



The Handbook of Structured Life Review

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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