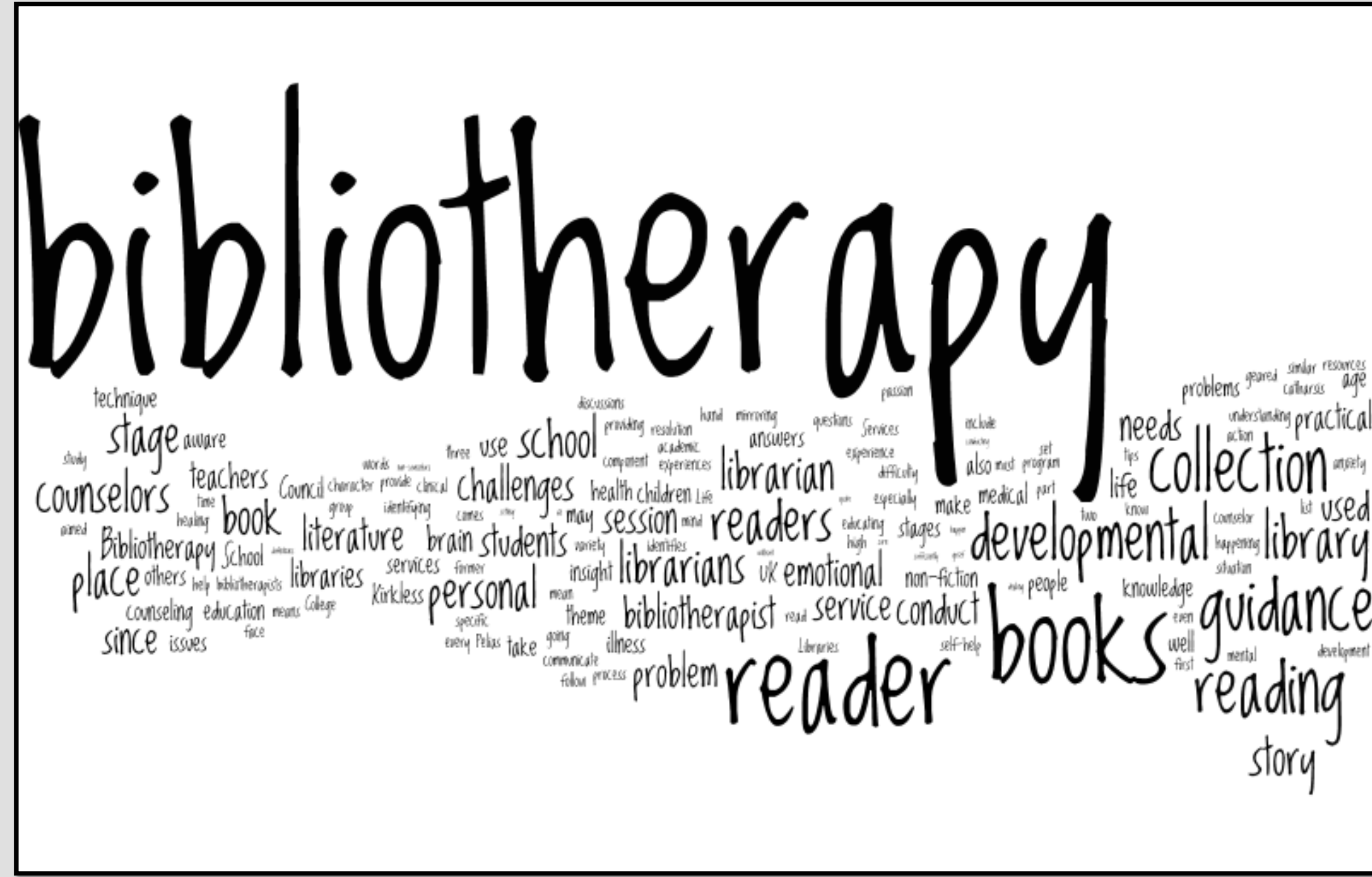


# Reading as Healing

## Bibliotherapy for Youth in Public and School Libraries

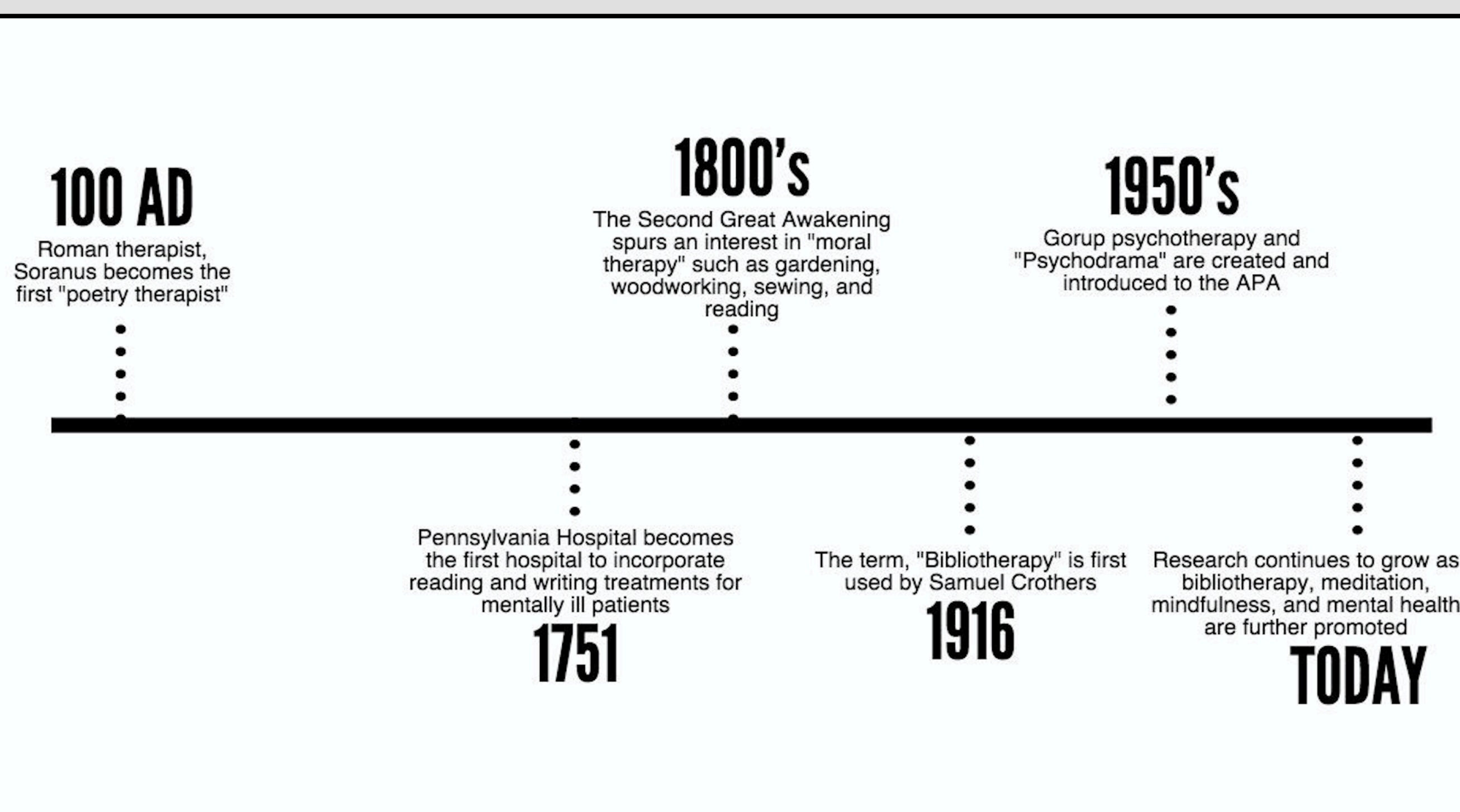


Original "Wordle," created on wordle.net

### Introduction

- Bibliotherapy:** "The use of selected reading materials as therapeutic adjuvants in medicine and psychiatry; also guidance in the solution of personal problems through directed reading." (AHL Quarterly, Summer 1966, p. 18.)
- While bibliotherapy is a common practice that dates back to 100 AD, it is an often undervalued, underused practice.
- Librarians are not commonly involved in bibliotherapy.

