

## The Empowerment of Reminiscence Group Play Therapy for Older People in Taiwan

**Authors :** Jiun-De Lin

**Abstract :** The main purpose of this study was to investigate the empowerment effect of the older people through a structured reminiscence play therapeutic group program in Changhua county of Taiwan. This program was used Taiwanese traditional culture as the main concept based on the topic of reminiscence. In order to assimilate into the process for older people, thematic group activities were easy to operate. During the reminiscence play activities, they would improve their personal control and competence, the same as empowerment. A counselor who acted as a group leader led 10 elderly people participated in this reminiscence group play therapy. The participants of the study were 10 older people consisting of 7 males and 3 females who lived in a rehabilitation center in Changhua county of Taiwan. The participants' average age was 72.5 years old. The study adopted the methods of survey research and the instruments in this study included subjects' demographic information and the empowerment inventory for adults. A one-group pretest-posttest design was adopted by researchers to test the study hypothesis. The collected data were analyzed by descriptive statistics, and Wilcoxon matched paired signed-ranks test. The main finding of this study was that the reminiscence group play therapy had a significant effect ( $Z= 2.382, p < .05$ ) to promote the state of empowerment of older people participated in this group play therapy. Based on the conclusion of this study, the suggestions and implications were proposed for the practices and future research.

**Keywords :** empowerment, group play therapy, older people, reminiscence

**Conference Title :** ICMHC 2019 : International Conference on Mental Health and Counseling

**Conference Location :** Paris, France

**Conference Dates :** July 18-19, 2019