

Contents

1. The Transforming Nature of Reminiscence	9
2. Growing throughout the Life Cycle – A Challenge for All Ages . . .	14
3. What is Reminiscence Work?	24
4. Why Encourage Reminiscence Work?	37
5. How to Begin Reminiscence Work – The Planning Phase	50
6. Reminiscence Work with Groups – The Beginning, Middle and Ending Phases	83
7. Reminiscence, Life Review and Life Story Work with Individuals and Couples	114
8. Reminiscence and Oral History in Community Development. . . .	148
9. Reminiscence with People from Minority Ethnic Groups.	159
10. Intergenerational Reminiscence Work	172
11. Reminiscence with People with Dementia and Their Carers	187
12. Reminiscence with People who are Depressed	218
13. Reminiscence with People with Hearing, Sight and Speech Disabilities	232
14. Reminiscence with People with Learning Disabilities	244
15. Reminiscence with Terminally Ill and Bereaved People	257
16. Staff development, Training, Quality, Evaluation and Research Issues.	268
References.	279
Appendix: Recording	288
About the Author	297
Subject Index	298