### Historical Timeline

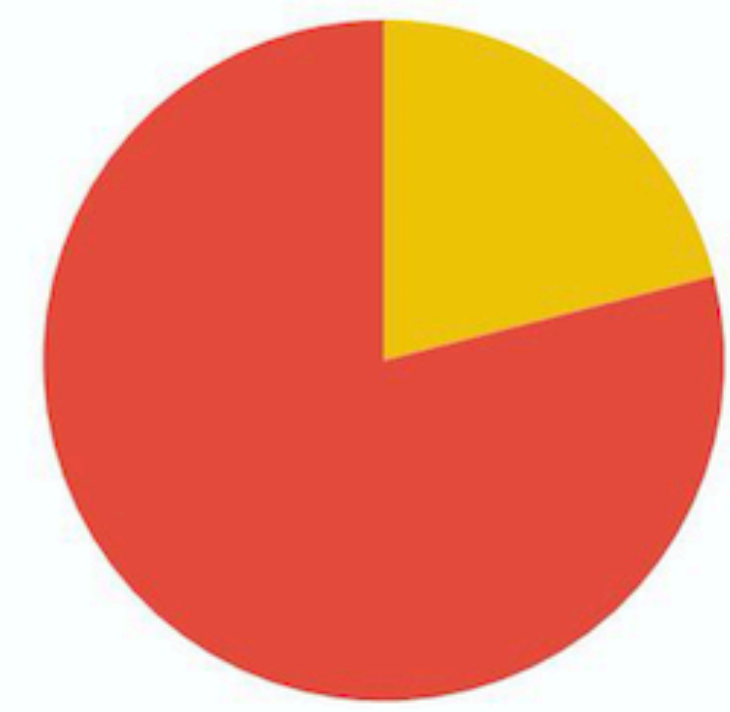


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# BIBLIOTHERAPY

## How does it work?

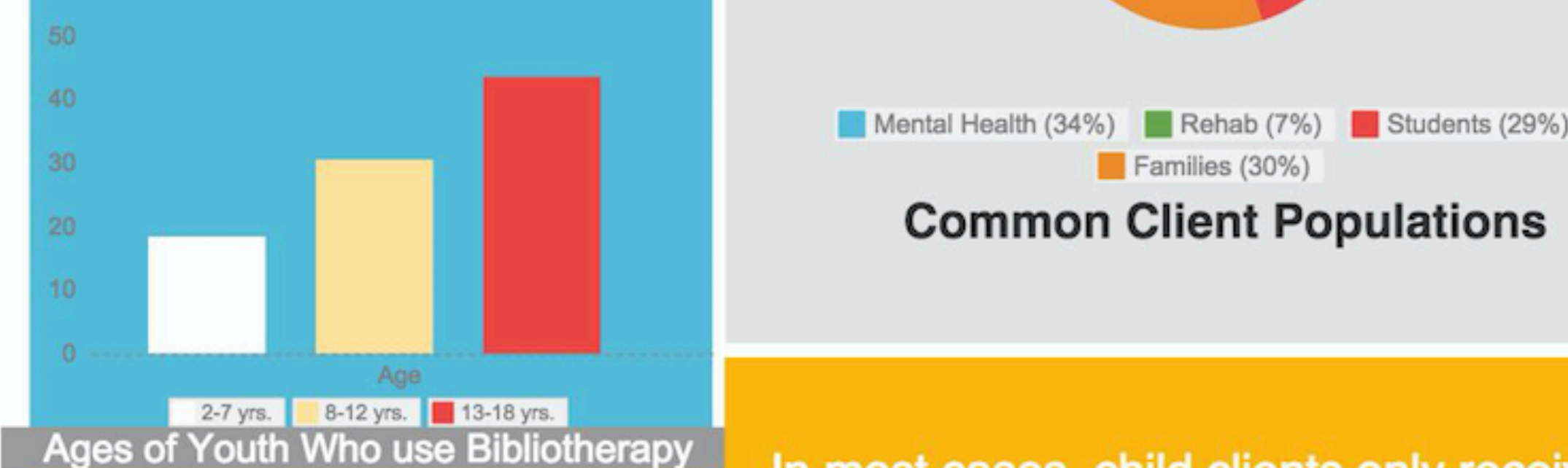
Who uses bibliotherapy (BT) and how do they do it?



79% of professionals who identify as "counselors" use bibliotherapy with their clients.

