

Introduction to Bibliotherapy

5 May 2015, Masaryk University, Brno, Department of Psychology

Syllabus

Instructor

dr. Judit Béres, Psy.D., assistant professor

Institute of Library & Information Science, University of Pécs, Hungary

E-mail: beres.judit@feek.pte.hu

Role and purpose of the course

The workshop aims to give a small taste of bibliotherapy, setting out the basics of bibliotherapy, and gives a general introduction to bibliotherapeutic work as an alternative tool for personal development and group therapy. We will focus on special tasks, methods and selection of materials aiming to foster a deeper understanding of ourselves, to help problemsolving, coping with crisis and existential issues.

Workshop outline

- What is therapeutic reading?
- How the therapeutic group helps participants?
- Target groups (random mixed adult groups, children, youth, young parents, women, seniors, prisoners etc.)
- How to select materials?
- Expressive techniques involved (e.g. creative writing)
- Practice: We read together some concrete texts effective for bibliotherapeutic work. We try to analyse the target group, topics to be discussed, and specify the therapeutic aims.

Required Readings & Resources

Aiex, Nola Kortner (1993). *Bibliotherapy*. URL:

<http://www.ericdigests.org/1993/bibliotherapy.htm>

Beatty, William K. (1962). *A Historical Review of Bibliotherapy*. URL:

https://www.ideals.illinois.edu/bitstream/handle/2142/6050/librarytrendsv11i2c_opt.pdf?sequence=1

Bibliotherapy Booklet: The Power of Words. Recommended books and useful links from the Health Service Executive (GB) 2013. URL:

http://www.icgp.ie/go/courses/mental_health/articles_publications/1BE52354-19B9-E185-8339BDC253FAD21C.html

Booklists for parents and teachers. URL:

http://lasierra.edu/library/info_serve/crc/bibliotherapy.htm

Burns, George W. (2005). *101 Healing Stories for Kids and Teens. Using Metaphors in Therapy*. (E-book)

Cather, Christine (2006). *To Every Reader Her Book: Creating Bibliotherapy for Women*. Dissertation for MA of Information and Library Studies, University of Strathclyde. URL: http://www.academia.edu/204128/To_Every_Reader_Her_Book_Creating_Bibliotherapy_for_Women

Changing Lives Through Literature, bibliotherapy for prisoners, University of Massachusetts, blog: <https://cltlblog.wordpress.com/category/bibliotherapy/>

John Duffy, Jo Haslam, Lesley Holl & Julie Walker: *Bibliotherapy Toolkit*. Kirklees Libraries & Information Centres, Kirklees Council, Huddersfield, GB. URL: <https://www.scribd.com/doc/214685513/Bibliotherapy-Toolkit>

Duffy, Susanne Carroll (2012). *Using Therapeutic Moving Stories in the Sandtray*. URL: <http://www.lianalowenstein.com/articlesmovingstories.pdf>

Horner, Lucy (2013): *Tolstoy Therapy. A Fiction Prescription*. (E-book)

Ihanus, Juhani (2012): Finnish Experiences in biblio-/poetry therapy. *Lapidus Journal*, 6 (2) URL: <http://www.lapidus.org.uk/wp-content/uploads/2013/04/Finnish-experiences-of-training-in-biblio-poetry-therapy-by-Juhani-Ihanus1.pdf>

International Federation of Biblio-/poetry Therapy website: <http://ifbpt.org/>

Journal of Poetry Therapy. National Association for Poetry Therapy website: <http://www.poetrytherapy.org/>

Killick, John & Schneider, Myra (2010). *Writing Your Self*. (E-book)

Lapidus. The Writing for Wellbeing Organisation website <http://www.lapidus.org.uk/>

McCulliss, Debbie & Chamberlain, David (2013). Bibliotherapy for youth and adolescents: School-based application and research. *Journal of Poetry Therapy*. 26 (1), 13-40. URL: <http://www.tandfonline.com/doi/pdf/10.1080/08893675.2013.764052>

McLaine, Susan (2012). *Bibliotherapy: Reading for Wellbeing in Old Age*. URL: https://fightdementia.org.au/sites/default/files/Susan_McLaine.pdf

Pehrsson & McMillen (2006). *Competent Bibliotherapy: Preparing Counselors To Use Literature With Culturally Diverse Clients*. URL: <http://counselingoutfitters.com/Pehrsson.htm>

Poetry Therapy. An Integrative Medicine Packet. National Association for Poetry Therapy (2004) URL: <http://www.poetrytherapy.org/pdf/IntegrativeMedicinePacket.pdf>

Student Counselling Booklist from British universities. URL: <http://www.ed.ac.uk/schools-departments/student-counselling/self-help/bibliotherapy/overview> ; <https://www.dur.ac.uk/counselling.service/selfhelp/biblio/>

Well into words. A short film about bibliotherapy services offered by the Kirklees Libraries, Huddersfield, England. <http://vimeo.com/wellintowords>