Healing Reads: Bibliotherapy for the 21st Century

Presented by: Rebecca Elder, Amy Geddes, Mathew Rose
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“An InfoPeople Webinar”
Bibliotherapy

Medicine for the soul.....
Agenda

• What is Bibliotherapy?
  – Definition
  – History
  – Stages

• How to do Bibliotherapy!

• Why is Bibliotheraphy 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

Library of the Philadelphia Hospital.
History

WE WANT BOOKS

VICTORY BOOK CAMPAIGN

Sponsored by

AMERICAN LIBRARY ASSOCIATION  •  AMERICAN RED CROSS
UNITED SERVICE ORGANIZATIONS FOR NATIONAL DEFENSE INC.
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.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

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
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!

Rebecca Elder
relder@ci.monrovia.ca.us

Amy Geddes
amy.geddes@sdcounty.ca.gov

Mathew Rose
mrose@library.lacounty.gov
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