## WHO RECEIVES BIBLIOTHERAPY?

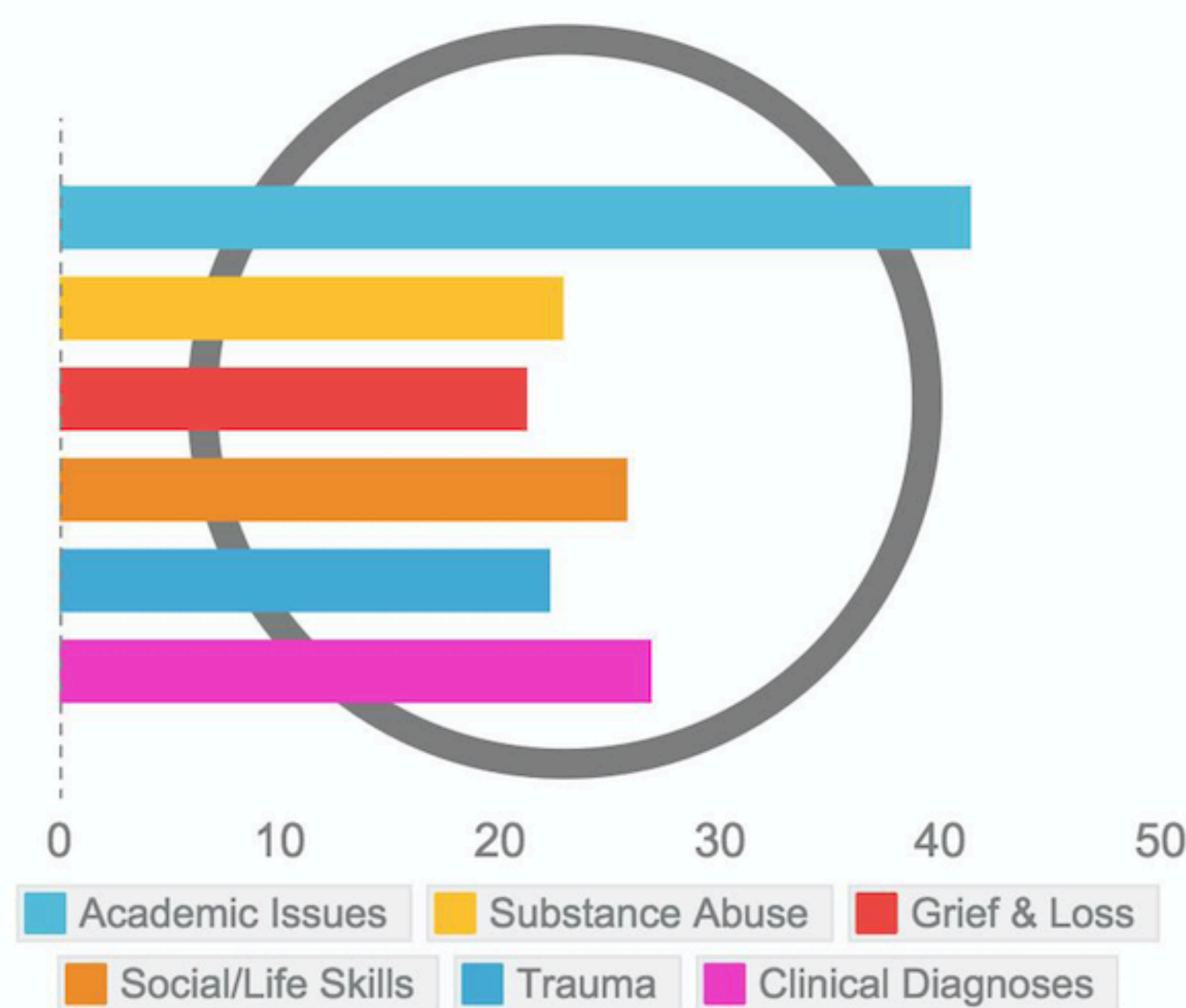
Bibliotherapists work with all ages of clients, including the following percentages of youth:



### Common Client Populations

In most cases, child clients only received bibliotherapy when parents or guardians were involved.

