

Bibliotherapy in a Library Setting: Reaching out to Vulnerable Youth

[HTML](#)[PDF](#)**Published:** Jul 4, 2011**DOI:** <https://doi.org/10.21083/partnership.v6i1.1402>**Natalia Tukhareli**

Abstract

Bibliotherapy, as a part of expressive therapy, involves the systematic use of books to help people cope with mental, physical, emotional, or social problems. It has been widely recognized as an approach that holds great promise in helping librarians to better address emotional, behavioural and social concerns of various groups of people. The benefits of bibliotherapeutic services such as reading groups, expanded readers' advisory, books-on-prescription and information-on-prescription services as well as various outreach programs are well documented in the library literature. On the other hand, health professionals who work in cooperation with educators and librarians share medical records on the healing and consoling power of books. The paper will explore the role of bibliotherapy in a library setting and identify particular bibliotherapeutic schemes to be used when serving people affected by HIV/AIDS. The paper will provide an overview of the library project developed to address educational and recreational needs of the African people living with HIV/AIDS. The project was successfully implemented at the Nkosi's Haven Library in Johannesburg, South Africa in 2010. Although the project targeted all the residents of Nkosi's Haven, the paper will focus mostly on the part of the program developed for children and young adults. The paper will identify psychological and social factors that affect the targeted group of children within the African environment. Particularly, it will highlight a negative effect that stigmatization around the disease has on the lives of the HIV-infected individuals and their families. Within this context, bibliotherapy is seen as an effective way of reaching out and breaking the isolation of people, especially children living with HIV/AIDS. The paper will describe specific activities strategically chosen for the bibliotherapy sessions to provide a channel through which the participants of the program could analyze their behaviours or situations and address their concerns. It will also provide a list of books selected for the targeted group of children and young adults. The paper will highlight the great potential of bibliotherapy in addressing the needs of vulnerable people and thus justify the importance of implementing bibliotherapy within the library setting.

How to Cite

Tukhareli, N. (2011). Bibliotherapy in a Library Setting: Reaching out to Vulnerable Youth. *Partnership: The Canadian Journal of Library and Information Practice and Research*, 6(1). <https://doi.org/10.21083/partnership.v6i1.1402>

[More Citation Formats ▾](#)

Issue

[Vol 6 No 1 \(2011\)](#)

Section

Innovations in Practice



This work is licensed under a [Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License](#).

As a condition of publication in *Partnership*, all authors agree to the following terms of licensing/copyright ownership:

First publication rights to original work accepted for publication is granted to *Partnership* but copyright for all work published in the journal is retained by the author(s).

Works published in *Partnership* will be distributed under a [Creative Commons Attribution-Non-Commercial-NoDerivatives 4.0 International License \(CC BY-NC-ND 4.0\)](#)

Authors grant permission for their work to be indexed in full text form in commercial indexes and non-commercial indexes. This may include but is not limited to, indexes such as Proquest, EBSCO, Erudit etc.

Authors may enter into separate, additional contractual agreements for the non-exclusive distribution of the published version of the work, with an acknowledgement of its initial publication in *Partnership*.

It will be the responsibility of the authors to secure all necessary copyright permissions for the use of 3rd-party materials in their manuscript. Authors will be required to provide written evidence of this permission upon acceptance of their manuscript.

Authors agree their abstracts may be translated into French.

Note: This license applies to all works published after February 1, 2016. Articles published before this date are under [CC BY-SA 4.0](#) license.

Author Biography

Natalia Tukhareli

Natalia Tukhareli holds a MLIS degree and a PhD degree in Linguistics. She has more than 15 years of professional experience in a variety of roles. This includes service in libraries and non-profit organizations, teaching in post-secondary institutions and scholarly research in various fields of the Humanities and Social Sciences.

[Tweet](#)



[Open Journal Systems](#)

Usage Statistics Information

We log anonymous usage statistics. Please read the [privacy information](#) for details.

Language

[English](#)

[Français \(Canada\)](#)

Information

[For Readers](#)

[For Authors](#)

[For Librarians](#)

Current Issue

[ATOM 1.0](#)

[RSS 2.0](#)

[RSS 1.0](#)



[Contact](#) us anytime to discuss your ideas and works-in-progress.

Follow [@partnershipj](#) on Twitter

[Google Scholar profile](#)

Platform &
workflow by
OJS / PKP

Academic journal article Partnership : the Canadian Journal of Library and Information Practice and Research. Bibliotherapy in a Library Setting: Reaching out to Vulnerable Youth. By Tukhareli, Natalia. Read preview. Academic journal article Partnership : the Canadian Journal of Library and Information Practice and Research. Bibliotherapy in a Library Setting: Reaching out to Vulnerable Youth. By Tukhareli, Natalia. Read preview. Article excerpt. Abstract. Bibliotherapy, as a part of expressive therapy, involves the systematic use of books to help people cope with mental, physical, emotional, Bibliotherapy in a Library Setting: Reaching out to Vulnerable Youth. Article. Full-text available. The paper will explore the role of bibliotherapy in a library setting and identify particular bibliotherapeutic schemes to be used when serving people affected by HIV/AIDS. The paper will provide an overview of the library project developed to address educational and recreational needs of the African people living with HIV/AIDS. Bibliotherapy, a therapeutic approach that uses literature to support good mental health, is a versatile and cost-effective treatment option often adapted or used to supplement other types of therapy. Proponents of the approach suggest mild to moderate symptoms of several mood-related conditions can be successfully treated with reading activities. Both individual and group therapy may utilize this method, which is considered appropriate for children, adolescents, and adults. Mental health professionals may encourage those in therapy and those who are waiting for therapy to read for guidance or