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Transformational Reminiscence: Life Story Work

John A. Kunz, Florence Gray Soltys

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[A]s recently as fifty years ago people believed that reminiscing was a sign of senility....Today, along with a greater understanding of the significance 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 archives. John A. Kunz and Florence Gray Soltys have made a major contribution to the field by providing a framework for individuals and groups engaged in this enriching and important work."
--**Robert N. Butler, MD**

Finally, a book that takes a "big picture" look at the complexities of using life story work with older adults. Using the life story matrix as a framework, the authors and their contributors cover the complexities of reminiscence and life review, techniques and advice for making a personal story public, and the delicate balance of when to focus on content and when the process of telling one's life story can be therapeutic or destructive.

Transformational Reminiscence teaches the reader how to use the full spectrum of life story approaches to enhance quality of life for older adults, ameliorate social and psychological problems, and intervene if they occur. Practical applications, anecdotes, exercises that help clarify the experiential side of the content, and helpful suggestions enhance each chapter and ensure a safe and ethical application of this technique. This book is a must read for anyone who uses a life story approach in his or her work with older adults or is teaching or supervising others in doing so.

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