

The Birren Center

For Autobiography & Life Review

GAB NEWS FLASH

NEXT ONLINE GUIDED AUTOBIOGRAPHY INSTRUCTOR TRAINING PROGRAMS BEGIN:

FRIDAY SEP 10th 4:00-6:30 pm Pacific Time

OR SATURDAY SEP 11th 9:00-11:30 am Pacific Time

Would you--or anyone you know--like to become a Guided Autobiography (GAB) Instructor? You'll love what you do, earn extra income and provide a valuable service in your community. You can complete your certificate in just 10 online sessions.

Find out more by visiting the GAB website:

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

(Please pass this info on to friends and colleagues.)

What is Guided Autobiography?

Recognized throughout the world, 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 on a particular theme each week, brings the story to class and reads it to a small group of receptive classmates. Writing and sharing life stories with others is an ideal way to find new meaning in life and to put life events into perspective. While connecting with one another on their journeys of self-discovery, 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 within communities and within families.



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 Training Instructors: Cheryl Svensson, Ph.D. 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. When you pursue your certificate as a Guided Autobiography Instructor, you can be assured that you'll have a very experienced team to guide you on your journey of self discovery. And you'll be well-qualified to teach the proven GAB method that is recognized worldwide.

**SEE NEXT PAGE FOR DATES & TIMES OF UPCOMING ONLINE INSTRUCTOR TRAINING PROGRAMS
AND FREE INTRODUCTORY WEBINAR**

**YOU MAY CHOOSE TO ATTEND THE FRIDAY PROGRAM THAT BEGINS SEPT 10th, 2010
OR THE SATURDAY PROGRAM THAT BEGINS SEPT 11th, 2010**

**Date: Friday Sept 10 – Nov 12, 2010
(10 Sessions)**

Time: 4:00 – 6:30 pm (Los Angeles)

Times in Other Areas:

1:00 pm – 3:30 pm (Honolulu)
3:00 pm – 5:30 pm (Anchorage)
4:00 pm – 6:30 pm **Pacific Time**
5:00 pm – 7:30 pm **Mountain Time**
6:00 pm – 8:30 pm **Central Time**
7:00 pm – 9:30 pm **Eastern Time**

**Date: Saturday Sep 11 – Nov 13, 2010
(10 Sessions)**

Time: 9:00 – 11:30 am (Los Angeles)

Times in Other Areas:

6:00 am – 8:30 am
8:00 am – 10:30 pm
9:00 am – 11:30 pm
10:00 am – 12:30 pm
11:00 am – 1:30 pm
12:00 pm – 2:30 pm

(Please check local times in your area if not listed here)

HOW TO REGISTER FOR THE TRAINING PROGRAM: SPACE IS LIMITED.

To register for one of the 10-session Guided Autobiography Online Instructor Training Programs,

PLEASE VISIT THE GAB WEBSITE: <http://www.guidedautobiography.com/training/index.html>

ATTEND A FREE ONLINE WEBINAR

As an introduction to Guided Autobiography, the online classroom and the Instructor Training Program, we want to invite you and your colleagues to attend a free online webinar.

Topic: *GUIDED AUTOBIOGRAPHY ONLINE*

**Date: Thu Aug 19
Tue Sep 7**

Date: Sat Aug 21

Date: Tue Sep 7



Time: 5 – 6 pm Pacific (LA)

Times in Other Areas:

2– 3 pm (Honolulu)
4 – 5 pm (Anchorage)
5 – 6 pm **Pacific**
6 – 7 pm **Mountain**
7– 8 pm **Central**
8 – 9 pm **Eastern**

Time: 9 – 10 am Pacific (LA)

Times in Other Areas:

6 – 7 pm (Honolulu)
8 – 9 pm (Anchorage)
9 – 10 pm **Pacific**
10 – 11 pm **Mountain**
11 – 12 pm **Central**
12 – 1 pm **Eastern**

Time: 9 – 10 am Pacific (LA)

Times in Other Areas:

6– 7 am (Honolulu)
8 – 9 am (Anchorage)
9 –10 pm **Pacific**
10 –11 pm **Mountain**
11– 12 pm **Central**
12 – 1 pm **Eastern**

(Please check local times in your area if not listed here)

HOW TO ATTEND A FREE WEBINAR: SPACE IS LIMITED.

Whether you are already enrolled in one of the programs, or just want to learn more, you are welcome to attend. Please email us right away at anitareyes@cox.net. Include your name, email address, location (state or country) and which day and time you wish to attend. We will reserve a spot for you and email you a link to click on to join at the appropriate time.

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



Cheryl

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Anita

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