

# Medienwissenschaft / Hamburg: Berichte und Papiere

## 97 / 2009: Filmtherapie

ISSN 1613-7477.

Redaktion und Copyright dieser Ausgabe: Caroline Amann.

Letzte Änderung: 26. August 2009.

Cine-Therapie / Film-Therapie. Eine erste Bibliographie.  
Zusammengestellt von Caroline Amann

- therapeutische Anwendungen von Filmen
- Videotherapie
- cinema therapy
- cinetherapy
- film therapy
- movie therapy
- video therapy
- dazu auch: Bibliothherapie
- manchmal als Teil von: Kunsttherapie

Darüber können viele, die in der Bildungsarbeit der Akademien versuchen, mit allgemeinem Publikum über Themen ins Gespräch zu kommen, die tabuisiert, traumatisiert, intimisiert oder sonstwie blockiert sind, berichten: Setzt man Filme als Katalysatoren des Gesprächs ein, wird es vielen möglich, über Dinge zu sprechen, die ihnen sonst unzugänglich sind. Und sie können anders darüber sprechen, als ermögliche der Film eine Spiegelung und dadurch eine Abmilderung der eigenen Beginderungen im Umgang mit einem Thema. Dass Psychiater sich dieser eigentümlichen Fähigkeit des Films versichert haben, sie zu therapeutischen Zwecken ausnutzen, nimmt nicht wunder. Zwar ist die Film- oder Cinetherapie erst seit wenigen Jahren auch Thema theoretischer Reflexion, doch spielt Film im therapeutischen Prozeß schon lange eine gewichtige Rolle. Film und andere Künste, müßte man ergänzen, weil gewisse Spielformen der narrativen Therapie, die Bibliothherapie und die Kunsttherapie sehr viel längere Traditionen auch theoretischer Reflexion kennt, manchmal zur Grundlage ganzer Therapieformen geworden ist.

Filmtherapie ist auch für den Filmwissenschaftler von höchstem Interesse, zeigt sich doch hier Aneignung von Filmen an einer signifikanten Grenze. Ist es Aufgabe einer Rezeptionstheorie oder -ästhetik des Films, die formalen Vorgaben, die ein Film als materiale und symbolische Vorgabe des Rezeptionsprozesses macht, in Beziehungen zu bringen mit den allgemeinen Bestimmungen, denen das Verhalten des Zuschauers unterworfen ist (ihn zu „positionieren“, die „Zuschauerrolle“ als textuell-dominierte Rolle zu skizzieren oder ähnlich), so ist das individuell-empirische Urteil eines Zuschauers, die sozialen oder biographischen Bezüge, die er dazu aktiviert, gerade nicht Aufgabe der Filmtheorie. Filme eröffnen Potentiale von Bedeutungen, sind anschließbar an diverse Rezeptionshorizonte, die ihrerseits wieder signifikant sein können (als klassenspezifische *readings* etwa, als Dekodierungen, die auf Distanz zu den angebotenen Deutungsmustern gehen - die Cultural Studies handelt zentral

von solchen Differenzierungen -, oder als Differenzierungen der Zuschauer hinsichtlich ihrer „cineastischen“ Orientierungen und Vorlieben). All dieses ist aber ebenfalls nicht vom einzelnen abhängig. Für die Therapie dagegen steht nun aber das Besondere des jeweiligen Patienten im Zentrum, das Besondere seiner Auslegungen, Impressionen, Assoziationen, Urteile, das Besondere auch in Form des Nicht-Wahrnehmens, des Vergessens und Übersehens. Darum markiert das psychotherapeutische Projekt der Cinetherapie eine höchst interessante Grenze der filmischen Arbeit an Strukturen des filmischen Textes, die das Ausgangsmaterial je individueller und zumindest zum Teil subjektiver Aneignungen bilden. Darum auch ist eine Kasusistik eine der ersten und allgemeinsten Teildisziplinen der Cinetherapie. Dass Prozesse der Übertragung hier ebenso große Bedeutung einnehmen wie Prozesse der in allgemeiner Therapie, und dass es opportun ist, Strategien der Verdrängung, Sublimierung, Blockierung etc. beim Umgang mit filmischen Materialien anzunehmen, wie sie im Umgang mit primärere Erfahrung auch verfolgt werden, erscheint insgesamt evident zu sein.

**Angus, Lynne E. / McLeod, John** (eds.) (2004) *The handbook of narrative and psychotherapy. Practice, theory, and research*. Thousand Oaks, Cal. [...]: Sage 2004, XI, 404 S.

**Ballaui, Giuseppe** (2007) *Psicoterapia e Immaginario cinematografico. Un Percorso di Formazione*. Roma: Borla, 292 S.

**Berg-Cross Linda / Jennings, Pamela / Baruch, Rhoda** (1990) Cinematherapy: Theory and Application. In: *Psychotherapy in Private Practice* 8,1, pp. 135-157.

Develops a theoretical framework of how and when to use cinematherapy, a therapeutic technique that involves having the therapist select commercial films for the client to view alone or with specified others. The film may be intended to have a direct therapeutic effect or may be used as a stimulus for further interventions within a session. Cinematherapy is discussed as an outgrowth of bibliotherapy. Three case studies are presented, along with clinical procedures and an initial cinematherapy bibliography. (PsycINFO Database Record (c) 2008 APA, all rights reserved)

**Berger, Milton M.** (ed.) (1978) *Videotape Techniques in Psychiatric Training and Treatment*. Rev. ed. New York : Brunner-Mazel, XXXI, 406 S.

