

Lifeline

Autobiographical Timeline Interview (Excerpt from Lee, Ng, Leung, and Chan (2009))

Three major steps in utilising the autobiographical timeline in doing spiritual assessment:

- Preparation and introduction
- Life review through drawing and storytelling
- Narrative interview

Step 1: Preparation and introduction

A worksheet with a horizontal timeline from birth to the present and a vertical dimension representing the subjective perception of ups and downs of life is given to the client. The client can place the perception of her or his life visually on a temporal framework by drawing out the course of the life along the timeline, the peaks symbolising ups in life and valleys the downs.

Step 2: Life review through drawing and storytelling

Practitioner shall ask questions regarding the flow and turning points. When there are turning points, the practitioner can ask question to elicit information about significant events or experiences, which may bear important meaning, in client's life.

Step 3: Narrative interview

An interview process, which goes along with the drawing exercise, has a threefold purpose: 1) to explore the client's perception of the impact of significant events on his or her own life, 2) to facilitate sense making and meaning reconstruction, and 3) to identify spiritual resources in a client's life.

