



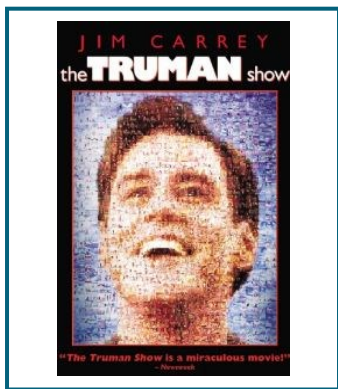
Colonial Health Center



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Recommended Film Therapy

Healing can come from a variety of places—not just the therapeutic setting. One of our favorites sources of healing at MHS is seeing the therapeutic benefit of some Hollywood blockbusters! Watching characters navigate their own challenges, stressors and traumas can give us strategies and techniques for navigating our own. Check out cinematherapy.com for more ideas.



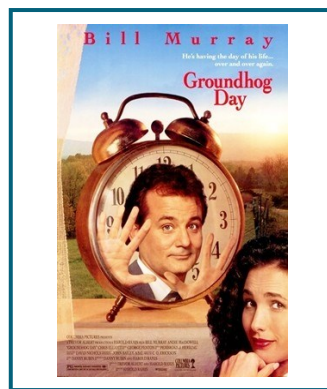
The Truman Show

Watch how Truman goes through a transformation from an oblivious and fearful person into a man who courageously seeks authenticity and truth although this means he has to face the challenges of real life.



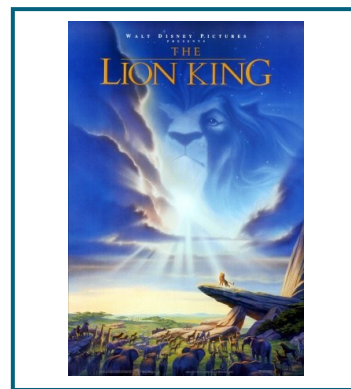
Inside Out

This film provides a creative and concrete way to develop a better understanding of our own emotions and the complex systems inside our brain.



Groundhog Day

Are you feeling stuck in your life right now? What would you do first, if you woke up one morning and noticing that — miraculously — you have the capacity to change your situation?



The Lion King

This film provides a guide for moving past grief, loss and traumatic events and being able to look at the stressor differently—the goal is *acceptance* which results in the ability to thrive!