



# New Publications

*Thomas Pierce, Newsletter Editor*

The publications below represent just a few of the interesting articles and books that have appeared over the past year or so. Each issue of the newsletter will provide additional listings. Please help us to identify articles, books, and upcoming presentations that would be of interest to Institute members. You can forward suggestions to me at: [tpierce@radford.edu](mailto:tpierce@radford.edu).

What's left behind: Identity continuity moderates the effect of nostalgia on well-being and life choices by Aarti Iyer & Jolanda Jetten. 2011. *Journal of Personality and Social Psychology*, 10(1) 94-108.

A saunter down memory lane: Digital reflection on personal mementos by Vaiva Kalnikaite & Steve Whittaker. 2011. *International Journal of Human-Computer Studies*, 69(5), 298-310.

A new measure of time perspective: Initial psychometric findings for the Balanced Time Perspective Scale (BTPS) by Jeffrey Webster. 2011. *Canadian Journal of Behavioral Science/Revue Canadienne des Sciences du Comportement*, 43(2), 111-118.

The temporal distribution of autobiographical memory: Changes in reliving and vividness over the life span do not explain the reminiscence bump by Steve Janssen, David Rubin, & Peggy St. Jacques. 2011. *Memory & Cognition*, 39(1), 1-11.

Living in aged care: Using spiritual reminiscence to enhance meaning in life for those with dementia by Elizabeth MacKinlay & Corinne Trevitt. 2010. *International Journal of Mental Health Nursing*, 19(6), 394-401.

Storying Later Life: Issues, Investigations, and Interventions in Narrative Gerontology by Gary Kenyon, Ernst Bohlmeijer, & William Randall. 2010. Oxford University Press.

Life scripts for emotionally charged autobiographical memories: A cultural explanation of the reminiscence bump by Shamsul Haque & Penelope Hasking. 2010. *Memory*, 18(7), 712-729.

Use of a structured reminiscence protocol to decrease depression in older women by C. K. Stinson, E. A. Young, and R. Walker. 2010. *Journal of Psychiatric and Mental Health Nursing*, 17(8), 665-673.

Reminiscence and mental health: A review of recent progress in theory, research and interventions by Gerben Westerhof, Ernst Bohlmeijer, & Jeffrey Webster. 2010. *Ageing & Society*, 30(4), 697-721.

Effects of Bereavement Life Review on spiritual well-being and depression by Michiyo Ando, Tatsuya Morita, Mitsunori Miyashita, Makiko Sanjo, Haruko Kira, & Yasuo Shima. 2010. *Journal of Pain and Symptom Management*, 40(3), 453-459.

Remembering positive and negative life events: Associations with future time perspective and functions of autobiographical memory by Anja Leist, Dieter Ferring, & Sigrun-Heide Filipp. 2010. *GeroPsych: The Journal of Gerontopsychology and Geriatric Psychology*, 23(3), 137-147.

Improvement in personal meaning mediates the effects of a life review intervention on depressive symptoms in a randomized controlled trial by Gerben Westerhof, Ernst Bohlmeijer, Ilse van Beljouw, & Anne Magriet Pot. 2010. *The Gerontologist*, 50(4), 541-549.

## IIRLR Receives Funding for Global Survey and Repository

The UW-Superior Center for Continuing Education/Extension is investing \$9100 in the development and launching of a global survey and repository of reminiscence and life review work that is being done throughout the world. Renowned researcher in the field, Dr. Barbara Haight, has agreed to be the lead consultant in this effort. She will be working with IIRLR staff to develop the research instrument. In doing so, she will be engaging the input of the entire IIRLR membership/subscribers. She will then finalize the research questions and IIRLR staff will work with UW-Superior web-based research resources to launch the survey on the Internet. The goal is to launch the final project on or before the 2011 reminiscence conference. Print-based and web-based announcements and explanations of the global survey and repository will be published in English, Japanese and Spanish. The data collected will be in English only. Members/subscribers of the IIRLR will be able to mine the data collected for research, program development and other purposes. The data will continue to grow over the following decade and beyond. This is a direct extension of the mission of the IIRLR and represents UW-Superior's collective fifteen years of programmatic and economic support of the institute and conferences!