At first: New York: Brunner-Mazel 1970, XV, 303 S.

**Bierman, Joseph S. / Krieger, Alyssa R. / Leifer, Mindy** (2003) Group Cinematherapy as a Treatment Modality for Adolescent Girls. In: *Residential Treatment for Children & Youth* 21,1, pp. 1-15.

Group cinematherapy, with its focus on films, is useful as a supplemental mode of psychotherapy in a residential treatment center for adolescent girls. What little that has been published about it stresses film as a metaphor for themes and conflicts. This metaphoric expression can be viewed psychodynamically as a defense against the overwhelming affects that would be generated by a too direct psychotherapeutic approach. The commercial films that were shown monthly to the group of fifteen girls in one unit were chosen by the two co-therapists to promote discussion of relevant topics such as the mother-daughter relationship and the missing father. Gradually, the girls became able to discuss more of their observations about the films and bring in more of their own personal experiences. A recognizable group

psychotherapy process was established over the period of a year with the cinematherapy becoming quite important to the group members. (PsycINFO Database Record (c) 2008 APA, all rights reserved)(from the journal abstract)

**Black, S.D.** (1998). Life at the Movies: The Art of Cinema Therapy. In: *Christian Counseling Today* 6,4, pp. 22-26.

**Bliersbach, Gerhard** (2002) Die Therapie im Kinosessel. In: *Psychologie heute*, 2, S. 36-41.

**Calisch, A.** (2001) From Reel to Real: Use of Video as a Therapeutic Tool. In: *Afterimage*, 29, pp. 22-24.

**Christie, Mimi / McGrath, Mary** (1987) Taking up the Challenge. Film as a Therapeutic Metaphor and Action Ritual. In: *Australian and New Zealand Journal of Family Therapy* 8,4, pp. 193-199.

**Christie, Mimi / McGrath, Mary** (1989) Man Who Catch Fly with a Chopstick Accomplish Anything. Film in Therapy: The Sequel. In: *Australian and New Zealand Journal of Family Therapy* 10,3, pp. 145-150.

**Creswell, Catharine** (2001) A Case of ‚Soap Therapy‘. Using Soap Operas to Adapt Cognitive Therapy for an Adolescent with Learning Disabilities. In: *Clinical Child Psychology and Psychiatry* 6,2, 2001, pp. 307-315.

A case study is presented which describes the application of soap opera material to demonstrate and practise the primary tasks of cognitive therapy with an adolescent girl with moderate learning disabilities. It is argued that soap operas provide a valuable learning opportunity as they are watched by a large proportion of the population, focus on the relationships between their characters, create an opportunity for the viewer to get to know the characters and, hence, speculate about their thoughts and feelings and predict their actions. The television medium also appears to aid attention and memory processes and is often inherently motivating for the viewer. It is argued that television is an under-used resource in our work, in particular when it comes to helping people to recognize emotions and understand the rules of interpersonal relationships.

**De Franco, Luciana** (a cura di) (2004) *Ciak, si vive. Grande schermo e piccoli gruppi*. Roma: MaGi, 110 S. (Immagini dall'inconscio.).

Zur Gruppentherapie.

**Dermer, Shannon B. / Hutchings, Jennifer B.** (2000) Utilizing Movies in Family Therapy: Applications for Individuals, Couples, and Families. In: *American Journal of Family Therapy* 28, pp. 163-180.

**Diaz de Chumaceiro, Cora L.** (2000) Induced Film Recall: Biographies of Classical Composers. In: *Journal of Poetry Therapy* 13,3, March 2000, pp. 157-163.

Increasingly the film industry is making available new and old movies in video format that can facilitate our work in treatment when patients recall this artform. This paper draws attention to videos of biographies of classical composers, as in the expressive arts therapies we also

select the materials to be used with patients. Working with these films in therapy additionally enhances the cultural aspect of life.

**Duncan, K. / Beck, D. / Granum, R.** (1986) Ordinary People. Using a Popular Film in Group Therapy. In: *Journal of Counseling and Development* 65,1, pp. 50-51.

**Dwivedi, Kedar Nath** (ed.) (1997) *The therapeutic use of stories*. London/New York: Routledge 1997, xvii, 237 pp.

Narrative Therapie.

**Eber, M. / O'Brien, J.M.** (1982) Psychotherapy in the Movies. In: *Psychotherapy: Theory, Research, and Practice* 19, pp. 116-120.

**Falk-Kessler, J.F. / Froschauer, K.H.** (1978) The soap opera: a dynamic group approach for psychiatric patients. In: *American Journal of Occupational Therapy* 32,5, May-June 1978, pp. 317-319.

This article describes the use of television soap operas as a catalyst for group discussion in a psychiatric facility. Group objectives, membership criteria and format, as well as leadership styles and techniques are discussed. After analysis of the TV program and discussion themes, the authors determined that this group approach facilitates problem solving and patient interaction, while increasing self-awareness. In addition, this format eases the entry process of a new member into the group by creating a nonthreatening atmosphere where patients are not pressured to relate to others immediately.

**Fleming, Michael Z. / Piedmont, Ralph L. / Hiam, C. Michael** (1990) Images of Madness. Feature Films in Teaching Psychiatry. In: *Teaching of Psychology* 17,3, pp. 185-187.

**Foster, L.H.** (1989) Cinematherapy in the Schools. In: *Chi Sigma Iota Exemplar* 16,3, 1989, p. 8.

**Friedman, N.** (1981) Harold and Maude: An Experiential Therapy Case. In: *Review of Existential Psychology and Psychiatry* 17,2-3, pp. 169-189.

