

# THE HANDBOOK OF **Structured Life Review**



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## **The Handbook of Structured Life Review**



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Crystal clear and concise, this practical handbook synthesizes 30 years of research and practice using the Structured Existence Review process. Following this user-friendly handbook, Structured Lifestyle Review sessions could be conveniently led by experts and nonprofessionals alike: social employees, counselors, activity staff, or even volunteers. It allows people to learn from past experiences, settle unresolved problems, and ultimately achieve a state of life acceptance. Individuals benefit from increased life fulfillment, reduced depression, and the opportunity for reconciliation, acceptance, and serenity. Step-by-step goals, instructions, and sample dialogue for eight individual sessions provide a blueprint for conducting life reviews. The book thoroughly explains the function of the Therapeutic Listener and describes useful counseling and communication techniques. This approach is a one-on-one therapeutic technique that manuals people in reflecting on the lives from early childhood to the present. It is especially good for individuals experiencing stress, undergoing major modification, or dealing with grief or a traumatic event. Developed originally for older adults, Structured Lifestyle Review is suitable for people of all ages. Handy appendices include assessment equipment and a Lifestyle Review Form with recommended questions for each session.



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Five Stars great Five Stars excellent Good resource Purchased for my husband who is a gerontologist.Great Book Great book to work with in your therapeutic interactions with older people, or even to take guidance from when pursuing personal histories from other folks, or yourself.



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