

STOCKTON COLLEGE

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



Stockton

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Office of

Guided Autobiography/ page 2

The process is especially beneficial for people seeking meaning and/or a new direction in life while dealing with significant life-struggles such as cancer treatment, dialysis, divorce and widowhood. Small sharing groups are particularly rich when the participants are of varied ages and backgrounds.

“We start by asking participants to write down the history of branching points in their lives,” said Dr. Cox.

In subsequent sessions, participants explore such topics as family, the role of money in one’s life, one’s major life work or career, health and body, and other topics that interweave to form the tapestry of a life.

The guided autobiography methodology was developed by Dr. James Birren, associate director of the UCLA Center on Aging, to help would-be-autobiographers find structure and meaning in the multitude of seemingly random events that compose a life. Over five decades, Dr. Birren found that writing about life experiences and sharing them with others is one of the best ways to give new meaning to our present lives by understanding the past more fully.

The 5-week course is approved for 12.5 CEs for social workers, marriage and family therapists, and licensed professional counselors. Registration is required, and seating is limited to 15 participants. To register online, go to www.stockton.edu/cs, click on “Browse All Courses” and select Guided Autobiography. For registration assistance or questions please call (609)-652-4227.

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