

# TALENT DEVELOPMENT RESOURCES

HOME   Index   Sections   About   Articles/Products/Programs   Interview articles   Podcasts   Books

## Talent Development Resources

Information and inspiration to enhance creative expression and personal development.

~ ~

### Developing Talent

weekly email newsletter - articles, book excerpts, summary of additions to site, and more - see online version at [Developing Talent](#)

subscribe

GO

## Recent Posts

- [Cinematherapy](#)
- [R. Keith Sawyer on myths of creativity](#)
- [Seeking our calling](#)
- [Greed is good and other subversive memes of wealth](#)
- [Robert Anthony on The Disease of Self-Improvement](#)
- [Getting into trouble to find new virtues](#)
- [Paul Pearsall on Beethoven and thriving](#)
- [Christina Baldwin on the Power of Story](#)
- [Abraham Maslow on self-actualization](#)
- [Jim White on talent and purpose](#)

## Topics

- [Achievement](#)
- [Anxiety/Stress](#)
- [Awareness](#)
- [Courage/confidence](#)
- [Growth & change](#)
- [Mental health](#)
- [Nurturing talent](#)

## Cinematherapy

Being mindfully aware of our reactions to movies can be a potent way to explore our inner life, enhance mental health, personal development.

A Psychology Today article, [Reel Therapy](#) by John W. Hesley, notes, "Although people might be surprised when a therapist recommends a movie, using fiction as a clinical tool is not actually new. Since the 1930s, when a doctor named William C. Menninger first assigned fiction to psychiatric patients, therapists have introduced literature—novels, short stories and poetry—into the therapeutic process.

"Movies are simply the latest, most accessible and time-saving addition to what has become known as bibliotherapy."

The image is from the book [Reel Therapy: How Movies can Help You Overcome Life's Problems](#), by psychotherapist Gary Solomon, MPH, MSW, PhD.

Birgit Wolz, Ph.D., MFT, is another therapist and author of [E-Motion Picture Magic: A Movie Lover's Guide to Healing and Transformation](#). She has a site [Cinematherapy.com](#), which includes a Professional Directory of therapists.

One of her publications on the site is [Theory and guidelines for therapists](#) in which she explains, "Watching a movie with conscious awareness can be similar to experiencing a guided visualization. The therapeutic effect and the theoretical basis for both modalities are therefore closely related.

"In fact, the use of films in therapy allows us to draw from and can be integrated into a range of psychotherapeutic orientations, from depth psychotherapy to cognitive-behavior therapy, to systems oriented therapy.

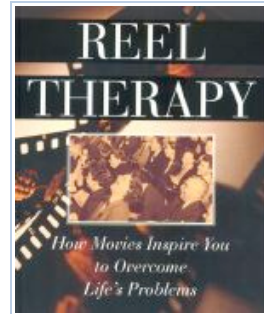
"Since films are metaphors, the depth psychologist can utilize movies in therapy similar to the way in which we utilize stories, myths, fables and dreams. The unconscious communicates its content to the conscious mind mostly in symbolic images...

"Since films are consecutive images, feeling touched by a movie scene with pleasant or unpleasant emotions shows client and therapist that this scene symbolically reflects relevant unconscious material."

[The image is from the post [Guillermo del Toro on the power of fairytales.](#)]

A UK therapist who uses EFT (Emotional Freedom Techniques), Silvia Hartmann-Kent also uses cinematherapy in her work with clients.

She says, "Now it has long been my contention that movies and TV are the most wonderful aid in personal development, because your likes and dislikes are so clearly reflected back to you by your own emotional responses to what goes on there on the silver screen.



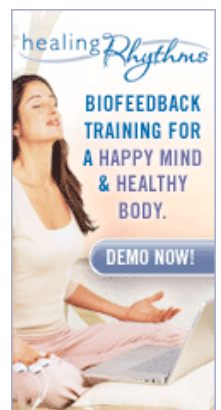
consciousone

*Raising World Consciousness One Person at a Time...*

We specialize in Online Courses that lead the member step by step through the learning process of the most powerful messages from these influential authors.

Find Your Favorite Below!

