



The Arts in Psychotherapy

Volume 33, Issue 3, 2006, Pages 247-253

doi:10.1016/j.aip.2006.03.004

[Cite or Link Using DOI](#)

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Brief report

Group cinematherapy: Using metaphor to enhance adolescent self-esteem

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Available online 18 April 2006.

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Abstract

This study examines the effectiveness of a **cinematherapy** intervention at enhancing perceived self-esteem of 16 youth with a serious emotional disturbance. Participants completed the Rosenberg Self-Esteem Scale (RSE) at pre-, post-, and 1-week follow-up within a 6-week coping skills **group** in which a brief **cinematherapy** intervention introduced to a treatment and delayed treatment **group**. A control **group** was used which only received the coping skills training. Results of a split-plot analysis of variance (ANOVA) with one between-**groups** factor and one repeated-measures factor revealed significant differences within or between **groups**, however, meaningful differences between the three **groups** were found. Implications for counselors and therapists are discussed.

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