

# **GUIDED AUTOBIOGRAPHY INSTRUCTOR TRAINING**

## **What is Guided Autobiography?**

Guided Autobiography (GAB) has been researched and developed by Dr. James Birren over the past 30 years as a method for helping people document their life stories. Guided by a trained instructor, participants are led through themes and priming questions that evoke memories of events once known but filed away and seemingly forgotten. Each participant writes a two-page story each week, brings the story to class and reads it to a small group of receptive classmates. GAB can be a powerful catalyst for improved self-esteem, self-confidence and communication within communities and within families.



James E. Birren

## **About the training:**

Guided Autobiography Instructor Training is provided live online through The Birren Autobiographical Studies Program. The Program consists of two five-week courses presented by experienced GAB trainers, Cheryl Svensson, PhD and Anita Reyes, MA, MS.



Cheryl



Anita

In each 5-week course, you will learn by doing. You'll write a two page life story on a given theme each week and you'll read your story out loud to your classmates online. You'll also receive in-depth training on how to conduct your own Guided Autobiography courses. Upon finishing both five-week courses, you will receive a Certificate of Completion as a Trained Guided Autobiography Instructor.

## **Next Online GAB Instructor Training Program Begins in January, 2010**

### **2 Required Courses:**

**GAB Training I: 5 Saturdays, January 16 – February 13**

**GAB Training II: 5 Saturdays, February 20 - March 20**

**9:00 am – 12:00 pm Pacific Time**

**10:00 am – 1:00 pm Mountain Time**

**11:00 am – 2:00 pm Central Time**

**12:00 pm – 3:00 pm Eastern Time**

**(If outside the U.S., contact us for class times in your area)**

**Tuition: \$329 for each course**

**For more information on the GAB Instructor Training Program, visit our website at: <http://guidedautobiography.com/training>  
Or email Cheryl at [cheryl.svensson@gmail.com](mailto:cheryl.svensson@gmail.com)**