## Common BT Client Issues

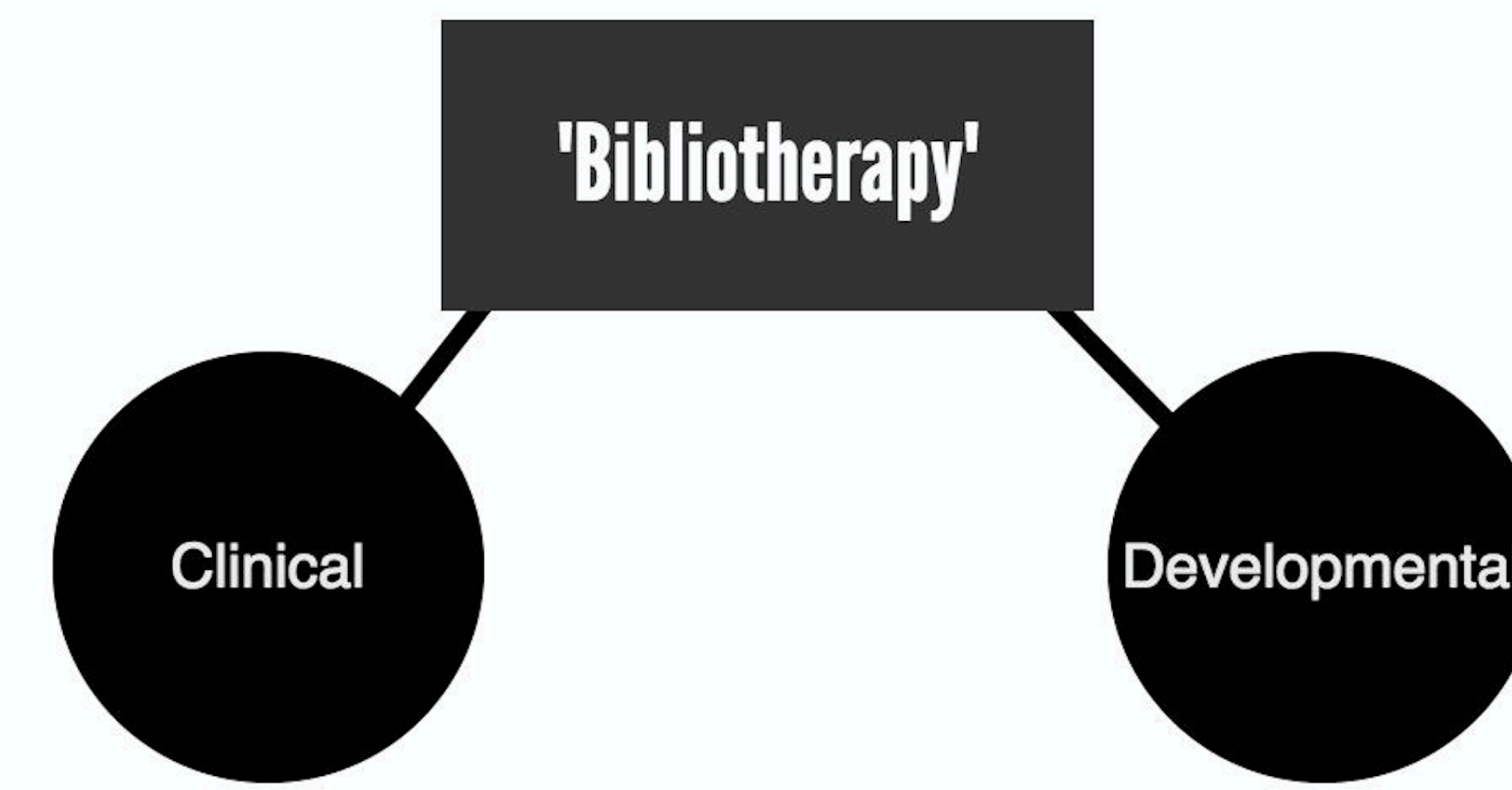


## How BT Works:

- IDENTIFICATION:** Client relates to characters in the text.
- CATHARSIS:** Client gains inspiration.
- INSIGHT:** Client is motivated and ready for positive change.