**Gabbard, Glen O.** (ed., introd.) (2001) *Psychoanalysis & Film*. London: H. Karnac, viii, 239 S. (International Journal of Psychoanalysis. Key Papers Series.).

Inhalt: <http://www.gbv.de/dms/hbz/toc/ht013559330.pdf>.

**Gabbard, Glen O. / Gabbard, Krin** (1999) *Psychiatry and the Cinema*. Washington, DC/London: American Psychiatric Press, XX, 304 S.

2. ed., XXVI, 408 S.

**Gabbard, Glenn O.** (2002) *The Psychology of The Sopranos: Love, Death, Desire, and Betrayal in America's Favorite Gangster Family*. New York: Basic Books, XIV, 191 S.

**Gersie, Alida** (1997) *Reflections on therapeutic storymaking. The use of stories in groups*. London/Bristol, Pa: Jessica Kingsley Publishers 1997, 248 pp.

Includes bibliographical references, pp. 228-242.

Zur „narrativen Therapie“.

**Goldfield, Michael D. / Levy, Roland** (1968) The Use of Television Videotape to Enhance the Therapeutic Value of Psychodrama. In: *American Journal of Psychiatry* 125, Nov. 1968, pp. 690-692.

The value and potentials of videotape replay of psychodrama are reviewed. While one benefit is in showing participants what they are doing and feeling, it also permits the director to review his own actions in order to perfect and correct his technique. The audience can also be involved by recording their reactions to the dramas taking place.

**Grace, Maria** (2006) *Reel Fulfillment: A 12-Step Plan for Transforming Your Life Through Movies*. New York: McGraw-Hill, xxix, 258 pp.

Contents: 1: Wake up to Your Dream Life. 2: Make Sense of Your Fantasies. 3: Acknowledge your True Needs. 4: Identify Your Self-Sabotaging Pattern. 5: Correct Your Self-Sabotaging Pattern. 6: Break Free from Emotional Black Holes. 7: Get Grounded in the Now. 8: Practice Creative Imagination. 9: Practice Effective Prayer. 10: Lighten Your Heart. 11: Practice Creativity. 12: Create Abundance.

**Greenberg, Harvey R.** (1975) *The Movies on Your Mind*. New York: Saturday Review Press [...] 1975, 273 S.

**Greenberg, Harvey Roy** (1993) *Screen Memories. Hollywood Cinema on the Psychoanalytic Couch*. New York: Columbia University Press 1993, 277 S.

**Greenberg, Harvey R.** (2000) A Field Guide to Cinetherapy: On Celluloid Psychoanalysis and Its Practitioners. In: *American Journal of Psychoanalysis* 60,4, Dec. 2000, pp. 329-339.

**Grodin, Debra** (1991) The Interpreting Audience: The Therapeutics of Self-Help Book Reading. In: *Critical Studies in Mass Communication* 8, 1991, pp. 404-420.

**Gunzburg, J.C.** (1989) Traversing the Labyrinth: Cinema as Therapeutic Medium. In: *Journal of Integrative and Eclectic Psychology* 8,1, pp. 3-6.

**Haas, J. William** (1995) *The Application of Cinema in the Practice of Psychotherapy*. Ph.D. Thesis, Widener University, Institute for Graduate Clinical Psychology.

Dazu: *Dissertation Abstracts International: Section B: The Sciences and Engineering* 56,4-B, Oct. 1995, p. 2327.

Cinema is more than a form of entertainment. It is a means of communication, a vehicle for instruction, an historical record, and a looking glass that shapes and reflects the zeitgeist of the times. In psychotherapy, film can be used in many ways. A movie can be utilized to initiate or stimulate discussion. Film can clarify and enhance interpretations. For clients, a motion picture can provide some distance from their issues, allowing exploration and examination to proceed in a less direct and painful way, decreasing the need to employ resistances and defenses. This dissertation presents a model for combining cinema and psychotherapy. Chapter One traces the history of providers of mental health care in the

movies. Chapter Two reviews the portrayal of psychopathology on film. Chapter Three presents a series of case studies for several clinical situations. Chapter Four details the author's model of cinematherapy. (PsycINFO Database Record (c) 2008 APA, all rights reserved)

**Hauke, Christopher / Alister, Ian** (2001) *Jung & Film: Post Jungian Takes on the Moving Image*. New York: Brunner/Mazel, XVI, 254 S.

**Heilveil, Ira** (1984) *Video in der Psychotherapie. Ein Handbuch für die Praxis*. Übers. von Jutta Schust. Hrsg. von Günter Drechsel u. H. Jürgen Kagelmann. München [...]: Urban & Schwarzenberg, XI, 224 S. (U-&-S-Psychologie.).

**Hering, C.** (1994) The Problem of the Alien. Emotional Mastery or Emotional Facism. In: *Free Association* 4,3 (= 31), pp. 391-407.

**Hesley, John W.** (2000). Reel Therapy. In: *Psychology Today* 33, Jan. 2000, pp. 54-57.

**Hesley, John W. / Hesley, Jan G.** (1998) *Rent Two Films and Let's Talk in the Morning: Using Popular Movies in Psychotherapy*. New York: John Wiley & Sons, xiii, 305 pp. 2nd ed. New York: Wiley 2001, xxv, 353 pp.

