

Life Review



An evidence based narrative group process that has been shown to have wide ranging therapeutic benefits. A set of core themes and guiding questions are used to foster self exploration (through personal reflection and writing) and sharing (telling one's story and listening to others' stories) in small groups of five to eight people. Attention is given to the intra and inter-personal psychological needs of the group members to create a facilitative group climate for both individual and interpersonal learning.



Centre for
Practitioner Renewal

Research • Education • Service