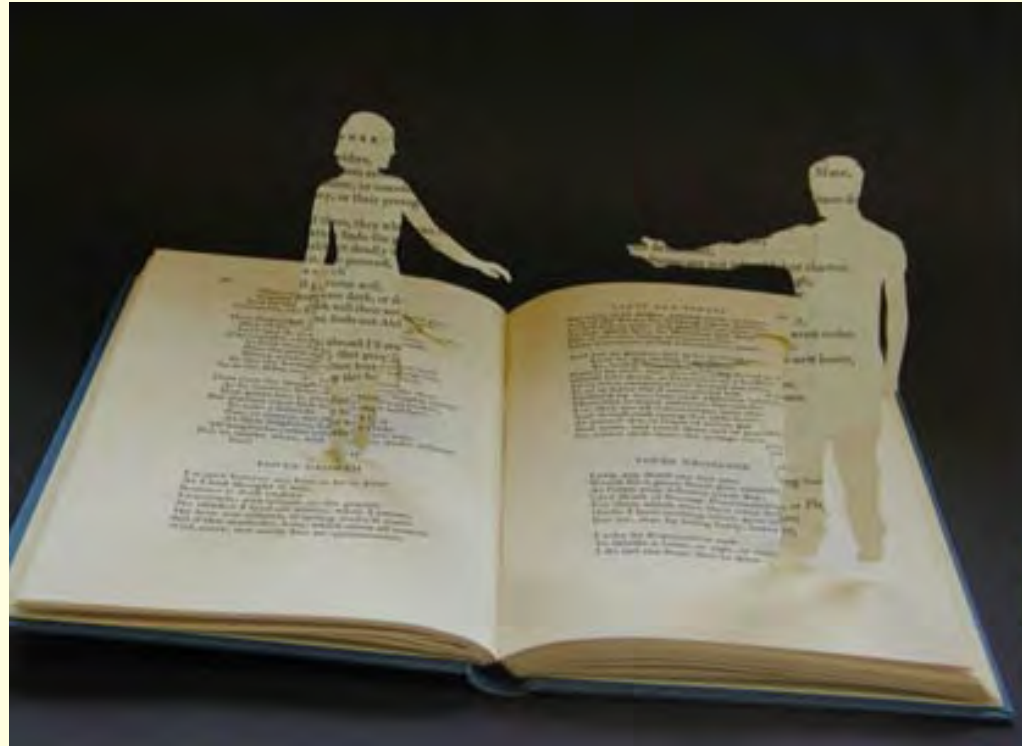


Healing Reads: Bibliotherapy for the 21st Century



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!

Definition

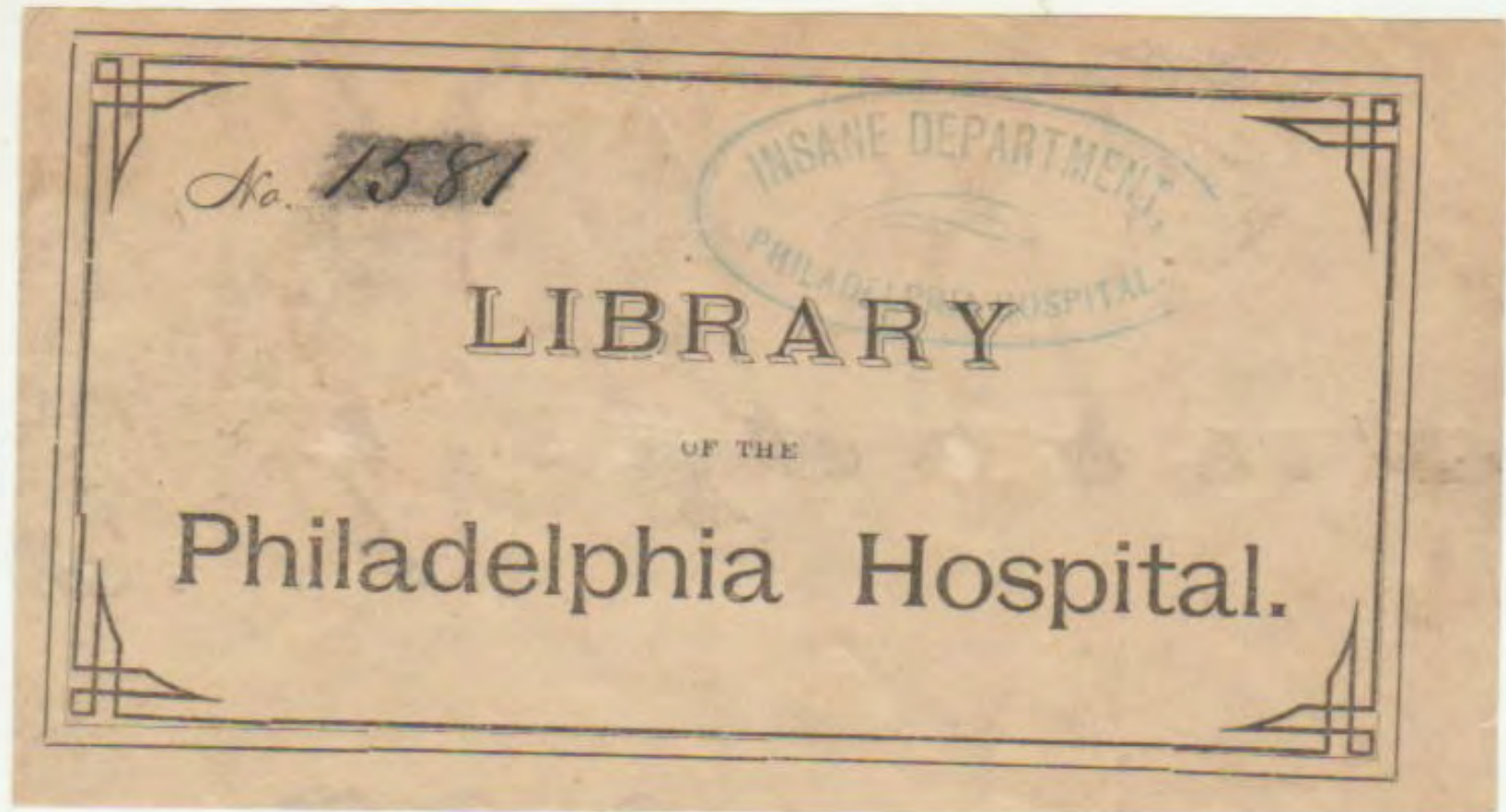
“Helping people through books”