Unlock the emotional roadblocks that can inhibit or interfere with the success of therapy Videowork is the therapeutic process in which therapists assign popular films that relate to core issues of ongoing therapy. Clients are instructed to do their "homework" between sessions and prepare for discussion in future sessions. *Rent Two Films and Let's Talk in the Morning* explores how therapeutic work interwoven with popular films enhances traditional therapy. This much-anticipated revision provides an introduction to using movie rentals in therapy and serves as a ready reference for therapists who want to assign videos as homework. Authors John and Jan Hesley address the dilemmas that you may face when deciding when it is appropriate to assign a film, and offer friendly guidance and detailed information on every aspect of using films as tools in therapy. In addition, this updated edition: Provides concise descriptions of dozens of popular videos and shows how they can be used as therapy for specific therapeutic needs (divorce, child abuse, substance abuse, etc.) Contains a revised organizational structure, covering therapy topics based on patient issues frequently encountered in therapy, including marital problems, parenting, job stress, abuse, and emotional disorders Offers suggestions on selecting films, creating assignments, and processing homework Provides newly released film reviews, along with 40 additional films with brief descriptions, in the "Therapists' Film Reference".

**Heston, Melissa L. / Kottman, Terry** (1997) Movies as Metaphors. A Counseling Intervention. In: *The Journal of Humanistic Education and Development* 36, pp. 92-99.

**Horenstein, Mary Ann [...]** (1994) *Reel Life/Real Life: A Video Guide for Personal Discovery*. Kendall Park, NJ: Fourth White Press, XIII, 490 S.

Ratgeber zum Selbststudium.

**Johnson, S.** (1993) Husbands and Wives. In: *Contemporary Film Therapy* 15,6, pp. 443-458.

**Kalm, Michael A.** (2004) *The Healing Movie Book - Precious Images: The Healing Use of Cinema in Psychotherapy*. O.O.: Lulu Press, VII, 266 S.

**Kilguss, Anne** (1974) Using Soap Operas as a Therapeutic Tool. In: *Social Casework*, 55, pp. 525-530.

**Lampropoulos, Georgios K. / Kazantsis, Nikolaos / Deanne, Frank P.** (2004) Psychologist's Use of Motion Pictures in Clinical Practice. In: *Professional Psychology: Research and Practice* 35,5, pp. 535-541.

Do professional psychologists use motion pictures in clinical practice? If so, do they consider motion pictures to have therapeutic value? Of 827 licensed practicing psychologists, 67% reported the use of motion pictures to promote therapy gains. Most of these practitioners (88%) considered the use of motion pictures as effective in promoting treatment outcome, and only a minority (1%) reported them as potentially harmful. Compared with their psychodynamic counterparts, therapists practicing within eclectic-integrative, cognitive-behavioral, or humanistic frameworks were more likely to view or use motion pictures as therapeutic tools. Psychologists provided individual evaluations of 27 motion pictures that deal with a variety of mental health subjects, and overall they were characterized as "moderately helpful." Clinical applications and issues pertaining to using motion pictures in therapy are summarized. (PsycINFO Database Record (c) 2008 APA, all rights reserved)(from the journal abstract)

**Lee, Jennifer Yah-Rong** (2005) *A Group Therapy Manual Using Cinematherapy to Improve Adjustment in Adolescents After Parental Divorce*. Ph.D. Thesis, San Francisco Bay: Alliant International University

Dazu: *Dissertation Abstracts International: Section B: The Sciences and Engineering* 66,4-B, 2005, p. 2310.

A literature review of the effects of parental divorce on children and adolescents, factors that affect children's postdivorce adjustment, and divorce services and programs revealed that there were very few programs for adolescents even though adolescents have unique developmental tasks and concerns that affect their postdivorce adjustment. Because adolescents tend to rely on contact with similar-age peers and the mass media for information and experiences, a literature review of group therapy and cinematherapy was also conducted to determine how these approaches could be used to improve adolescents' postdivorce adjustment. A treatment manual for group therapy with adolescents adjusting to parental divorce was developed for this dissertation. The program is for adolescents ages 13 to 18 years old and can be used in a variety of settings, including schools, hospitals, mental health agencies, and community centers. It consists of one-hour group sessions that are held weekly for eight weeks. The seven topics covered include Family Relationships, Parental Conflict, Child Custody, Internalizing Behaviors (Sadness, Anxiety, and Withdrawal), Externalizing Behaviors (Anger, Aggression, and Acting Out), Peer and Romantic Relationships, and Blended Families. Each session covers one topic, except for the last session, which is for review, filling out questionnaires, and termination of the group. The program also uses scenes from a variety of motion pictures about issues related to parental divorce to facilitate group discussion. The manual provides background information on the topics addressed in the group and brief summaries of the movies and movie scenes. Sessions begin with an introduction to the topic, the movies, and the movie scenes of that week. Then each movie scene is viewed and discussed. Discussion questions in the treatment manual facilitate discussions about thoughts, feelings and reactions to the scenes and observations about the characters and themes. Optional supplemental activity worksheets are included with every chapter to maintain a written record of ideas and feelings and to develop and practice coping skills. The

appendix of the manual also includes a sample parent information letter and consent form, a referral form, a flyer for recruiting participants, a Demographic Information Questionnaire and a Feedback Questionnaire. (PsycINFO Database Record (c) 2008 APA, all rights reserved)

**MacNiff, Shaun** (1988) *Fundamentals of art therapy*. Springfield, Ill.: Thomas, VII, 253 S.

**McNiff, Shaun** (1992) *Art as medicine. Creating a therapy of the imagination*. Boston, Mass./London: Shambhala, 235 S.

