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Site updated 2-9-03

Useful links

Cinema therapy sites:

[Connie Sharp's Cinematherapy](#): introduction to cinema therapy, discussion forum, links page.

[Girl's Guide to...:](#) based on Bev West and Nancy Peske's four "Girl's Guide" books, lighthearted "mood" guides to films and books for women.

[Group Movie Therapy](#): Dr. F. Ulus's site contains a brief explanation of cinematherapy and links to other cinema therapy sites.

[Make It Reel](#): Dr. Pam Martin's excellent site "Using Movies that Teach in Individual and Group Therapy" is primarily aimed at the therapist.

[An educational cinema therapy site](#): by Lawrence E. Tyson, Ph.D., Linda H. Foster, Ed.S., NCC, LPC., and Cindy Jones of the University of Alabama at Birmingham. An extensive site complete with pages on theory, application, suggested readings and links.

Articles:

[Psych Central](#) is a major portal for all things mental health. Use the internal search engine to locate articles on cinema therapy.

[Life Goes to the Movies for Conversation by Sean Selman](#). An article in the University of Alabama at Birmingham newsletter about the use of cinema therapy in classes.

[An LA Weekly book review: Searching for the Inner Meg — Dr. Solomon's "cinematherapy," by Hank Stuever](#). It begins "I used to go to therapy a little bit, and around the same time I watched Aliens, on video, a lot."

[An article in The Rep, part of The Arizona Republic](#). "The complaint about movies is that they're full of violence, sex and sleazy values. How corrupting. But movies also soothe the soul, inspire courage and offer an outlet for aggression."

[A review of WE: Women's Entertainment Channel's new program, Cinematherapy](#) by June Spence. "The show consists of an introductory song with Ricky Lee Jones-like vocals, opening credits in breezy sanitary-pad-commercial-style animation, and silly skits and commentary by hosts Kate and Jessie, "licensed cinematherapists"--all of which is almost worth enduring to get to the actual movie..."

[A review in The Minnesota Women's Press of Rent Two Films and Let's Talk in the Morning](#). "You too can find peace through cinematherapy" by Mary Hirsch.

[Download a copy of a newsletter from the University of Pittsburg](#) that includes an article on cinema therapy.

[An article on the use of films about gifted children in therapeutic treatment of gifted children](#), by J. E. Farrall Wilderness School. "In using Empire of the Sun with a regular History class at year eleven level, this teacher became aware of the possibilities of using films with gifted students in the school's gifted program."

[An article by Marcy Valenzuela](#), KOVR 13 News reporter that includes a great list of quotes regarding cinema therapy.

[Counseling Academic and Professional Honor Society International](#)

[newsletter](#) with an article about one teacher's use of cinema therapy.

[Counseling Academic and Professional Honor Society International newsletter](#) with an article: Using Movies as a Therapeutic Metaphor by Cindy Jones

[Journal of Technology in Counseling issue](#) that cites uses of film in teaching counselors.

Film guides:

[A film selection guide by Terrisa Bruce](#) with a drop-down menu that includes choices: For a Good Cry, For a Good Laugh, I Want to be Scared out of My Wits!, etc.

[Tissue Movies for a Girlie Weekend](#) film guide.

Academic:

[A Brazosport College program guide](#) referencing a program on cinema therapy for career counseling.

[An extensive bibliography on counseling](#), with several references to bibliotherapy and one to cinema therapy.

Miscellaneous:

[A definition of the word "cinematherapy"](#).

[A cinema therapy thread](#) in a discussion group.

[TVTome Guide](#) entry regarding a show that aired Feb. 2000.

[Contact info for Cinematherapy Inc., a movie distributor](#). Address and phone only.

[3rd Annual Cinematherapy Awards for the Best Mood Movies of 2001 published by Here and Now](#). Categories and winners include:
Best Codependent Romance: Moulin Rouge;
Best Bad Hair Day Movie: Bridget Jones's Diary.

[A schedule of support and therapy groups](#), including several cinema therapy groups, offered by Presteria Center.

[Text-only version](#)

[Easily printed version w graphics](#)