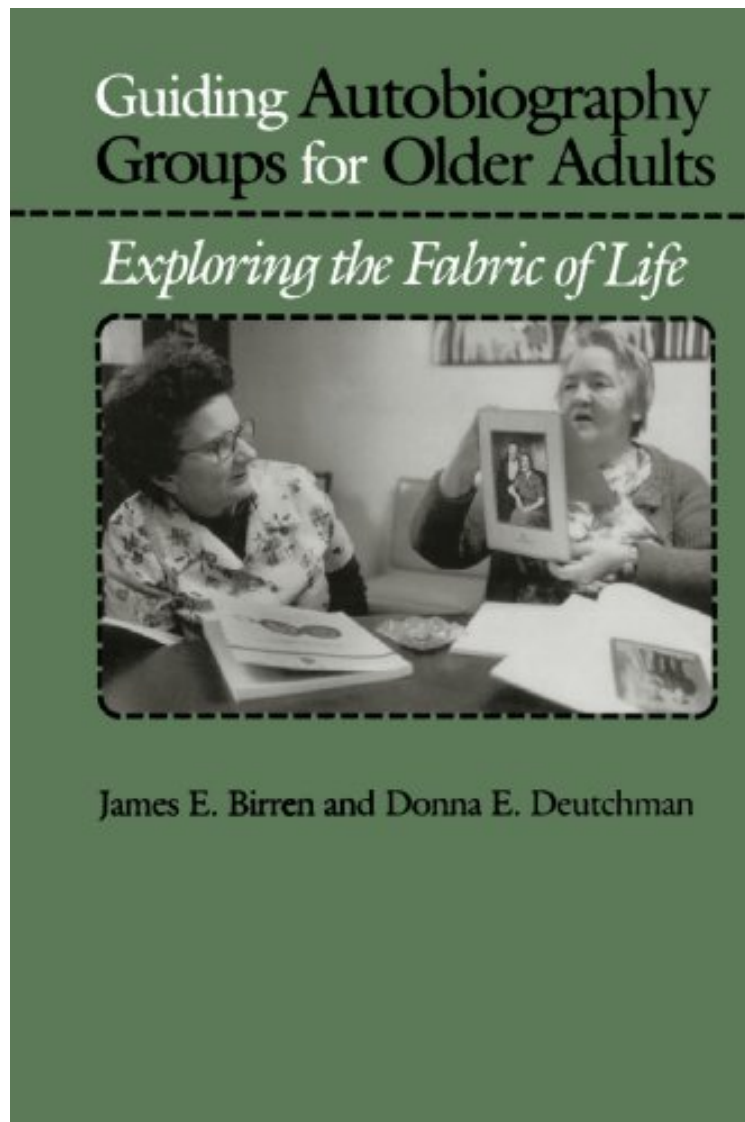


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Guiding Autobiography Groups for Older Adults: Exploring the Fabric of Life (Series in Contemporary Medicine Public)

James E. Birren, Donna E. Deutchman
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James E. Birren, Donna E. Deutchman : Guiding Autobiography Groups for Older Adults: Exploring the Fabric of Life (Series in Contemporary Medicine Public) before purchasing it in order to gage whether or not it would be worth my time, and all praised Guiding Autobiography Groups for Older Adults: Exploring the Fabric of

Life (Series in Contemporary Medicine Public):

1 of 1 people found the following review helpful. Excellent resource
By Stacey Warren
This book gives a nice background on guided autobiography followed by detailed instructions on how to carry out this type of group. The authors provide examples from their own experiences that enhance the material. Overall, a well-written piece of work that I highly recommend for someone interested in beginning guided autobiography.
1 of 1 people found the following review helpful. Guided Life Review for Older Adults
By Concerned Mother
I was very pleased with this purchase for the guided life review that I conducted as my Gerontology internship with a group of seniors. The book was very helpful.
1 of 1 people found the following review helpful. As We Grow Older
By Gail Knight
I will be using this book as a guide for a class I am teaching at our community college this spring. It was very well presented and I look forward to the outcomes.

"Guided autobiography," write the authors, "is ideally suited to foster in the older adult a belief that his or her life is meaningful and something of which to be proud." This book helps professionals at senior centers, community centers, and other service facilities guide older adults and others in preparing their autobiographies. Many older adults, the authors explain, have limited social networks. Widowhood, retirement, and other "involuntary transitions" create a loss of roles, which can damage the older adult's sense of identity and self-worth. Guided autobiography can be used very effectively with such persons to promote their general well-being, develop friendships, and create increased feelings of self-sufficiency. The book's chapters treat such topics as eliciting themes from people's lives, promoting creative thinking, facilitating group interaction, and mastering obstacles in the group process. Based on the authors' fourteen years of experience leading groups in guided autobiography, this book will be of special interest to gerontologists, psychologists, social workers, and other professionals who conduct activity programs for older people.

"The book is more than a how-to manual but less than a footnote-laden scholarly tome. There is both a necessary and sufficient discussion of the pragmatic aspects of conducting guided autobiography, but there is also... a succinct discussion of the related literature... It should be of interest to all those who plan and conduct programs or other activities for the elderly." (Educational Gerontology: Learning Resources)
"How older adults can explore their fabrics of life in guided autobiographical groups is told with lucidity and richness of detail... After 14 years of experience, the authors have developed a procedure that has obvious great usefulness for activity programmes in a variety of settings." (Ageing and Society)
About the Author
James E. Birren is director and Donna E. Deutchman is assistant director of the Anna and Harry Borun Center for Gerontological Research at the Multicampus Division of Geriatric Medicine and Gerontology, University of California, Los Angeles. James E. Birren is also the author of *Telling the Stories of Life Through Guided Autobiography Groups*