**Mehl-Madrona, Lewis** (2005) *Coyote wisdom. The power of story in healing*. Rochester, Vt: Bear & Co 2005, x, 230 pp.

Contents: Creation stories -- Stealing fire -- Stories of transformation -- Stories of connectivity -- Stories that heal -- Telling our story -- Stories as psychotherapy -- Archetypes as agents of change -- Stories of miracles -- Reauthoring therapy.

Zur „narrativen Therapie“.

**Marrs, R.W.** (1995) A Metaanalysis of Bibliotherapy Studies. In: *American Journal of Community Psychology* 23, pp. 843-870.

**Marmai, Luciana [...]** (2005) L'opinione dei Pazienti sui Fattori terapeutici del Gruppo-cinema: Uno Studio pilota. In: *Rivista di Psichiatria* 40,6, Nov.-Dec. 2005, pp. 347-352.

Introduction: The use of films (cinema therapy) is one of the most frequent therapeutic activities for the treatment of severely mentally ill patients in the rehabilitation settings. The aim found during study was to assess the patients' opinions on the satisfaction, therapeutic factors and difficulties found during cinema therapy. Methods: The Cinema Therapy Questionnaire, a 7-items questionnaire assessing satisfaction, expressive, supportive and group therapeutic factors, was administered to 74 psychiatric patients admitted to a residential facility for short to medium care treatment. Results: The patients were moderately satisfied by cinema therapy and evaluated more helpful the supportive factors implicated in the sealing over the process of the psychological distress. Integration process was considered less helpful. The majority of the patients have found difficulties, mostly related to the length of the film and comprehension. Conclusions: The study suggests to use short and simple films in cinema therapy for severely mentally ill patients, and to promote a supportive conduction facilitating the sealing over process. (PsycINFO Database Record (c) 2008 APA, all rights reserved)(from the journal abstract)

**Mastronardi, Vincenzo Maria** (2005) *Filmtherapy. I film che ti aiutano a stare meglio*. Roma: Armando, 159 pp. (Psicologia dei comportamenti e della devianza.).

**Milne, H. / Reis, S.** (2000) Using Videotherapy to Address the Social and Emotional Needs of Gifted Children. In: *Gifted Child Today* 23,1, pp. 24-29.

**Moore, Floy Jack / Chernell, Eugene / West, Maxwell J.** (1965) Television as a Therapeutic Tool: "O Wad Some Power the Giftie Gie Us". In: *Archives of General Psychiatry* 12,2, 1965, pp. 217-220.



**Niemiec, Ryan M. / Wedding, Danny** (2008) *Positive Psychology at the Movies. Using Films to Build Virtues and Character Strengths*. Cambridge [...]: Hogrefe & Huber, XII, 308 S.

Contents: <http://d-nb.info/984808256/04>.

(from the cover) Movies are a powerful and enjoyable medium for learning. This book shows how to use film to learn about the concepts and the real-life benefits of positive psychology, both for self-improvement and in classes or seminars. Positive psychology is a science concerned with strengths and virtues, particularly those that lead to fulfillment, connectedness, and meaning in life. Drawing on the authors' vast experience of teaching, movie discussion groups, and with patients, this book combines research-based advice on how to improve life and flourish with clear explanations of the scientific background--using movies to exemplify, illuminate, and inspire. Positive psychology and its "founding fathers" Martin Seligman, Christopher Peterson, and Mihály Csíkszentmihályi have identified 6 "virtues" and 24 "strengths" that are nearly universal across cultures. This book leads systematically through them, in each case outlining Key Concepts, Relevant Research, an Exemplar from a key movie, other movie portrayals (including international cinema), Antitheses, Key Enablers and Inhibitors, Practical Applications, and Summary. Readers or classes are invited to consider key issues--and the book also provides a syllabus for positive psychology courses based on movies. This book is uniquely suited for: (1) individuals or groups wanting to understand the concepts of positive psychology and thus improve their own lives; and (2) for teaching the concepts and practical benefits of positive psychology, in university/college, work, clinic, or other settings. (PsycINFO Database Record (c) 2008 APA, all rights reserved)

**Nugent, Stephanie A. / Shaunessy, Elizabeth** (2003) Using Film in Teacher Training: Viewing the Gifted Through Different Lenses. In: *Roeper Review* 25,3, Spring 2003, pp. 128-131.

Much has been written about the use of popular film clips for cinematherapy with gifted students. However, the use of this media has not been addressed in terms of educating preservice teachers, in-service teachers, and graduate students about the characteristics, stereotypes, social-emotional needs, diverse populations, parenting issues, and characteristics of teachers of the gifted. Strategies and sample film clips by are described for preservice, in-service, and graduate use. Suggestions, cautions, and future considerations are also presented. Listings of possible films and suggested topical applications are included. (PsycINFO Database Record (c) 2008 APA, all rights reserved)(from the journal abstract)

**Orchowski, Lindsay M. / Spickard, Brad A. / McNamara, John R.** (2006) Cinema and the Valuing of Psychotherapy: Implications for Clinical Practice. In: *Professional Psychology: Research and Practice* 37,5, Oct. 2006, pp. 506-514.

Cinema is riddled with negative portrayals of psychotherapy. In a media-saturated culture, public attitudes regarding the prevalence of mental illness, the symptomatology that defines abnormality, and the professionals who address such disorders are profoundly influenced by the images and messages in cinema and mass media. It is imperative for psychologists to maintain an awareness of the cinematic portrayals of psychotherapists, psychotherapy, and mental illness in order to better understand clients' expectations for therapy. By increasing awareness of the role of the media in shaping the image of professional psychology, clinicians can hope to decrease the stigma surrounding mental health care through engaging in

discussions of these media stereotypes and advocating for more realistic portrayals of psychotherapy. (PsycINFO Database Record (c) 2008 APA, all rights reserved)(from the journal abstract)

**Paquette, Mary** (2003) Real life and reel life (Editorial: Movies as therapy). In: *Perspectives in Psychiatric Care* 39,2, April-June 2003, pp. 47-48.

