



# The Handbook of Structured Life Review

By Barbara K. Haight, Barrett S. Haight

Download now

Read Online 

## **The Handbook of Structured Life Review** By Barbara K. Haight, Barrett S. Haight

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.

 [Download The Handbook of Structured Life Review ...pdf](#)

 [Read Online The Handbook of Structured Life Review ...pdf](#)

# The Handbook of Structured Life Review

*By Barbara K. Haight, Barrett S. Haight*

## **The Handbook of Structured Life Review** By Barbara K. Haight, Barrett S. Haight

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.

## **The Handbook of Structured Life Review** By Barbara K. Haight, Barrett S. Haight Bibliography

- Rank: #142674 in Books
- Brand: Brand: Health Professions Pr
- Published on: 2007-10-29
- Original language: English
- Number of items: 1
- Dimensions: 9.90" h x .60" w x 7.00" l, .95 pounds
- Binding: Paperback
- 240 pages

 [Download The Handbook of Structured Life Review ...pdf](#)

 [Read Online The Handbook of Structured Life Review ...pdf](#)

## Download and Read Free Online The Handbook of Structured Life Review By Barbara K. Haight, Barrett S. Haight

---

### 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:**

#### **Gerardo Whittaker:**

Reading a book can be one of a lot of tasks that everyone in the world adores. Do you like reading books so much? There are a lot of reasons why people like it. First, reading a reserve will give you a lot of new facts. When you read a reserve you will get new information simply because a book is one of a number of ways to share the information or their idea. Second, reading through a book will make an individual more imaginative. When you read a book especially a fiction book the author will bring you to definitely imagine the story how the character types do anything. Third, you could share your knowledge to other folks. When you read this *The Handbook of Structured Life Review*, it is possible to tell your family, friends as well as soon about your publication. Your knowledge can inspire average, make them reading a book.

#### **Katherine Belcher:**

Many people spend their time by playing outside with friends, fun activity using family or just watching TV the entire day. You can have new activity to spend your whole day by reading a book. Ugh, ya think reading a book can really be hard because you have to bring the book everywhere? It all right you can have the e-book, having everywhere you want in your Smart phone. Like *The Handbook of Structured Life Review* which is obtaining the e-book version. So, why not try out this book? Let's view.

#### **Sheila Seim:**

Don't be worry when you are afraid that this book may filled the space in your house, you may have it in e-book technique, more simple and reachable. This *The Handbook of Structured Life Review* can give you a lot of close friends because by you looking at this one book you have point that they don't and make a person more like an interesting person. This kind of book can be one of a step for you to get success. This reserve offer you information that possibly your friend doesn't recognize, by knowing more than some other make you to be great persons. So, why hesitate? Let me have *The Handbook of Structured Life Review*.

**Adam McGrath:**

You can get this The Handbook of Structured Life Review by go to the bookstore or Mall. Merely viewing or reviewing it can to be your solve problem if you get difficulties on your knowledge. Kinds of this book are various. Not only through written or printed but can you enjoy this book by e-book. In the modern era such as now, you just looking because of your mobile phone and searching what their problem. Right now, choose your ways to get more information about your publication. It is most important to arrange yourself to make your knowledge are still change. Let's try to choose correct ways for you.

**Download and Read Online The Handbook of Structured Life  
Review By Barbara K. Haight, Barrett S. Haight #9S1CFKGZ3UA**

## **Read The Handbook of Structured Life Review By Barbara K. Haight, Barrett S. Haight for online ebook**

The Handbook of Structured Life Review By Barbara K. Haight, Barrett S. Haight Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Handbook of Structured Life Review By Barbara K. Haight, Barrett S. Haight books to read online.

### **Online The Handbook of Structured Life Review By Barbara K. Haight, Barrett S. Haight ebook PDF download**

**The Handbook of Structured Life Review By Barbara K. Haight, Barrett S. Haight Doc**

**The Handbook of Structured Life Review By Barbara K. Haight, Barrett S. Haight Mobipocket**

**The Handbook of Structured Life Review By Barbara K. Haight, Barrett S. Haight EPub**

**9S1CFKGZ3UA: The Handbook of Structured Life Review By Barbara K. Haight, Barrett S. Haight**