

# The Birren Center

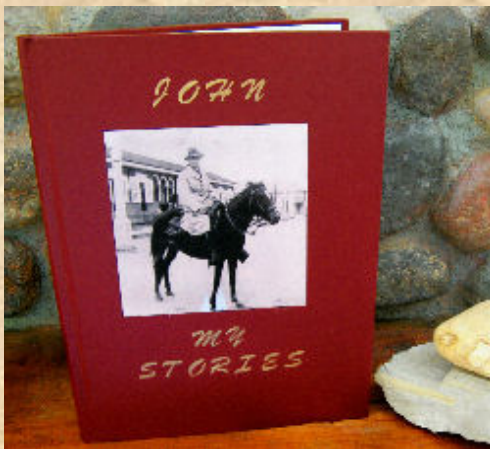
## For Autobiography & Life Review

### GAB NEWS FLASH

#### *ONLINE GUIDED AUTOBIOGRAPHY (e-GAB) GROUPS NOW FORMING!*



Do you have life stories that you've rarely shared, or ones that you've told over and over but have never written down? Learn how to write the stories of your life two pages at a time. Join one of our dynamic, interactive and supportive online groups. You'll share your written stories each week with a small group of like minded members entirely online in the comfort of your own home! No writing experience necessary—we'll guide you every step of the way. Before you know it, you'll have a collection of written stories documenting your life and family history. Share them with your family. Bind them into hardbound books. We'll show you how!



**Space is limited to just 6 people  
in each small group.**

**Please contact us right away  
for more information  
and to reserve a spot  
in an upcoming group.**

Cheryl: [cheryl.svensson@gmail.com](mailto:cheryl.svensson@gmail.com)

Anita: [anitareyes@cox.net](mailto:anitareyes@cox.net)

### **What is Guided Autobiography (GAB)?**

Recognized throughout the world, Guided Autobiography 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. Writing and sharing life stories with others is an ideal way to find new meaning in life and to put life events into perspective. Participants feel enlivened by the group experience and gain a greater appreciation of their own lives and of the lives of others. GAB can be a powerful catalyst for improved self-esteem, self-confidence and communication.



**James E. Birren, PhD.**  
*Founding Dean of the  
USC School of Gerontology,  
author, researcher,  
head of The Birren Center  
& Autobiographical  
Studies Program*



*Cheryl, Jim Birren & Anita at USC*



**About Your Online  
GAB Instructors:  
Cheryl Svensson, PhD  
and Anita Reyes, MA, MS**

Cheryl and Anita are both experienced GAB instructors who have been working with James Birren for many years. They co-teach college courses with Dr. Birren in the Autobiographical Studies Program at the University of Southern California (USC) School of Gerontology. They also teach at California State University Fullerton and other locations in addition to training GAB instructors throughout the world online. You can be assured that you'll have a very experienced team to guide you on your journey of self discovery.

**WHAT YOU WILL NEED:**

1. Computer with Internet access
2. Webcam
3. Headset with microphone

Group members see and hear one another as they share their life stories, just as if they were all sitting in the same room. Easily log on each week by clicking a link that connects you to the online meeting.

**TO ENROLL:** Space is limited to just 6 people in each small group. Please contact us right away for more information and to reserve a spot.

If you have any further questions, please let us know. We would love to hear from you!



*Cheryl*

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