

Cinema Therapy in Parkinson's Disease

From illness-centered to story-centered identity

Robert Cochrane, PhD



Film → Music → Reflection/Improv → Fictional Writing → Success Stories™

Psychological Challenges

Addressing the unknown

identity disruption

emotional isolation

stigma

psychosocial burden

loss of agency

Emerging Outcomes

Empowering quality of life

increased emotional expression

strengthened peer connection

improved self-efficacy

vulnerability/openness

story-centered identity formation

Clinical Relevance

scalable * narrative-based * non-pharmacologic * adaptable



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