## Development and implementation of life-review interventions in mental health care in the Netherlands

Ernst Bohlmeijer (PhD), Jojanneke Korte (Msc), Gerben Westerhof (PhD), University of Twente, Netherlands

Building on the impressive work by many scientists such as Jeffrey Webster and Philippe Cappeliez the empirical knowledge on the functions of reminiscence and their relationship with mental health is rapidly growing (Westerhof, Bohlmeijer & Webster, 2010). In the last ten years we have applied this growing evidence on the adaptive and maladaptive functions of reminiscence to the context of prevention and treatment of depression in older adults in the Netherlands.

Public mental health has a great tradition in the Netherlands. The prevalence of depression, but especially clinically relevant depressive symptomatology, is high among older adults. Though depressive symptomatology has a major negative impact on the quality of life, older adults may see depressive symptoms such as loss of meaning and vitality as a 'natural' part of aging. Mental health care institutes have therefore developed and implemented public campaigns to counter this myth about growing older. As part of the public mental health strategy, preventive and early interventions are actively offered to people with mild or moderate psychological distress, e.g. by way of advertisements in local newspapers and leaflets and posters in waiting rooms of general practitioners. These preventive interventions are, when evidence-based, financed by local governments and by insurance companies. Within a public mental health framework life-review interventions have some characteristics that make them attractive for older adults. They can be positively framed as opportunities for meaning and making later life and they focus on a recognizable aspect of daily life: telling stories and reminiscing.

We have developed and studied the efficacy of two group interventions for community dwelling older adults with depressive symptomatology: Searching for meaning combines life-review with elements of creative therapy (Bohlmeijer et al., 2005). The stories we live by combines life-review with elements of narrative therapy (Bohlmeijer et al., 2008). The efficacy of both interventions has been studied in large pragmatic randomized controlled trials. Significant moderate to large effects on depressive symptoms were found for the participants in the intervention group in comparison to minimal intervention group (Pot et al., 2010) and a waiting list group with unrestricted access to care as usual (Korte et al., 2009; Korte et al, under review). The effect of the Searching for Meaning intervention on depression was mediated by meaning in life (Westerhof et al., 2010). The effect of The Stories We Live By intervention was maintained at 9 months follow-up.

Both interventions have now been implemented in over 60% of the mental health care institutes in the Netherlands. Searching for meaning has been adapted for chronically ill elderly (Willemse et al., 2009). The stories we live by has been adapted to a guided selfhelp intervention. It is currently studied in a randomized controlled trial in comparison to a waiting list group and a minimal expressive writing intervention. In collaboration with the Institute for Reminiscence and Life-review we hope to keep working on new applications of reminiscence and life-review.

- Bohlmeijer E.T., Valenkamp M., Westerhof G.J., Smit F., Cuijpers P. (2005). Creative reminiscence as an early intervention for depression: Results of a pilot project. *Aging and Mental Health*, 9, 302–304.
- Bohlmeijer, E.T., Kramer, J., Smit, F., van Marwijk, H. (2010). The effects of integrative reminiscence on mastery and depression. *Community Mental Health Journal*, 45: 476 – 484.
- Korte, J., Bohlmeijer, E.T., Smit, F. (2009). Prevention of depression and anxiety in later life: Design of a randomized controlled trial for the clinical and economic evaluation of a life-review intervention. *BMC Public Health*, 9: article 250.
- Pot, A.M., Bohlmeijer, E.T., Onrust, S., Melenhorst, A.M., Veerbeek, M., Vries, W. de. (2010). The impact of life review on depression in older adults: A randomized controlled trial. *International Psychogeriatrics*, 22: 572-581.
- Westerhof, G.J., Bohlmeijer, E.T., Pot, A.M., Beljou, I. van. (2010) The effects of the reminiscence program "In search of meaning" on the experience of personal meaning in life: A randomized clinical trial. *The Gerontologist*, 50: 541-549.
- Westerhof, G.J., Bohlmeijer, E.T. & Webster, J. (2010). Reminiscence: Recent progress in conceptual understanding, empirical study and implications for practice. *Ageing & Society*. 30: 697–721.
- Willemse, B., Depla, M., Bohlmeijer, E.T. (2009) The effects of creative reminiscence on life-satisfaction of chronically ill elderly. *Aging & Mental Health*, 13: 736-743.

