

Film Therapy.

Film therapy, the therapeutic use of movies in psychological therapies, is a growing area of interest.

Movies offer a highly accessible and relatable medium that holds appeal for diverse groups. Talking about movies can open dialogue around difficult issues, help us to process emotions and reflect on how the stories presented may symbolise our own experience.

This talk will present the MOVIE model of film therapy, a trauma sensitive framework that draws on mindfulness, experiential, and narrative therapies to explore themes from film and television.

Jenny Hamilton is a Senior Lecturer in counselling/psychological therapies at the University of Lincoln, who also works as a counsellor and mindfulness teacher in private practice.

She has over 20 years' experience in the helping professions where she developed specialist experience in working via telephone, supporting helping professionals and working with stress, grief, PTSD and career related issues.

In her previous work as a course leader in counsellor education she designed HE programmes in



Jenny Hamilton

*Senior Lecturer in Counselling/
Psychological Therapies
University of Lincoln*

.....

counselling, mental health and wellbeing. Jenny has taught mindfulness to staff and students in higher education, the NHS and social services and she presently runs retreats for therapists.

Jenny has developed methods in film therapy, drawing together her background in film studies and her therapeutic work.

Other research interests include the relationship between monster imagery and psychological trauma; the role of love in grief; and mindfulness and practitioner resilience.

Book your free place at:

<https://lincn.ac/c2m>

