



Healing Reads: Bibliotherapy for the 21st Century

Healing Reads: Bibliotherapy for the 21st Century



Presented by: Rebecca Elder, Amy Geddes, Mathew Rose
Tuesday, April 17, 2012
"An InfoPeople Webinar"

Bibliotherapy



Medicine for the soul.....

Agenda

- What is Bibliotherapy?
 - Definition
 - History
 - Stages
- How to do Bibliotherapy!
- Why is Bibliotherapy important to you?
- How have others used Bibliotherapy?
- How can you use Bibliotherapy?
- Questions!

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Definition

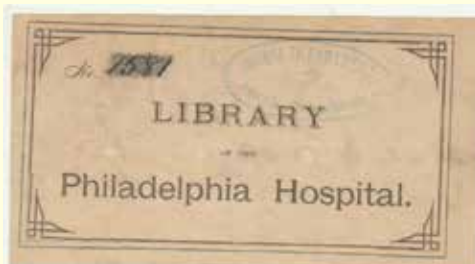
“Helping people through books”

- **Developmental bibliotherapy** may be used by librarians, teachers, or lay helpers to facilitate normal development and self-actualization with an essentially healthy population.
- **Clinical bibliotherapy** is implemented by trained helping professionals dealing with significant emotional or behavioral problems. (UNLV, 2007)

History



History



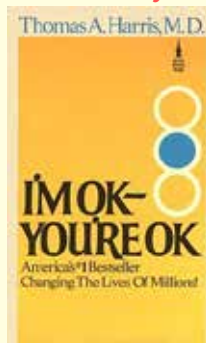
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History



History



History



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Stages

- **Identification**
 - Participant needs are identified.
- **Selection**
 - Appropriate materials are selected.
- **Presentation & Follow-up**
 - Participant makes a connection and uses expression via discussion and/or creative arts.
 - Awareness occurs and possible solutions are identified.

(Pardeck, 1993)

Purpose

- **Provide information**
- **Provide insight**
- **Stimulate discussion about problems**
- **Communicate new values and attitudes**
- **Create awareness that other people have similar problems**
- **Provide realistic solutions to problems**

How it Works

- **Individuals**
 - Match the right book to the right reader.
- **Groups**
 - Planning and materials selection.
 - Select setting and time for sessions.
 - Motivate the participants with introductory activities and prompts.
 - Engage in reading, viewing or listening of material.
 - Use discussion and creative arts follow-up activities.
 - Direct participants towards closure through identification of possible solutions.
 - Conduct program evaluation and participant evaluation.

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Audience & Materials

- Adult, Teens, & Youth
- Individuals and Groups
- Partnerships
 - Professional groups, organizations, churches
 - Develop shared objectives, shared commitment
 - Project planning and funding




Benefits



- Increases enjoyment of reading and reading materials
- Social development
- Sharing of lifestyles and lived experiences
- Provides a mirror for reflection
- Reduces stress and isolation
- Provides information and alternative solutions
- Stimulates discussion and exchange of ideas and feelings
- Provides opportunities for creative expression
- Provides staff new skills

Limitations



- Not a cure-all
- Facilitator limitations
- Materials selection
- Participant readiness
- ESL and Visually impaired

<http://yakushi-kabuto.deviantart.com>

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Why is Bibliotherapy Important to You?

- Library Mission
- Library Outreach
- Changing Library Roles

Your mission statement is . . .

- Do you know it off the top of your head?
 - Raise your hand if you do.


Your mission statement is . . .


- Do your staff and volunteers know it?
 - Raise your hand if you think they do.


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Library Mission


 The Los Angeles Public Library provides free and easy access to information, ideas, books and technology that enrich, educate and **empower every individual** in our city's diverse communities.


 The mission of The New York Public Library is to **inspire lifelong learning**, advance knowledge, and **strengthen our communities**.

 Our mission is to bring people, information and ideas together to **enrich lives and build community**.

Library Mission

 Multnomah County Library enriches lives by **fostering diverse opportunities for all people** to read, learn and connect.

 To provide open access to diverse resources and ideas that inspire learning, promote reading, and **enhance community life**.

 The Library will provide a broad array of programs and services to educate, entertain and **enrich people**.


Library Outreach

- Use bibliotherapy to take services to:
 - Rehabilitation Centers
 - Childcare centers
 - Afterschool care centers
 - Community clubs
 - Senior centers
 - Hospitals

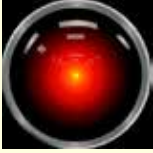
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Changing Role of Libraries




I may be smiling, but I am really lonely




I'm sorry, Dave. I'm afraid I can't do that.

**Four ways
bibliotherapy has been
used in libraries...**

**To strengthen familial
bonds and build
literacy skills.**



Storytimes are the most popular form of bibliotherapy in libraries...



**Four ways
bibliotherapy has been
used in libraries...**

Read to Dogs

[http://
www.therapyanimals.org/
R.E.A.D.html](http://www.therapyanimals.org/R.E.A.D.html)

R.E.A.D. dogs are registered therapy animals who volunteer with their owner/handlers as a team, going to libraries and many other settings as reading companions for children.

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Read to Dogs Programs

Therapy Dogs International

<http://www.tdi-dog.org/OurPrograms.aspx?Page=Libraries>

The San Diego Humane Society (or your local Humane Society)

http://www.sdhumane.org/site/PageServer?pagename=abt_PAT

Pause for Tails

<http://helenwoodwardanimalcenter.wordpress.com/tag/animal-assisted-therapy>

Love on a Leash

<http://www.loveonaleash.org/>

Library Dogs

www.librarydogs.com

Four ways bibliotherapy has been used in libraries...

Reading to a child who is dealing with loss.

Suggested reading:

Saying Goodbye to Daddy by Judith Vigna

When a Pet Dies by Fred Rogers

When Dinosaurs Die: A Guide to Understanding Death by Laurie Krasny Brown and March Brown



Four ways bibliotherapy has been used in libraries...

Reading to the elderly

- Helps combat loneliness
- Helps them deal with the aging process in general
- Helps them discover their sense of self and purpose

Suggested reading:

This Is Getting Old: Zen Thoughts on Aging with Humor and Dignity by Susan Moon and Susan Ichi Su Moon



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How do I implement bibliotherapy in my library?

- You probably already have!






- Discover via environmental scan or focus group what your community is interested in



Monrovia Public Library

ALA American Library Association

San Diego County Library

Story Time Baby		Story Time Toddler		Story Time Preschool		Story Time Family		Story Time Volunteer Led		Story Time Bilingual	
Programs	Attendees	Programs	Attendees	Programs	Attendees	Programs	Attendees	Programs	Attendees	Programs	Attendees
200	1,073	311	3,367	1,114	11,933	217	4,549	496	5,148	490	11,800

Of 22,400+ programs a year at SDCL, 4,124 are storytime-related and of 420,000+ attending, 99,810 are attending one of the storytimes above. WOW. That's something to see. Almost HALF. It is a core program for us.


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Acton Rehabilitation Center



Logos for County of Los Angeles Public Health, Acton Rehabilitation Center, and County Library.



A collage of the word "QUESTIONS" in various orientations and colors.

Thank You!



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