



The Handbook of Structured Life Review

By Barbara K. Haight, Barrett S. Haight

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Clear and concise, this practical handbook synthesizes 30 years of research and practice using the Structured Life Review process. This approach is a one-on-one therapeutic technique that guides people in reflecting on their lives from early childhood to the present. It allows individuals to learn from past experiences, settle unresolved issues, and ultimately achieve a state of life acceptance. Participants benefit from increased life satisfaction, reduced depression, and the opportunity for reconciliation, acceptance, and serenity.

Developed originally for older adults, Structured Life Review is appropriate for people of all ages. It is especially beneficial for individuals experiencing stress, undergoing major change, or coping with grief or a traumatic event.

Following this user-friendly handbook, Structured Life Review sessions can be easily led by professionals and nonprofessionals alike: social workers, counselors, activity staff, or even volunteers. The book thoroughly explains the role of the Therapeutic Listener and describes useful counseling and communication techniques. Step-by-step goals, instructions, and sample dialogue for eight separate sessions provide a blueprint for conducting life reviews. Handy appendices include assessment tools and a Life Review Form with recommended questions for each session.

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Editorial Review

Review

"A terrific book - the best I've seen that captures the essence of life review." (Robert N. Butler, M.D., President and CEO, International Longevity Center-USA President and CEO, Interna 2001-01-01)

"Clearly written, comprehensive in scope, evidence-based and useful for both health professionals and the lay public ... an essential guide for anyone interested in the Structured Life Review, recognized as a rewarding tool to help others review and evaluate their life journey." (Jean D'Meza Leuner, Ph.D., R.N., C.N.E., Professor and Dean, College of Nursing, University of Central Florida 2001-01-01)

"Life stories not only provide windows on the past, they open doors to the improvement of lives.... this book brings much experience to guide those who are in a position to assist older adults to improve their lives [with Structured Life Review]... excellent vignettes from real lives with real problems help train the therapeutic listener." (James Birren, Ph.D., Dean Emeritus, Andrus Gerontology Center, University of Southern California 2001-01-01)

"This thorough book ... reflects decades of author experience with the life review process through the use of real-life, non-sugar-coated examples. It provides an up-to-date and essential training tool that promotes ethical and consistent methodological approaches for incorporation in life review research and practice." (John Kunz, M.S., Founder and Manager, International Institute for Reminiscence and Life Review *Center for Continuing Education/Extension, University of Wisconsin - Superior* 2001-01-01)

"This is a long awaited text, the first handbook on conducting Structured Life Review and written by the major pioneer in this field." (Peter G. Coleman, Ph.D., Professor of Psychogerontology, University of Southampton, England, UK 2001-01-01)

"An extremely readable and practical guide ... rich with examples from years of research on the use of life review, the authors demonstrate that this process can be rewarding not only for the listener but also the individual reflecting on and evaluating the lived experience." (Barbara J. Edlund, R.N., Ph.D., A.N.P.-, Professor College of Nursing, Medical University of South Carolina 2001-01-01)

"The principles of this life review process would uniquely apply to the end-of-life character of hospice care ... the prevailing characteristic of hospice is to administer palliative care and comfort to the patient in the remaining few weeks and days of his life. [The Structured Life Review process can] help the patient face the reality of his or her pending demise and oftentimes, in doing so, help guide the patient to achieve 'closure' on certain troublesome and unresolved concerns.... [This book] will undoubtedly benefit many." (Dean J. Patenaude, M.B.A., Past President and Former Board Member, Treasure Cove Hospice, Stuart, Florida 2001-01-01)

About the Author

Dr. Barbara Haight is Professor Emeritus at the College of Nursing, Medical University of South Carolina. Recently retired, Barbara conducted 8 research projects over 25 years developing the structured life review process and supervised numerous students and colleagues in the practice of life review. She was the first president of the International Life Review and Reminiscing Society and has conducted hands-on life review projects in the United States, England, Japan, and most recently Northern Ireland. She is co-editor of two books on reminiscing and life review, plus one on group process, and is widely published in the field of life review and gerontology. Barbara is a fellow emeritus in the Gerontological Society of America where she

founded and conducted a special interest group on reminiscence. She is also a Fellow in the American Academy of Nursing, and in the Florence Nightingale Society.

Barrett S. Haight retired as a Colonel from the U.S. Army after serving 23 years in a variety of increasing positions throughout the world. He then worked for The Citadel Development Foundation as its Director of Estate Planning for 17 years. During these periods, Barrett taught undergraduate courses in business and constitutional law and graduate courses in Health Care Law at the Medical University of South Carolina. Barrett has authored articles for the Dickinson Law Review and The U.S. Army Command and General Staff College. Additionally he edited Focus, the newsletter of The Citadel Development Foundation. In his second retirement, he co-authored an article on reminiscence for the Encyclopedia of Gerontology and served as editor for many health care submissions. Both Barbara and Barrett are presently interested in using the Structured Life Review Process to help combat veterans who have returned from war. The Haight's have 5 grown, successful children and 7 grandchildren. They live on Sullivan's Island, South Carolina.

Users Review

From reader reviews:

Faye Wilson:

Reading a book tends to be new life style within this era globalization. With examining you can get a lot of information that could give you benefit in your life. With book everyone in this world could share their idea. Books can also inspire a lot of people. A lot of author can inspire all their reader with their story as well as their experience. Not only situation that share in the books. But also they write about the knowledge about something that you need illustration. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors these days always try to improve their expertise in writing, they also doing some analysis before they write with their book. One of them is this The Handbook of Structured Life Review.

Brenda Schweiger:

In this age globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher which print many kinds of book. The particular book that recommended for your requirements is The Handbook of Structured Life Review this reserve consist a lot of the information on the condition of this world now. This book was represented how does the world has grown up. The dialect styles that writer use for explain it is easy to understand. Typically the writer made some analysis when he makes this book. This is why this book suited all of you.

Joshua Molina:

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