

Documenting a Life

Guided Autobiography DVD debuts

For Immediate Release

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Albuquerque, NM For those who need some help documenting a life story, a recently completed DVD entitled "Guided Autobiography," may offer some assistance.

The DVD, which enjoyed its premier at the conference of the Association of Gerontology in Higher Education in San Antonio, TX, showcases a method developed by James E. Birren, Ph.D. to assist individuals to recall and document various aspects of their life story. The DVD outlines an exciting 5-step approach that can be used by individuals or groups to guide a personal inquiry process.

Prior to the development of the DVD, Guided Autobiography courses usually were conducted in group settings in traditional classrooms at universities, churches and community centers. These sessions were typically held on established schedules at fixed locations. The new DVD will enable individuals or small groups to set their own pace for progressing through a personal inquiry, a process which includes guided reflection, and sharing experiences with others via writing and discussion.

The DVD presents Jim Birren as the founder of the Guided Autobiography method. Additional contributors to the DVD are Helen Kerschner, Thom Collins, and Linda Grant.

Running time 45 minutes

Title Guided Autobiography

Producer The Beverly Foundation

Executive Producer Cheryl Svensson, Ph.D.

The DVD will be available for purchase in March 2009.

www.guidedautobiography.com