

# **BECOME A GUIDED AUTOBIOGRAPHY INSTRUCTOR**

*Love what you do, earn extra income  
and provide a valuable service in your community*

*Complete the comprehensive training program in just 10 online sessions*

## **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. GAB can be a powerful catalyst for improved self-esteem, self-confidence and communication within communities and within families.



**James E.  
Birren**



**Cheryl**



**Anita**

## **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.

In each 5-week course, consisting of weekly 2.5 hour sessions, 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 earn extra income by teaching 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 Programs Begin in September 2010**

*Space is limited, so be sure to sign up early!*

**FRIDAY Program: 10 Fridays Sep 10 – Nov 12, 2010**

4:00 – 6:30 pm Pacific Time

**SATURDAY Program: 10 Saturdays Sep 11 – Nov 13, 2010**

9:00 – 11:30 pm Pacific Time

*(Times in other time zones are listed on the website)*

**Tuition for the 10-Session Program Tuition:** Regularly ~~\$1050~~--Now just \$658 payable in two installments of \$329 prior to each 5-session course.

**For more information and to enroll, visit our website at:**

<http://www.guidedautobiography.com/training/index.html>

**Or email the instructors:**

Cheryl: [cheryl.svensson@gmail.com](mailto:cheryl.svensson@gmail.com) Anita: [anitareyes@cox.net](mailto:anitareyes@cox.net)