

Bibliotherapy

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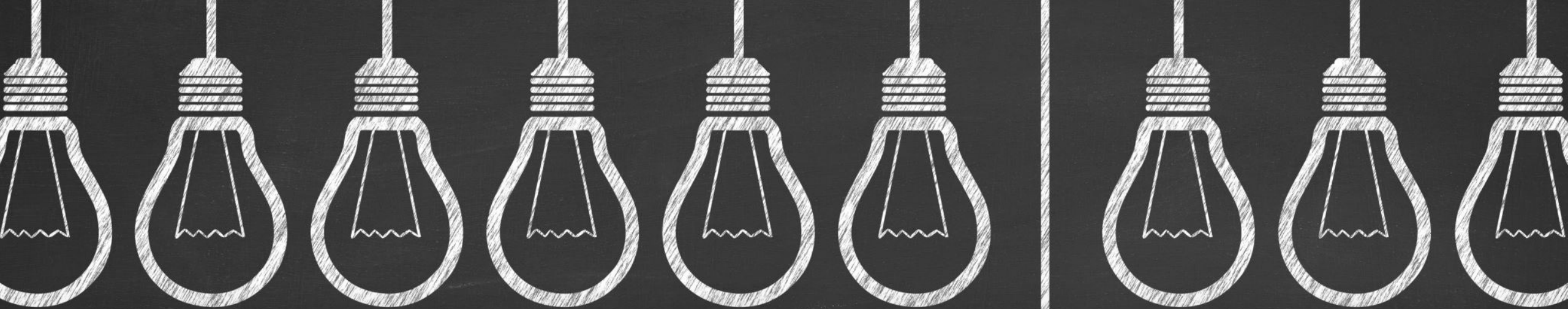
What is it ?

Bibliotherapy is a creative arts therapy that involves storytelling or the reading of specific texts.

Bibliotherapy therapeutic approach uses books and other forms of literature, combined with other therapy modalities, to encourage cognitive change related to psychological needs and goals.

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Is it new

no



- **1751**

- Pennsylvania Hospital becomes the first incorporated hospital in the US. Mentally ill patients are prescribed reading and writing treatments, and patient work is published in their newspaper, *The Illuminator*.

- **1916**

- The term “bibliotherapy” is first used by Samuel Crothers.

- **1928**

- Eli Greifer, poet, pharmacist, and lawyer, begins a campaign to show poetry’s healing power.

1932

Romanian-born Jacob Moreno introduces group psychotherapy to The American Psychiatric Association. Moreno founds psychodrama, and uses the term “psychopoetry” to describe the use of selected literature in his work.

1959

Eli Greifer facilitates a poetry therapy group at Cumberland Hospital with supervising psychiatrists Dr. Jack J. Leedy and Dr. Sam Spector.

1969

Dr. Leedy joins Ann White, Gilbert Schloss, PhD, and Morris R. Morrison, PhD to draft first set of standards for credentialing in the field of poetry therapy.

- **1976**
- Rosalie Brown is appointed as first Federal Bibliotherapist

- **1980**
- The National Association for Poetry Therapy (NAPT) is established as a non-profit organization.

- **1983**
- Incorporation of the National Association for Biblio/Poetry Therapy

2002

National Federation for Biblio/Poetry Therapy
(formerly the NAPT Credentialing Committee) is
established as totally independent of NAPT.

2014

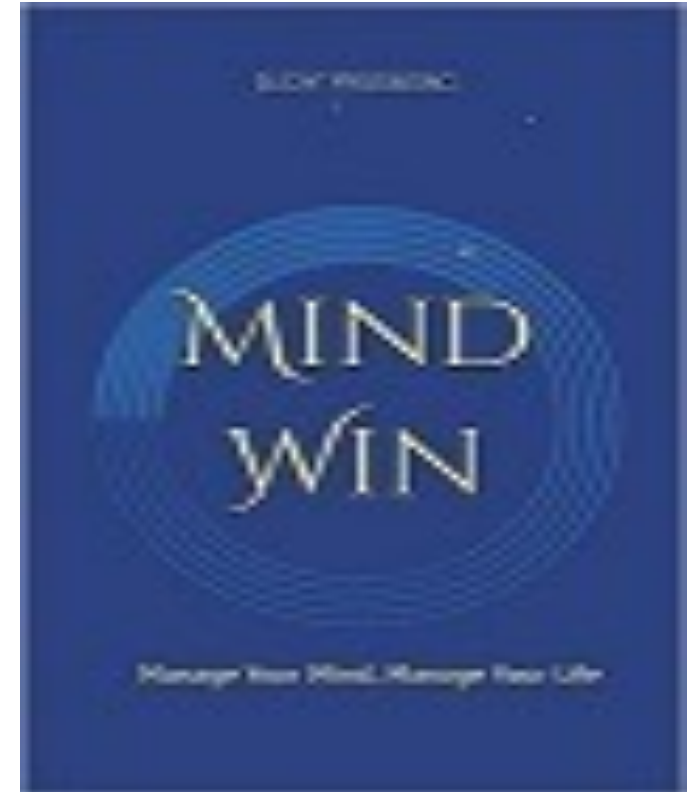
NFBPT becomes International Federation for
Biblio/Poetry Therapy (IFBPT)

- **There are 2 types of bibliotherapy**
- **Developmental bibliotherapy** is used in community or educational settings, to help children or adults address common life challenges, such as bullying, for example.
- **Clinical or therapeutic bibliotherapy** is the use of books in a professional therapy context to treat a diagnosed disorder or alleviate the negative impacts of a diagnosed mental or physical disorder.

