

The Birren Center

For Autobiography & Life Review

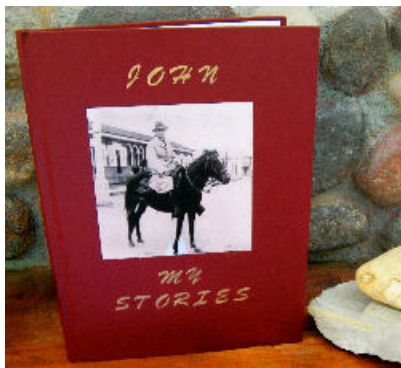
January 2011

e-GAB BULLETIN

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

WEDNESDAYS JAN 26th – Mar 30th 2011

(10 sessions + pre-class bonus session Wed Jan 19th)



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 our dynamic, interactive and supportive online group. 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 (minimum 5).
Please contact us right away to reserve a spot.**

Cheryl: cheryl.svensson@gmail.com

Anita: 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 you document your life stories. Guided by a trained instructor, you will be led through themes and priming questions that evoke memories of events once known but filed away and seemingly forgotten. Each week, you'll write a two-page story on a life theme, bring your story to class and read it to a small group of receptive class members. Writing and sharing life stories with others is an ideal way to find new meaning in life and to put life events into perspective. You'll feel enlivened by the group experience, get to know your fellow classmates through their stories, learn more about yourself and gain a greater appreciation of life!



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

ONLINE GUIDED AUTOBIOGRAPHY GROUP

DATES AND TIMES:

Date: Wednesdays Jan 26 – Mar 30, 2011
(10 Sessions)

Class Times:

4 – 6 pm **Pacific**
5 – 7 pm **Mountain**
6 – 8 pm **Central**
7 – 9 pm **Eastern**

Classes taught out of Los Angeles (Pacific Time) and provided worldwide. Check local times in your area if not listed here.

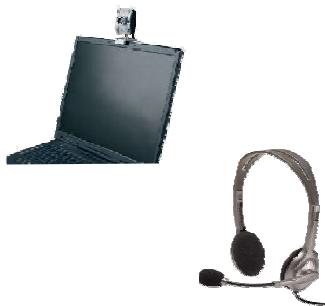
Fee: \$198

ATTEND OUR FREE PRE-CLASS BONUS SESSION:

Purpose: To introduce you to the online classroom features and to check your connection, audio and video prior to our first e-GAB session

Date: Wednesday Jan 19, 2011

Time: 4-5 pm **Pacific**
5-6 pm **Mountain**
6-7 pm **Central**
7-8 pm **Eastern**



WHAT YOU WILL NEED:

- Computer with Internet access
- Webcam
- 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.

TWO WAYS TO REGISTER: Space is limited to just 6 people in each small group (minimum 5). Please contact us right away to reserve a spot.

1. To register by check, make check for \$198 payable to GAB Program and mail to:
GAB Program, 34145 Pacific Coast Highway #185, Dana Point, CA 92629
2. To register by credit card, please visit the GAB website:
<http://www.guidedautobiography.com/groups/>

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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Assistant Director/Online Training Coordinator
Phone: (949) 488-0270
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Website: <http://www.guidedautobiography.com/groups/>



Cheryl, Jim & Anita at USC

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

Cheryl and Anita have been working with James Birren for many years. They teach autobiography courses at the University of Southern California (USC), 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.