Online-Fassung: URL:

[http://www.findarticles.com/p/articles/mi\\_qa3804/is\\_200304/ai\\_n9202983](http://www.findarticles.com/p/articles/mi_qa3804/is_200304/ai_n9202983).

**Parry, Thomas Alan / Doan, Robert E.** (1994) *Story re-visions. Narrative therapy in the postmodern world*. New York, NY [...]: Guilford Press 1994, VIII, 216 S.

**Payne, Martin** (2000) *Narrative therapy An introduction for counsellors*. London [...]: Sage Publ. 2000, ix, 237 S.

**Peake, Thomas H.** (2004) *Cinema and Life Development. Healing Lives and Training Therapists*. Westport, Conn. [...]: Praeger, 139 pp.

**Peck, Janice** (1995) TV Talk Shows as Therapeutic Discourse: The Ideological Labor of the Televised Talking Cure. In: *Communication Theory* 5,1, Febr. 1995, pp. 58-81.

This essay examines the extension of therapeutic discourse into daytime television talk shows ("Sally Jessy Raphael" and "Oprah Winfrey"), and argues that the programs are fueled by deep social tensions that provide both the substance of the talk and the object of the "ideological labor" of the talk show form. Key elements of that labor are topical framing, synthetic personalization, and the use of therapeutic discourse that help organize (and thereby manage) social conflict into narratives of individual psychological dysfunctions.

**Peske, Nancy / West, Beverly** (2002) *Advanced Cinematherapy: The Girl's Guide to Happiness One Movie At A Time*. New York: Dell Trade Paperbacks, XII, 228 pp.

**Peske, Nancy / West, Beverly** (2003) *Cinematherapy for Lovers: The Girl's Guide to Finding True Love One Movie at a Time*. New York: Dell [Delta Trade Paperbacks], xiv, 238 pp.

**Peske, Nancy / West, Beverly** (2004) *Cinematherapy for the Soul: The Girl's Guide Finding Inspiration One Movie at a Time*. New York: Delta Trade Paperbacks, xiv, 221 pp.

**Peske, Nancy / West, Beverly** (2004) *Cinematherapy goes to the Oscars : The girl's guide to the best movie medicine ever made*. New York : Universe, 255 pp.

**Peske, Nancy / West, Beverly** (1999) *Cinematherapy: The Girl's Guide to Movies For Every Mood*. New York: Dell Trade Paperback, xiii, 258 pp.

**Portadin, Matthew A.** (2006) *The Use of Popular Film in Psychotherapy. Is There a 'Cinematherapy'?* Cambridge, Mass., Massachusetts School of Professional Psychology, Diss., 2006, XIV, 169 pp.

This theoretical study examined therapists' use of popular film in psychotherapy. In the professional literature this is generally referred to as "cinematherapy". Proponents of

"cinematherapy" view it as an extension or continuation of an older, more proven, form of therapy called bibliotherapy. However, there does not appear to be any outcome research data supporting that the use of film is a form of therapy that should be deemed "cinematherapy". Rather, the evidence that is being used to support "cinematherapy" as psychotherapy is only case study and anecdotal observations. Because of this, "cinematherapy" should therefore be examined in a more systematic way. In order to be better able to begin to answer the questions posed by this study: (1) Does a formal psychotherapy as "cinematherapy" exist? and (2) Is the term "cinematherapy" a valid term for the use of film in psychotherapy?, the history and uses of "cinematherapy" or the use of film in psychotherapy were addressed, definitions and criteria of psychotherapy were discussed, bibliotherapy was examined, and the literature on "cinematherapy" was critically analyzed. The critical analysis of the literature led this author to determine that a formal psychotherapy as "cinematherapy" does not yet exist and that the term "cinematherapy" is not a valid term for the use of film in psychotherapy. There is the promise of such a therapy and such a term, but is developmentally in its infancy. This author also articulated what needed to be done in order to perhaps begin establishing the use of film in psychotherapy as a therapeutic modality. This included increasing education in the field, looking at other literature that the author may not have included in this study, and conducting outcome research on the use of film in psychotherapy. This author suggested three studies that could further the legitimate use of film as psychotherapy, and therefore use of the term "cinematherapy" to describe the use of film in psychotherapy. Finally, this author discussed the clinical significance and relevance of this study and the ethical implications raised by this study. (PsycINFO Database Record (c) 2008 APA, all rights reserved)

**Powell, Michael L. / Newgent, Rebecca A. / Lee, Sank Min** (2006) Group Cinematherapy. Using Metaphor to Enhance Adolescent Self-Esteem. In: *Arts in Psychotherapy* 33,3, pp. 247-253.

This study examines the effectiveness of a cinematherapy intervention at enhancing the perceived self-esteem of 16 youth with a serious emotional disturbance. Participants completed the Rosenberg Self-Esteem Scale (RSE) at pre-, post-, and 1-week follow-up within a 6-week coping skills group in which a brief cinematherapy intervention is introduced to a treatment and delayed treatment group. A control group was used, which only received the coping skills training. Results of a split-plot analysis of variance (ANOVA) with one between-groups factor and one repeated-measures factor revealed no significant differences within or between groups, however, meaningful differences between the three groups were found. Implications for counselors and therapists are discussed. (PsycINFO Database Record (c) 2008 APA, all rights reserved)(from the journal abstract)

**Rubin, Lawrence C.** (ed.) *Popular Culture in Counseling, Psychotherapy, and Play-Based Interventions*. New York, NY: Springer.