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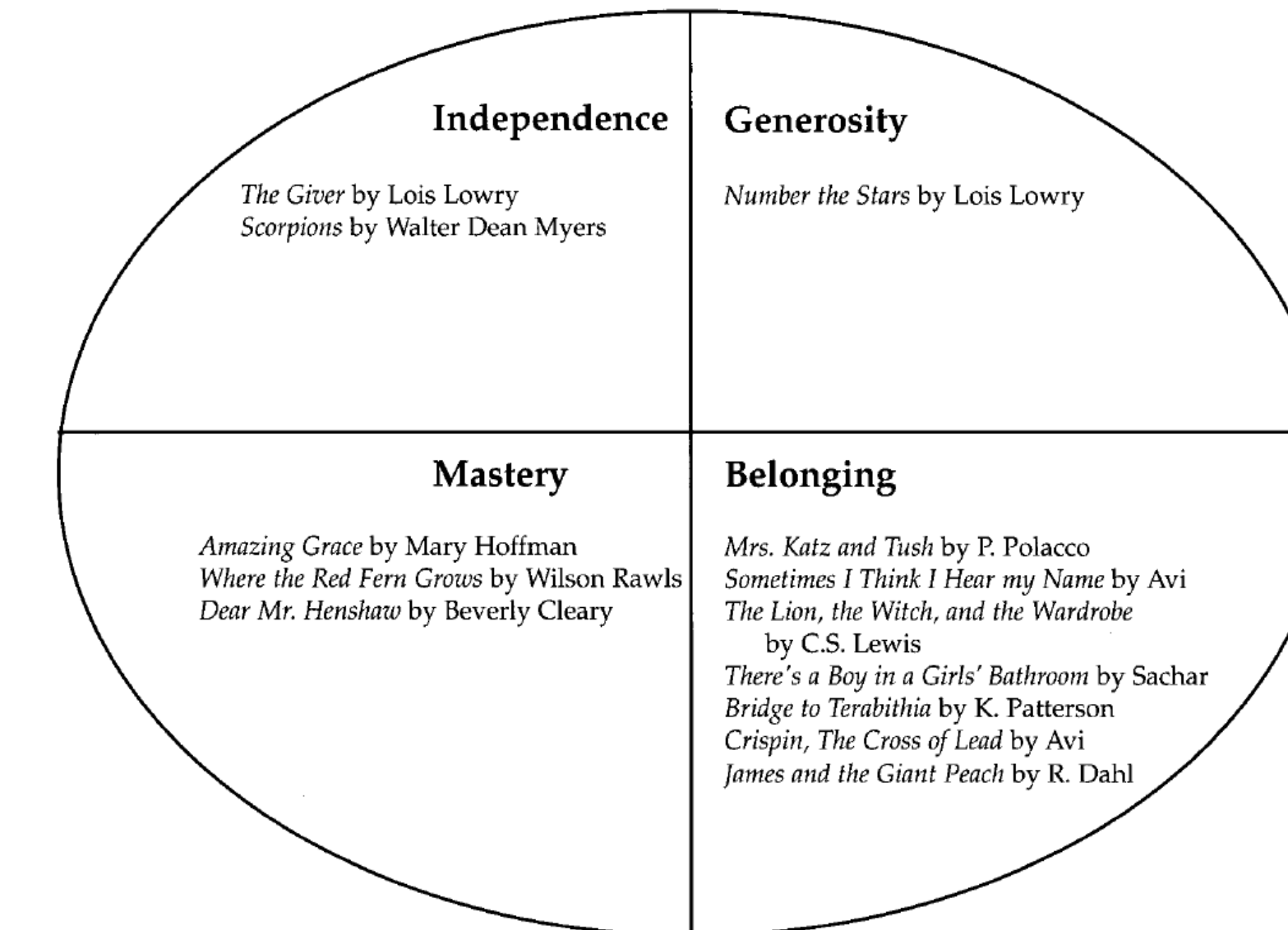
## Common Models



- Clinical**
  - Trained healing professionals
  - Mental health professionals use clinical bibliotherapy in structured settings
  - Facilitated by counselors, therapists, and/or psychologists
- Developmental**
  - Used in classrooms, media centers, and libraries
  - Facilitated by school personnel and librarians
  - Readers' advisory and guided reading

Original "Piktochart, created on piktochart.com

Figure 1: Aligning Novels with the Circle of Courage Model.



"Circle of Courage Model," Figure 1 from Regan & Page, 2008

## Conclusions

"2.2 million (9.1%) of U.S. Adolescents ages 12-17 experienced at least one major depressive episode in the last year" (Moulton)

**Librarians have the power to have meaningful impacts in the lives of struggling youth with the use of bibliotherapy.**

## Further Steps for Youth Services Librarians

- Include** themes, age recommendations, and possible bibliotherapeutic connections in bibliographies and reading logs.
- Allow** more time for independent reading. Research suggests increase reading time by 25 minutes a day.
- Encourage** students to generate reading questions and prompts.
- Use resources** like *Novelist* to recommend books.
- Create** supportive, safe, and nonjudgmental atmospheres.
- Be careful** when it comes to readers' advisory; be cautious about recommendations that could make readers uncomfortable.
- Focus on creativity.** Allow students or patrons to express themselves freely.

## Selected Bibliography

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