International Institute for Reminiscence  
and Life Review Endowment Fund

Proceedings from these funds help sponsor the biennial awards programs and other activities that support the IIRLR mission and goals.

In January 2008 the IIRLR opened an endowment fund with the University of Wisconsin–Superior Foundation. This is a tax deductible donation that was opened specifically for the Institute to carry out its mission and goals. If you are interested in donating to this designated fund contact Heather C. Heart with any questions at 715-394-8356 or by e-mail at: [hheart@uwsuper.edu](mailto:hheart@uwsuper.edu). Checks can be made out and written inquiries directed to: UW-Superior Foundation, Inc., OM 237 PO Box 2000, Superior WI 54880, and all donors need to reference this fund so we can be sure to attribute the donations correctly.

## Subscribe Today and Receive These Participant Benefits

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Donna Sislo by email at: [dsislo@uwsuper.edu](mailto:dsislo@uwsuper.edu) or call 715-394-8170.

<http://reminiscenceandlifereview.org>

## IIRLR

International Institute For Reminiscence and Life Review

### MISSION

To further define and develop the interdisciplinary field of reminiscence and life review through discussion and collaboration in practice, research, education, volunteer and individual applications across the lifespan.

### GOALS

- Promote increased awareness, knowledge, and skill development in direct practice of reminiscence and life review.
- Further reminiscence and life review research activity, providing a venue for discussion of results as well as guidance for future research.
- Establish a working definition of reminiscence and life review.
- Further integrate research and practice.
- Educate others about reminiscence and life review practice, research, and ways to integrate the material in formal education, staff training, and volunteer organizations.

### HISTORY

The International Institute for Reminiscence and Life Review is a program in the Health and Human Issues division of the Center for Continuing Education/Extension at the University of Wisconsin-Superior. The Center sponsored the premiere National Reminiscence and Life Review Conference in 1995.

Major leaders in the field formed the International Reminiscence and Life Review as a follow up to that conference. The Board of Directors and interested participants have met at the 1997, 1999, 2001, 2003, 2005, 2007 and 2009 International Reminiscence and Life Review conferences sponsored by UW-Superior.

# Personal History Training to Precede Reminiscence Conference

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*Mary O'Brien Tyrrell, President Elect*

What would you give to have the life story of your grandparents recorded for future generations? Apparently the idea of documenting one's memoirs and life stories is becoming a trend, which is apparent from the growth of more than 500 members of the Association of Personal Historians (APH), an organization founded in Massachusetts by Kitty Axelson-Berry in 1995, the same year as the International Institute for Reminiscence and Life Review (IIRLR) was formed. Personal Historians are a new and burgeoning profession of entrepreneurs who assist people, corporations, and even communities to chronicle their story.

This year as part of the IIRLR conference in Boston, five veteran Personal Historians will share their skills and wisdom with members of the Northeast Region of the Association of Personal Historians in an all-day training session titled, *Cultivating Connection: Fundamentals and Challenges of Creating Meaningful Personal Histories*. Proficiencies required of Personal Historians are many and varied. To be successful one must have capability in: interviewing to elicit reminiscence from another, recording (writing, videography, or audio recording), public relations, and small business (selling, marketing, advertising, and bookkeeping).