- **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



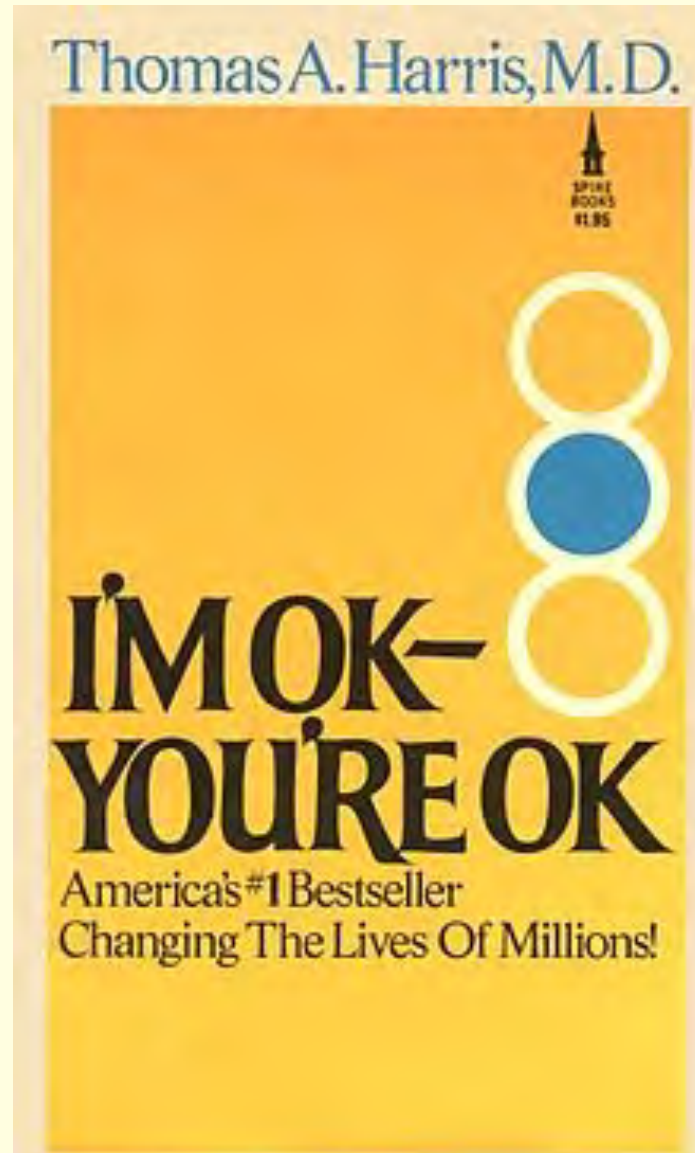
History



History



History



History



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.

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>

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.

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

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.or
g/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.

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



How do I implement bibliotherapy in my library?

- You probably already have!

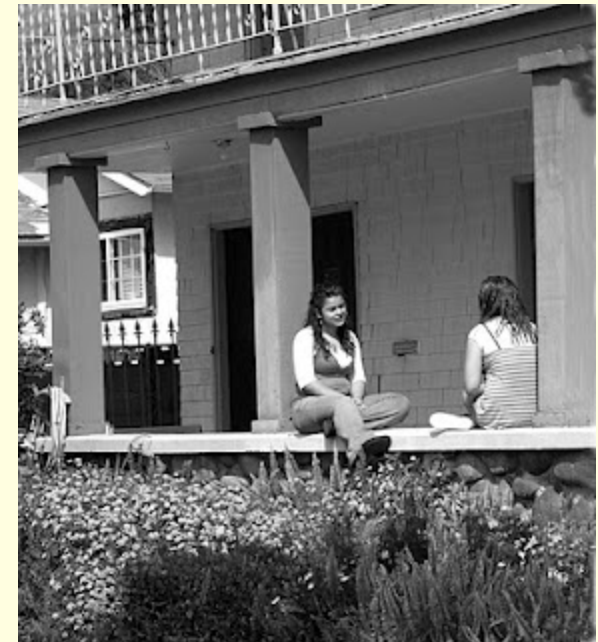


- Discover via environmental scan or focus group what your community is interested in

Monrovia Public Library



ALA American
Library
Association



yalsa
Young Adult Library
Services Association
www.ala.org/yalsa

 **greatstoriesCLUB**

San Diego County Library



Story Time Baby		Story Time Toddler		Story Time Preschool		Story Time Family		Story Time Volunteer Led		Story Time Bilingual	
Programs	# Attend	Programs	# Attend	Programs	# Attend	Programs	# Attend	Programs	# Attend	Programs	# Attend
540	6873	831	33678	1344	33933	317	4520	508	5148	584	10403

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.

Acton Rehabilitation Center





Thank You!



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