Contents: Metaphors, analogies & myths, oh my!: therapeutic journeys along the yellow brick road / Lisa Saldana -- Harry Potter and the prisoner within: helping children with traumatic loss / William McNulty -- Calvin and Hobbes to the rescue! the therapeutic uses of comic strips and cartoons / Laura Sullivan -- The healing power of music / Nancy Davis and Beth Pickard -- Using music and a musical chronology as a life review with the aging / Thelma Duffey -- Milieu multiplex: using movies in the treatment of adolescents with -- Little Miss Sunshine and positive psychology as a vehicle for change in adolescent depression / Dora Finamore -- Movie metaphors in miniature: children's use of popular hero and shadow figures in sandplay / Linda B. Hunter -- Taking the sand tray high tech: using the Sims as a therapeutic tool in the treatment of adolescents / Deidre Skigen -- Picking up coins: the use of

video games in the treatment of adolescent social problems / George Enfield and Melonie Grosser -- Passing go in the game of life: board games in therapeutic play / Harry Livesay -- Big heroes on the small screen: Naruto and the struggle within / Lawrence C. Rubin -- Marcia, Marcia, Marcia: the use and impact of television themes, characters, and images in psychotherapy / Loretta Gallo-Lopez -- The Sopranos and a client's hope for justice / Thelma Duffey and Heather Trepal -- Using the popularity of sport culture in psychotherapy / Jan M. Burte -- Sports metaphors and stories in counseling with children / David A. Crenshaw and Gregory B. Barker -- Using pop culture characters in clinical training and supervision / Alan Schwitzer, Kelly E. MacDonald & Pamela Dickinson -- The therapeutic use of popular electronic media with today's teenagers / Scott Riviere.

**Schauer, Maggie / Neuner, Frank / Ebert, Thomas** (2005) *Narrative exposure therapy. A short-term intervention for traumatic stress disorders after war, terror, or torture*. Cambridge, Mass. [...]: Hogrefe 2005, VIII, 68 S.

Zur „Narrative Exposure Therapy“.

**Schulenberg, Stefan E.** (2003) Psychotherapy and the Movies. On Using Films in Clinical Practice. In: *Journal of Contemporary Psychotherapy* 33,1, pp. 35-48.

The purpose of this paper is to discuss the practice of recommending movies for clients to watch to assist them with their presenting complaints. Movies may be an efficient means of working with some clients who are difficult to reach emotionally through other methods. They also provide a powerful means of observational learning with opportunities to choose among different attitudes and behaviors. The pros and cons of this intervention are discussed, as well as initial suggestions on incorporating films into clinical practice. A cautious approach is recommended, as a systematic series of empirical investigations should be undertaken to more effectively inform clinical practice. Examples of areas to target for future research are provided.

**Senatore, Ignazio** (2001) *Curare con il Cinema*. Torino: Centro Scientifico Ed., X, 227 S. (Psicologia: scienza e professione.).

**Sharp, Conni / Smith, Janet V. / Cole, Amykay** (2002) Cinematherapy: Metaphorically Promoting Therapeutic Change. In: *Counseling Psychology Quarterly / Journal of Counseling Psychology* 15,3, pp. 269-276.

Cinematherapy involves assigning clients commercial movies to view between sessions of therapy. This article describes the applications of cinematherapy as a useful adjunct to more traditional approaches to therapeutic change. Techniques for implementation are outlined, and potential advantages of the use of cinematherapy are discussed. While cinematherapy may be used as an assignment within a variety of theoretical orientations, this article conceptualizes the technique from the perspective of the use of metaphor to promote therapeutic change. Although many therapists report informal use of films in working with clients, there is a paucity of research on the efficacy of cinematherapy as a counselling technique. The article makes extrapolations about effectiveness based on empirical findings involving use of the related technique of bibliotherapy. However, the authors hope that the article will inspire more formal research into the use of cinematherapy. (PsycINFO Database Record (c) 2008 APA, all rights reserved)

**Sinetar, Marsha** (1993) *Reel Power. Spiritual Growth Through Film*. Ligouri, MO: Triumph Books, ix, 179 pp.

**Solomon, Gary** (2001) *Reel Therapy: How Movies Inspire You to Overcome Life's Problems*. New York: Lebhar-Friedman Books, XIII, 274 S.

**Solomon, Gary** (1995) *The Motion Picture Prescription. Watch this movie and call me in the morning; 200 movies to help you heal life's problems*. Santa Rosa, CA: Aslan Publishing, XIV, 242 S.

**Solomon, Gary** (2005) *Cinema Parenting: Using Movies to Teach Life's Most Important Lessons*. Fairfield, CT: Aslan Publishing, X, 246 S.

**Sturdevant, Cathie Glenn** (1998) *The Laugh & Movie Guide: Using Movies to Help Yourself through Life's Changes*. Larkspur, CA: Lightspheres, 218 S.

**Sturdevant, Cathie Glenn** (1996) *More Like This. The Movie Guide to Transitions. How to Use Movies to Laugh and Cry Your Way Through Life's Changes*. San Francisco: Cognito Press, 186 pp.

