



Welcome

Hi! My name is Robmarie, and you've stumbled into my venting ground. I'm passionate about psychology, reading, music, and writing. Take a look around and enjoy!

Type and Wait to See

Recent Posts

- September Updates: Part Deux
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- September Updates
- The Pizza Conundrum
- The Graduate returns!

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- The Darkness – I Believe in a Thing Called Love
- Camilo Sesto – Getsemani
Ñeio – Dame Un Call

Cinematherapy: Movies as Mental Therapy

Cinematherapy is a relatively recent counseling technique derived from bibliotherapy (therapy with books), in which movies are used to facilitate introspection and personal growth in a patient. The main idea of this therapy is behavior modification by watching a movie, since the person is capable of identifying a specific character or scene as a “mirror” for his/her own personal experiences or particular situation. Once identified, the person can better express his/her feelings and be open towards new solutions to his/her problem.

Although Bibliotherapy is considered to provide a more dynamic and stimulating interaction between patient and literature, Cinematherapy provides a more practical outlet in today’s fast-moving, busy-bee world. While Bibliotherapy requires a more intensive analysis of both literary symbols and personal responses, watching a movie requires little or no effort at all, as the story is “pre-processed” for you. While this is often viewed by defenders of literature under a negative light, it is not entirely so, as this provides the viewer more space to focus on the characters reactions – corporal movements, gestures, dialogue, expressions, etc.

A movie has the power to affect both our perception of the world and the mood we are in. It combines elements as diverse as sound, color theory, and dialogue -not to mention corporal movements and gestures, among other things- to open the flood gates on our thoughts and feelings. Books rely more on our imagination; Movies activate multiple senses. The activation of multiple senses equals the opening of different channels of intelligence, therefore a higher rate of learning and information processing is possible.

The following are different movie elements, and what type of intelligence they stimulate:

1. Plot – Logical Intelligence
2. Dialogue – Linguistic Intelligence
3. Colors, imagery and symbols – Visual-Spatial Intelligence
4. Sounds and music – Musical Intelligence
5. Narration/Storytelling – Interpersonal Intelligence
6. Movement – Kinetic Intelligence
7. Reflection/Meditation (especially in motivational movies) – Intra-
psychic Intelligence

The last three types of intelligence are not acquired directly; only

- DragonForce – Cry of the Brave
- DragonForce – Fields of Despair
- The Darkness – I Believe in a Thing Called Love
- Slayer – Seasons in the Abyss
- Iron Maiden – Caught Somewhere in Time
- Iron Maiden – Can I Play With Madness

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- Glitter
- Lemon Drop
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Network

- Lengua de Cervantes
- My Q*Bee Quilt

Other

after we have identified with the characters.

All of these sensory and memory stimulations create NEW information in our brains which activate our past experiences and makes us see them under a different light. For example, movie soundtracks activate our Musical Intelligence and incite specific feelings we might have not been aware of. Combine with reflection and meditation (Intra-Psychic Intelligence) and the result is the beginning of personal growth.

The beauty of cinematherapy is that we can all learn something from a movie, regardless of genre and age. Identify your favorite movies and think about why they mean so much to you. You'll be surprised at your own answers!

For more information on why and how cinematherapy works, check out the following helpful sites:

- Cinematherapy.com – has information on how cinematherapy works, guidelines for both choosing AND watching films, and much more!
- Theory of Multiple Intelligences – the influential theory on which cinematherapy is based
- Cinema Therapy: Movies for mental health – an excellent article by MSNBC

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