

# Transformational Reminiscence

LIFE STORY WORK



JOHN A. KUNZ  
FLORENCE GRAY SOLTYS  
WITH CONTRIBUTORS

John A. Kunz and

## Transformational Reminiscence: Life Story Work



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[A]s recently as fifty years back people believed that reminiscing was an indicator of senility. Today, plus a greater understanding of the importance of reminiscence we have seen the rising popularity of private memoirs in various forms, from oral histories by universities to audio and videotapes for family members archives.. Transformational Reminiscence teaches the reader how exactly to use the complete spectrum of life story approaches to enhance standard of living for old adults, ameliorate interpersonal and psychological problems, and intervene if indeed they happen.. Butler, MD Finally, a book that takes a "big picture" look at the complexities of using life story use older adults. Useful applications, anecdotes, exercises that help clarify the experiential aspect of the content, and helpful suggestions enhance each chapter and make certain a secure and ethical program of this technique." --Robert N. John A. Using the life tale matrix as a framework, the authors and their contributors cover the complexities of reminiscence and lifestyle review, techniques and tips for making an individual story general public, and the delicate stability of when to spotlight articles and when the process of telling one's life story could be therapeutic or destructive.. Kunz and Florence Gray Soltys have made a significant contribution to the field by giving a framework for individuals and groups engaged in this enriching and essential work. This book is crucial read for anyone who runs on the life story approach in his or her work with older adults or is usually teaching or supervising others in doing this.



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Review by Observed Gerontologist James Birren J. A., nursing, public health, and paraprofessional services. This book is written for individuals who serve or want to serve the older population. G. Soltys. 2007. The book will see a ready viewers among professionals who would like to improve the lives of old persons. NY: Springer. The principal orientation of this book is to open a pathway to enhancing the lives of mature and older adults. The pathway can be provided by ways of encouraging the telling and sharing of life stories, an activity of enriching reminiscence. There is growing interest our life stories in current society. Also included are descriptions of art-based techniques for bringing memories to the surface and integrating them. They are the exterior templates that are put on lives in contrast to the internal view of lives that individuals evolve and reveal within their reminiscence and lifestyle stories. The book will not direct the reader in determining the validity of Maslow's hierarchy of requires, Erikson's stages of existence, or Cohen's four phases of the second half of life. Previously, reminiscence by older adults was viewed as an idle pre-occupation, a non-productive "killing of time". The processes of human being development over living are complex. There are plenty of facets to remembrances and life tales. The eleven chapters of the book provide insights and instruction about solutions to stimulate reminiscence and integrate recollections. The title of the book, Transformational Reminiscence, is in itself a contribution. They all review relevant literature and offer evidence that encourages individuals to activate in the processes of reminiscence and life review. The dominant professional background of the authors can be in social work; five are from public work, two from guidance, and the rest of the three are other specific professionals, i.e. Kunz & This publication demonstrates that reminiscence can be a productive activity which provides insights and releases the wisdom from accumulated experiences of long lives. It means that constructive transformations derive from the perform of reminiscence with the elderly. This publication prepares the reader to work with older adults release a and interpret their memories and life stories which will bring about increased personal strengths. Culture has become more efficient but also much less personal. We will find out a lot more in the years forward from the interactions of clinical tests and the studies of therapeutic reminiscences. Both individual and group reminiscence processes are described in detail. The described ways of stimulating reminiscence range between one-on-one to group work. In addition to the two senior authors, there are eight other authors. Various disciplines have developed different paradigms or models for explaining the processes and events that form lives and how lives are interpreted. There is a wide variety of contexts into which narrative reminiscence fits from the therapeutic couch to insightful lunch time conversations with friends and colleagues. This publication on Transformational Reminiscence broadens the perspective on the constructive sharing of thoughts. James E. F. Its principal emphasis is normally on the therapeutic or helping use of reminiscence to improve the lives of older adults. The book includes a therapeutic orientation in helping older adults in a wide variety of contexts, "from dealing with fully oriented and functional older adults to dealing with the very frail, confused, and dying". Uncertainties and ambiguities of lifestyle transitions have been improved by people living longer and having more vigorous lives in a changing culture that has rapidly evolved from the industrial into the information period. Transformational Reminiscence. It contributes to producing the 21st century more personally constructive as opposed to the styles of the automated information era. Birren



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