During the morning session, Pam Pacelli, a family therapist/personal historian who hails from Boston, will provide information and experiences in "Connecting with Your Subject: Eliciting In-Depth Responses Through Asking Powerful Questions." The participants will be invited to role-play as part of the learning format. Next, Anita Hecht, who has a master's in social work and a personal history business in Madison, Wisconsin, will demonstrate four focused listening responses and introduce a critical incident tool for post interview analysis. That session is titled: "Focused Listening Responses and Interviewer Self-Assessment Strategies." The third hour of the morning will be provided by Cheryl Svensson, a psychologist from Laguna Hills, California, who is familiar to most of the members of the IIRLR. Cheryl has titled her presentation "Developing Rapport: Creating Empathy in Small Group," and she will describe and have the group demonstrate several methods to elicit life stories from older adults in a group.

Over the noon hour, during which optional box lunches (vegetarian or assorted) can be purchased at the time of registration, participants from the Northeast Region of APH have been invited to display their business exhibits.

When the group again re-convenes for the afternoon, Mary O'Brien Tyrrell, a nurse/memoirist from St. Paul, Minnesota, will provide videotaped interviews of a few elders and discuss with the audience narrators who may be at high risk for negative outcome and how to avoid that possibility. Teri Friedman, a psychologist and personal historian from Rye Brook, New York, will then turn the focus on the interviewer and educate participants about characteristic of interviewers who may create potential conflict. She will also ask the audience for difficult situations they have encountered, from which the group will problem solve.

After a short break, together, Mary and Teri, will provide methods to prevent negative outcomes and describe interventions to prevent further recurrence of discomfort.

For the closing thirty minutes of the program, a panel of all five presenters will take questions and discuss the workshop contents. Continuing Education credits will be awarded by the University of Wisconsin-Superior.

## 2011 Reminiscence Preconference Sessions

As in the past we have always offered preconference sessions during the day of our conference opening and this year is no exception. We are offering three sessions this year.

From 9:00 am - Noon we are offering:

“Reminiscence and Life Review 101: Where did it come from and where is it going?” This session will be presented by Cheryl Svensson and James Birren.

“Retrieval of Specific Memories, Creative Expression and Life-Review” This session will be presented by Ernst Bohlmeijer with close collaboration with his colleagues, Gerben Westerhof, Jojaneke Korte and Sanne Lamers.

From 1:00 pm - 4:00 pm

“Narrative Psychology and Life-Review: A Great Combination” This session will be presented by Ernst Bohlmeijer with close collaboration with his colleagues Gerben Westerhof, Jojaneke Korte and Sanne Lamers.

Description of these sessions along with objectives are on our website at: [www.reminiscenceandlifereview.org](http://www.reminiscenceandlifereview.org). Each workshop is three hours and the University of Wisconsin-Superior will be giving CEUs for those who attend.

Please register early as there is limited space.

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## Integrating Guided Autobiography in Group Therapy for Counselling Traumatized Clients

Marv Westwood

Currently my work is centering on the efficacy of a group psychotherapy approach for assisting clients with trauma related injuries, e.g. relational traumas, sexual & physical assault, returning veterans with war related psychological stress injuries, including both PTSD and PTSR. The prevailing military culture and the culture of more traditional masculine identity poses obstacles to help-seeking and engagement in the therapeutic process are identified and processed. The Veterans Transition Program (VTP) is an effective model that incorporates both guided Autobiography and Therapeutic Enactment as the primary intervention approaches for promoting client well being. The paper demonstrates how a group-based therapeutic approach provides the context for effective social regulation, trauma symptom reduction, and cognitive and emotional integration and a context for learning about self and competencies which facilitate interpersonal competencies for social, family and work contexts. A video clip of this approach illustrates the model in action.



This issue is in memory of John A Kunz who passed away peacefully July 23, 2011.

John was the Founder and Director of the International Institute for Reminiscence and Life Review by the suggestion of Robert N Butler in 1995.

He will be greatly missed, yet fondly remembered for his remarkable ability to change for the better the life stories of others.