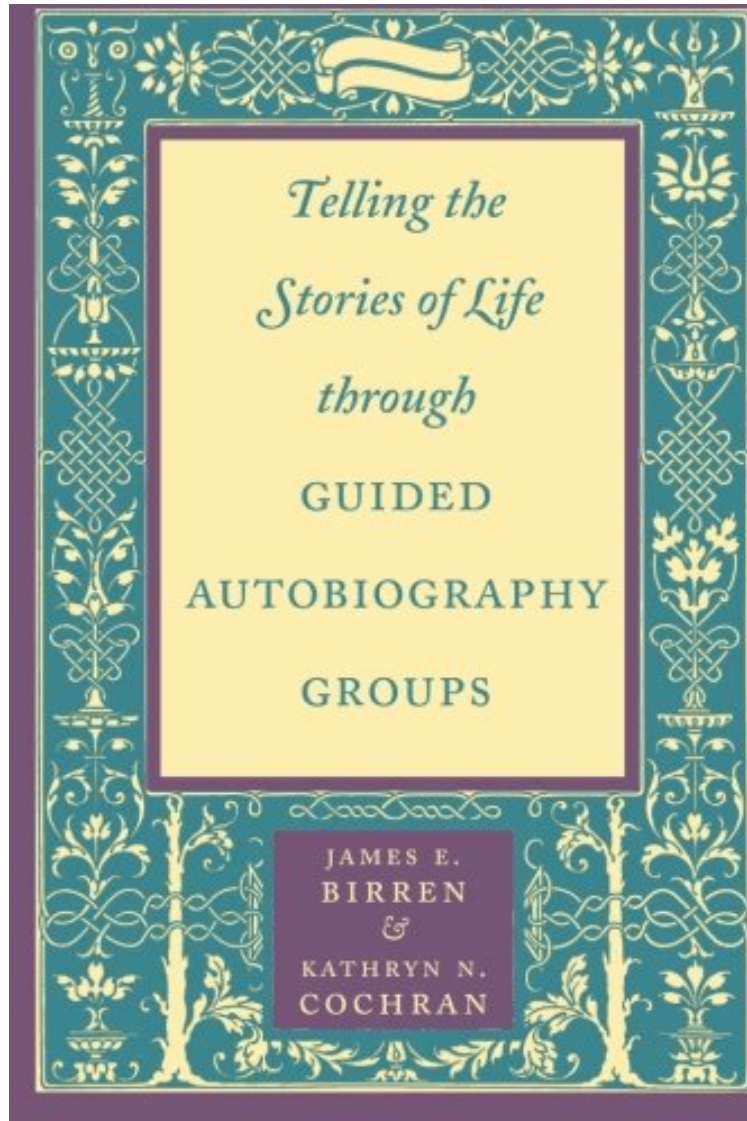


# Telling the Stories of Life through Guided Autobiography Groups

*James E. Birren, Kathryn N. Cochran*

DOC | \*audiobook | ebooks | Download PDF | ePub



DOWNLOAD



READ ONLINE

#647366 in Books Johns Hopkins University Press 2001-06-07 2001-06-07Original language:EnglishPDF #1 9.00 x .55 x 6.00l, .65 #File Name: 0801866340208 pages | File size: 16.Mb

**James E. Birren, Kathryn N. Cochran : Telling the Stories of Life through Guided Autobiography Groups**

before purchasing it in order to gage whether or not it would be worth my time, and all praised Telling the Stories of Life through Guided Autobiography Groups:

4 of 4 people found the following review helpful. If you help elders with their life stories, this book is a mustBy John TechwriterMost personal biographies tend to be glorified laundry lists of chronicled events: schools, marriage, job, children.To break with the boredom of linearity, revered gerontologist James Birren suggests approaching the subject's

life from the vantage point of various themes: family, geography, work, spirituality, aspirations . . . the list goes on. Put into context, the talking points of a life take on a resonance that makes them appealing to even non-related readers. Which makes this book a bargain. Better yet, take one of Birren's Guided Autobiography (GAB) trainer's courses and lead a group on a journey through their own lives, looking at them with fresh eyes and discovering who they really are and how they got that way. 2 of 2 people found the following review helpful. Writing Your Life Story . . . Two Pages at a Time By Helen C. Slemons Dr. Birren's book provides an excellent program for telling your life story. Participants in a Guided Autobiography class are stimulated by the sensitizing questions for each of the major life themes of the program. Class members say that the program has helped them to understand their life better and to see life experiences from a different perspective by writing about these past events. I highly recommend this book and urge anyone who would like to leave a legacy for family or friends to join a Guided Autobiography class which uses this book as the main curriculum. 0 of 0 people found the following review helpful. Become a GAB teacher. By Maury 56 And excellent book by the original professor who started it all. You can be a teacher from this book...but I recommend you take a course from Anita Reyes before you try it.

Telling the Stories of Life through Guided Autobiography Groups, based on James Birren's 25 years of conducting autobiography groups, discusses all the topics an organizer faces while developing a program for adults who want to recall and write down their life histories. This book is ideal for adult education programs, church groups, social workers, psychologists, gerontologists, and others who work with adults who might be interested in exploring, recording, or sharing their personal histories. It helps professionals and trained workshop leaders at community centers, senior centers, schools and other settings guide group participants in exploring major themes of their lives so that they can organize and write their stories and share them in a group with others on the same journey. This exercise is rewarding for adults of any age in a period of transition or with interest in gaining insight from their own stories. Personal development and a feeling of connection to other participants and their stories is a natural outcome of this process. This book provides background material and detailed lesson plans for those who wish to develop and lead an autobiography group. The authors explain the concept of guided autobiography, discuss the benefits to the group participants, and provide logistical information on how to plan, organize, and set up a group. An appendix provides exercises, handouts, and suggested adaptations for specific groups. The book also explains a systematic method of priming memories, including the history of family and of one's life work, the role of money, health and the body, and ideas about death. At a time when rapid change has created a widespread yearning to write down and exchange personal accounts, sharing life stories can reveal a great deal about how we have come to be the persons we are. Telling the Stories of Life through Guided Autobiography Groups shows how to organize, record, and share life experiences through a proven and effective technique.

"Nothing is left to chance in the manual and it is written with a depth of understanding and perception that effectively demonstrates the authors' cumulative practice experience." (Patricia Higham Ageing and Society) "This is an inspirational and practical guide on autobiography workshops." (Clinical Gerontologist) "The book is overflowing with voices of experience. The authors are obviously very familiar with the practical information needed to conduct guided autobiography groups successfully." (Robert C. Atchley, Ph.D., Naropa University) About the Author James E. Birren is associate director of the UCLA Center on Aging. He is the author of Guiding Autobiography Groups for Older Adults. Kathryn N. Cochran is an independent writer and editor who writes on a range of topics, including personal development, creativity, the family, education, and the arts and sciences. She also conducts guided autobiography workshops using the Birren method of guided autobiography.