Movie of My Life: Assessing Strengths and Struggles

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Purpose:
The purpose of this creative intervention is to assess strengths and struggles during the initial stages of counseling, and to encourage the client to view their current situation from a different lens.

Materials Needed:
Paper, pen, and props (if clients wish to act out scenes)

Procedures:
The client writes a scene representative of the movie of their life.

Modifications: This activity is designed to be an individual activity; however, it could be adapted for a group as well. In group format, clients collaboratively develop a mutually agreed upon scene that demonstrates aspects of all of their lives. Clients can “act” out a scene from their movie

Process Questions and Follow-Up:
What movie star (can be either living or dead) will play the role of the client?
Who would play the client’s parents, friends, and significant other?
Would the movie be a drama, comedy, thriller, romance?
Who wrote the movie; who is directing the movie?

Practice Setting:
Mental Health Agency/Private Practice