

Greetings!

I am clinical social worker, mentor, blogger, and proud community organizer. In 2006 at the start of my career in community-based social work I came across Birgit's "Mining the Gold in Movies" column in *The Therapist* magazine and instantly became a fan of using film as a therapeutic medium. As I had always been a cinephile with a penchant for dispensing useless trivia, I was inspired to combine my passion for counseling and movies to explore the wonderful world of cinematherapy.

As a child I enjoyed expanding my imagination through film but I had no idea that I would have a movie-watching experience that would forever change my life. In December 2007 I experienced the death of my husband, another cinephile, and shortly thereafter was moved by a film that validated my supernatural experiences as a new widow. Caught off-guard by the subject matter, I remained in the theater as it emptied out and cried my way to a breakthrough in my grief.

Since my husband's death I have become "a rebel with a cause". I created "The Movie Shrink" blog site (www.movieshrink.wordpress.com) where I review films and dissect their therapeutic messages related to foster care, aging, and other topics. In the coming weeks, the site will be updated to include fresh-out-of-the-theatre testimonials of average of movie-goers like you.

I am also the host of "The Movie Shrink" radio talk show found at www.energytalkradio.com. Energy Talk Radio is unique such that its programs are inspirational and fun and 30% of its net profits are donated to worthy charities. Just by listening you can feel good and help others.

Have a story that you want to share on the radio? Email me at libramsw@yahoo.com or call Energy Talk Radio at (415) 576-1773 for scheduling information. Movies have added so many dimensions to my life and I look forward to hearing how they have impacted yours.

Be Well,
Alma a.k.a The Movie Shrink

Alma McClure Graham, ASW, MSW
"The Movie Shrink"