

June, 10-14 2024

# Bibliotherapy

Zagreb, Croatia

Bibliotherapy helps students to develop positive emotions, a sense of belonging, and resilience by relating their story to that of characters who are going through similar challenges.

# **Bibliotherapy Skill for School Librarians, Teachers and Counsellors**

Bibliotherapy is a therapeutic approach that uses books and reading to help individuals including children and young adults cope with emotional and psychological challenges. This course is designed for educators, librarians, counsellors and anyone interested in helping children and young adults through books (story books and self help books).

This course specifically focuses on understanding and applying bibliotherapy techniques for children and young adults.

You will explore the use of children's literature as a tool to address emotional, social and developmental challenges faced by young readers.

Practical strategies, book selection and facilitation skills are also covered. At the end of the course, librarians, teachers and counsellors will be able to use children bibliotherapy as part of children development and mental well being and be able the skills into their practice to incorporate.

# Course Content

1. Understand the fundamentals of bibliotherapy and its relevance in development
2. Identify and select appropriate books for specific emotional and psychological needs
3. Develop effective strategies to engage children in bibliotherapeutic discussions
4. Facilitate bibliotherapy sessions, fostering emotional intelligence and empathy
5. Recognise common emotional and social challenges in children and address them through lifetime
6. Create a supportive and inclusive reading environment

## Module 1: Introduction to bibliotherapy

- Defining bibliotherapy and its history
- Understanding the psychological and emotional benefits
- Ethical considerations in bibliotherapy

## Module 2: Book selection

- Criteria for selecting age appropriate books
- Thematic selection based on challenges and diverse representation in literature

## **Module 3: Strategies in reading**

- Creative reading technique for difference age group
- Encouraging discussion and reflection through open-ended questions
- The role of art and journalism in bibliotherapy

## **Module 4: Facilitating bibliotherapy Session**

- Effective communication and active listening skills
- Building trust and rapport with young readers
- Adapting sessions to individual and group needs

## **Module 5: Practical application and case studies**

- Advisory common challenges such as anxiety, grief and friendship issues
- Collaborative projects and activities based on selected books
- Integrating bibliotherapy into educational and counselling settings

## **Course Materials**

- Sample bibliotherapy lesson plan
- Bibliotherapy Venn diagram
- Character weaves
- Selected books for discussion and practice
- Journal for reflection and observation
- Bibliotherapy resources

Course content is developed by Sophia Vivian Adeyeye, PhD

# Meet our team



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