



# Guiding Autobiography Groups for Older Adults (Series in Contemporary Medicine & Public)

*James E. Birren, Donna E. Deuchman*

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"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.

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