**Suarez, Elizabeth** (2003) A Princess in God's Eyes. Cinematherapy as an Adjunctive Tool. In: *Journal of Psychology and Christianity* 22,3, pp. 259-261.

**Teague, Raymond** (2000) *Reel Spirit: A Guide to Movies That Inspire, Explore and Empower*. Unity Village, MO: Unity House, 438 pp.

**Teasley, Alan B. / Wilder, Ann** (1997) *Reel Conversations. Reading Films with Young Adults*. Portsmouth, NH : Heinemann [...], XII, 202 S. (Young Adult Literature Series.).

Vielfach nachgedruckt.

**Teischel, Otto** (2007) *Die Filmdeutung als Weg zum Selbst. Einführung in die Filmtherapie*. Norderstedt: Books on Demand GmbH, 357 S.

**Thelen, Mark H. / Fry, Richard A. / Fehrenbach, Peter A. / Frautschi, Nanette M.** (1979) Therapeutic Videotape and Film Modeling: A Review. In: *Psychological Bulletin* 86, 1979, pp. 701-720.

**Turley, Jeffrey M. / Derdeyn, André P.** (1990) Use of a Horror Film in Psychotherapy. In: *Journal of American Academy of Child and Adolescent Psychiatry* 29,6, 1990, pp. 942-945.

**Tyson, L. / Foster, L. / Jones, C.** (2000) The process of cinematherapy as a therapeutic intervention. In: *Alabama Counseling Association Journal* 26,1, 2000, pp. 35-41.

The use of movies as a tool in traditional therapy, diagnostic assistance in counselor training, and classroom guidance/small group counseling in schools has increased in popularity. Watching a movie or a scene unfold is a participatory process for a client. The client is, at some level, emotionally, physically, and cognitively involved in what is being viewed and heard

**Ulus, Fuat** (2003) *Movie Therapy, Moving Therapy! The Healing Power of Film Clips in the Therapeutic Settings*. Victoria, BC: Trafford Publ. 2003, n.p.

**Wedding, Danny / Boyd, M.A. / Niemiec, R.M.** (2005) *Movies and Mental Illness: Using Films to Understand Psychotherapy*. Cambridge: Hogrefe & Huber 2005.

Online: [http://hsu-hh.ciando.com/shop/book/short/index.cfm/fuseaction/short/bok\\_id/5482](http://hsu-hh.ciando.com/shop/book/short/index.cfm/fuseaction/short/bok_id/5482).

The clinical chapters of this book, each of which deals with a category of disorders, are thus all introduced by means of a fabricated case history and a Mini-Mental State Examination. This is followed in each chapter by synopses and scenes from one or more specific, often well-known films to explain and teach students about the most important disorders encountered in clinical practice.

**Wedding, Danny / Niemiec, Ryan M.** (2003) The Clinical Use of Films in Psychotherapy. In: *Journal of Clinical Psychology* 59,2, pp. 207-215.

This article discusses the ways in which client attitudes about mental illness, psychotherapy, and therapists are shaped by contemporary films. Five common myths about mental illness that are promulgated by films are discussed, and the potential applications of films in psychotherapy are reviewed. Numerous examples of films relevant to psychotherapy are presented, and a clinical vignette is used to demonstrate how films can enrich and expand psychotherapy. (PsycINFO Database Record (c) 2008 APA, all rights reserved)

**Wenzel, Jutta** (1979) *Die audiovisuelle Selbstkonfrontation (ASK). Eine Untersuchung zur Theorie u. Praxis einer neuen Interventionstechnik in der (Ehe-)Psychotherapie*. Diss. München, III, 314, XXIX S.

**White, Mimi** (1992) *Tele-advising. Therapeutic discourse in American television*. Chapel Hill: University of North Carolina Press, x, 218 p.

Contents: Tell Me More: Television as Therapy (25-51). - Engendering Couples: The Subject of Daytime Television (52-81). - Watching the Girls Go Buy: Shop-at-Home Television (82-109). - A Traffic in Souls: Televangelism and The 700 Club (110-144). - Mediating Relations: Prime-Time Series (145-172).

**White, Mimi** (2002) Television, Therapy, and the Social Subject: Or, the TV Therapy Machine. In: *Reality Squared: Televisual Discourse on the Real*. Ed. by James Friedman New Brunswick, NJ: Rutgers University Press, pp. 313-322.

**Wolz, Birgit** (2005) *E-Motion Picture Magic: A Movie Lover's Guide to Healing and Transformation*. Centennial, Colorado: Glenbridge, X, 219 pp.

**Wooder, Bernie** (2008) *Movie Therapy: How it Changes Lives*. Rideau Lakes Publ., 248 pp.

The power of movies to help the depressed and despairing when used as a tool in therapy is vividly described in this new book. Psychotherapist Bernie Wooder was listening to a client talking when a film suddenly flashed across his mind. That was how his pioneering work on movie therapy began, an approach that today attracts huge interest in both therapy and film circles. By encouraging people to examine their chosen films as part of their therapy, Bernie Wooder found he could help them unlock their traumas - with astonishing results. As the

fascinating stories in this book show, movie therapy is no gimmick nor quick fix. Rather, in the hands of a trained professional, it can promote healing and assist people in leading more contented and rewarding lives. Says Bernie Wooder: "Movies are the most powerful creative art form that exists today, watched and understood by everyone. It makes sense to harness this power and use it as an aid to relieve suffering."

**Wormstall, Henning** [...] (2000) Video - ein milieutherapeutisches Medium? In: *Psychiatrische Praxis*, 5 [= 27], 2000, S. 235-238.