



Healing with books: A literature review of bibliotherapy used with children and youth who have experienced trauma

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Healing With Books: A Literature Review of Bibliotherapy Used With Children and Youth Who Have Experienced Trauma

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Abstract

Bibliotherapy can assist children and youth (3–18 years old) in healing and developing effective coping skills after they experience trauma. The use of literature and identifying how to live more effectively through the characters and problems featured in a book enables children and youth to increase their insight and understanding of the themes and experiences as it relates to their own lives. Bibliotherapy is reinforced through the use of a variety of techniques such as discussion, therapeutic use of art, dramatization, puppetry, and creative writing (Early, 1993; Pardeck, 1990a; Pardeck, 1991a, 1991b; Pardeck & Pardeck, 1984, 1997). This literature review examines the outcomes of bibliotherapy when used with children who have experienced trauma. The use of bibliotherapy as a recreational therapy intervention will be discussed in terms of improving child outcomes and advancing recreational therapy professional practice.

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Keywords

bibliotherapy; children; outcomes; recreational therapy; trauma

Full Text:

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DOI: <https://doi.org/10.18666/TRJ-2017-V51-I1-7652>

Refbacks

- There are currently no refbacks.

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Bibliotherapy can assist children and youth (3–18 years old) in healing and developing effective coping skills after they experience trauma. The use of literature and identifying how to live more effectively through the characters and problems featured in a book enables children and youth to increase their insight and understanding of the themes and experiences as it relates to their own lives. This literature review examines the outcomes of bibliotherapy when used with children who have experienced trauma. The use of bibliotherapy as a recreational therapy intervention will be discussed in terms of improving child outcomes and advancing recreational therapy professional practice. Subscribe to TRJ. View. Show abstract. "Typically, therapists will use bibliotherapy to assign clients specific books to read outside of the session," he says. This strategy, says Perman, can help facilitate empathy, insight, conversation, and self-growth. Most therapists trained in bibliotherapy will have a list of books that relate to different issues. There are also several sites and databases online that give suggested or recommended titles based on a particular concern or mental health issues. An example is this list from Goodreads that is geared towards children and adolescents. How Bibliotherapy Helps. Bibliotherapy is an approach to mental health treatment that uses books to provide guidance and address mild to moderate symptoms in individuals of any age. History and Development of Bibliotherapy. How Is Bibliotherapy Used?

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Issues Treated with Bibliotherapy. Who Offers Bibliotherapy? The use of literature as a healing method dates back to ancient Greece, when Grecian libraries were seen as sacred places with curative powers. In the early nineteenth century, physicians like Benjamin Rush and Minson Galt II began to use bibliotherapy as an intervention technique in rehabilitation and the treatment of mental health issues. During World Wars I and II, bibliotherapy was used to help returning soldiers deal with both physical and emotional concerns.