Featured Author



BRAIN TRAINING GAMES

Psychology

o Self concept

Archives

Post archive titles

Selected articles

Making Good Use of Depression

Learning to live with social anxiety

Self-esteem: what's so good about it?

Ego and Creativity

Gifted Women: Identity and Expression

Some posts from other sections

o Working with depression

o We are infovores

o Looking for intellect and creativity inside the brain

o Shy monkeys and anxious temperament

o Sofia Vassilieva: growing as an actor and a person

o Therapist Dennis Palumbo on the inner life of writers

o Kathy Ireland on skills of an entrepreneur

o Elizabeth Smart on learning and growing from her abduction

o Doris Day: insecure about her looks and talents

Recent articles

o Does Happy and Healthy Precede Wealthy?

o Movies to explore our inner life

o The Four Insider Keys to Accelerated Learning Success

o The Hidden Secrets of

"Many times our deepest angers, fears and all manner of emotions that we can't even put a label away so that we don't have to deal with them and so we don't even know we have these emotions.

"Then we watch a TV show or a movie and all of a sudden - there they are! — revealed, making their presence known along with their desire to get our attention... this is an excellent way of dealing with unconscious material by yourself with control and safety.

"It is excellent for therapists too, because asking about the themes of movies and shows that have produced such a reaction in the past can be a most valuable entry point into unconscious subject areas.

From article [Movies to explore our inner life.](#)

07.26.08 | [ShareThis](#)

Related Articles

- [The power of subconscious thinking](#)
- [More than conscious thinking in The Secret](#)
- [Dancing with our unconscious](#)
- [Pursuing your passions toward the good life](#)
- [Robert Altman: playing by his own rules](#)

| [Trackback](#)

## 1 Response to *Cinematherapy*

1. [Stu | Improved Lives](#)

July 26th, 2008 at 9:19 pm

Great post, now I can finally justify watching all the movies I do! Honestly though, storytelling is something I've become very interested in lately and the work of Joseph Campbell in particular has been very enlightening.

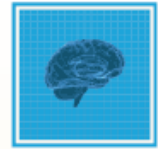
### Leave a Reply

Name

Mail (will not be published)

Website

Web's Most Popular Program



PLAY NOW

[lumosity.com](#)

Ads by Google

**Affordable Therapy**

Get professional help now Choose a qualified therapist!  
[www.oakcreekcenter.org](http://www.oakcreekcenter.org)

**Bay Area Counseling**

Depression  
Anxiety  
Relationship  
Stress Trauma  
Addiction Loss  
[www.SageCounsel.net](http://www.SageCounsel.net)

**SF EMDR Therapy**

Find relief from anxiety, trauma and a wide range of other issues  
[thomasfaupl.com](http://thomasfaupl.com)

**Gay and Lesbian Therapy**

Interactive, empathic therapist with 14 years of experience.  
[www.lesbian-therapy-oa](http://www.lesbian-therapy-oa)

- the Creative Mind
- Scientists dissect mystery of genius
- Reporter vs Expert - Why Most Bloggers Are Stuck Reporting
- Blog Traffic Tips

**Site support**

The cost of the site is supported by ads, and sales commissions from Amazon and other affiliates.

There is NO cost to you for using affiliate links: e.g., the price of an item from Amazon is the same whether you use a link from this site, or go to Amazon directly.

Thanks for supporting the site by selecting products and programs you want.

**RSS Feeds**



**TDR RSS feed**

main site additions

**TDR Updates RSS**

like email newsletter: additions to all sections

~ ~ ~

**Bookmarks / site search**

Selected posts from TDR and other sites

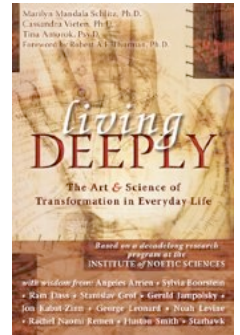
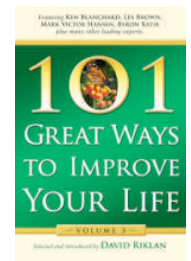


~ ~ ~

**Links to other sites**

~ ~ ~

site search:



PEO Companies -

