



# Facilitating Spiritual Reminiscence for People with Dementia: A Learning Guide

*Elizabeth MacKinlay, Corinne Trevitt*

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Spiritual reminiscence is a way of communicating that acknowledges the person as a spiritual being and seeks to engage the person in a more meaningful and personal way. This practical guide teaches carers how to facilitate engaging and stimulating spiritual reminiscence sessions with older people, and particularly with people with dementia.

After reading the guide, carers will understand the many and varied benefits of spiritual reminiscence, and will have developed the skills, confidence and communication techniques needed to support people with dementia in this activity. The authors present in accessible terms the evidence-base to support the benefits of the approach and provide clear, step-by-step instructions for facilitating spiritual reminiscence sessions, including useful suggestions for ideas and questions to stimulate discussion.

Intended to be used either as a self-learning tool or as the basis for staff training sessions, this will be a valuable resource for staff in care homes and day centres, activity coordinators, pastoral and spiritual care professionals, clergy and spiritual leaders.

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