We are here now

Bibliotherapy or book therapy
gives us a handy tool
to help the client with the change process.

- We guide the client through the change
- Using I.A.M.
- Identify
- Analyze
- Modify



CBT

The CBT worksheet helps the client

Identify current responses.

Analyze why he made the decision and how his decision effected him.

Allows the client to realize options of action.

response to the event.

The External Profile

Worksheet

List an event that was significant to you, then write out your profile in response to the event, see examples and samples if needed.

Event: Thoughts:

I Message:

Feelings:

Actions:

The Co-Worker Problem

Client: Maggie

Event:

I went to work one morning and I met a co-worker in the coffee room, I smiled and said, “good morning”. The lady did not acknowledge me, she just walked away.

Thoughts:

That snob, what did I ever do to him; I guess he just doesn’t like me. No one here likes me. What did I do wrong? I’m not going to try to get along any more, why should I?

Feelings:

Hurt, rejected, picked-on, mistreated

Actions:

Went to my office, it bugged me all day. I didn’t even feel like doing my work. At lunch I didn’t go up and eat with the others, I didn’t want to talk to them.

The External Profile Example

The Co-Worker Problem

Client: Mike

Event:

I went to work one morning and I met a co-worker in the coffee room, I smiled and said, “good morning” but, the worker did not acknowledge me, he just walked away.

Thoughts:

Oh, who cares, maybe he didn’t hear me. He may have had something on his mind. “I’m okay with it.

Feelings:

Indifferent, somewhat forgiving or understanding

Actions:

Just forgot it, went to the office and did my work, went to lunch in the lunch room.

The External Person Profile Analysis Example Part 1

Client: Bob

Event:

Bob was on a date at a County Fair with his girlfriend.
His girl friend talked to a guy.

Thoughts:

Who is this guy? Does she like him more than she likes me? Is she going to leave me because I'm not good enough? Are they having an affair? Do they know something I don't know?

I Message:

I am a loser. I always get dumped. I'm going to fail at another relationship. I'm not good enough; she's going to leave me. I'm a failure

of getting what he wanted? His actions lessened his odds. His actions did not build a good relationship with his girlfriend. His actions created friction.

Did his response bring him the desired outcome he wanted in the long term? Did it bring him the things he prioritized the highest? No, his actions actually created more problems in the relationship. Bob did not get what he wanted, but instead he eventually got what he feared.

Did his response allow him to be the person he desired to be? No, Bob wanted to be a partner in a good relationship. His focus on being rejected kept him from accepting his girlfriend's good intentions.

Bob's girlfriend wanted the same thing Bob wanted. But instead of trusting her and expressing his love, he accused her of being a liar and cheater. Bob was actually insulting her. He was projecting characteristics on to her that were not her personality.

This was Bob's obsession, He wanted his girlfriend. But he could not believe that she (or any other woman) would want him.

Bob demands her to make him feel wanted, yet refuses to feel it. This unrealistic demand puts his girlfriend in a no-win situation. She can not give something to Bob that he is refusing to receive. She eventually had to leave the relationship in order to be the person she wanted to be. Bob made his self-fulfilling prophecy come true. Instead of getting what he wanted, he got what he feared.

I Message:

I am a loser. I always get dumped. I'm going to fail at another relationship. I'm not good enough; she's going to leave me. I'm a failure

Feelings:

Insecure, threatened, hurt, upset, afraid, insecure

Actions:

I got mad, accused her of cheating, and fought with her.

I accused her of cheating. I got so mad I left her at the party and went driving around. She got a ride home with a friend. When I got home I was still too mad to talk to her.

Profile Analysis

Example Part 2

What did Bob want? He wanted his girlfriend

Did his actions better his odds or lesson his odds of getting what he wanted? His actions lessened his odds. His actions did not build a good relationship with his girlfriend. His actions created friction.

Did his response bring him the desired outcome he wanted in the long term? Did it bring him the things he prioritized the highest? No, his actions actually created more problems in the relationship. Bob did not get what he wanted, but instead he eventually got what he feared.

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CBT work sheets are great to help the client understand, the process, and to gain insight.

Build insight

Shift perception and emotional state

Change beliefs

Change behavior

Identification

Catheris

Insight

Univerealization



Identification

Catheris

Catheris

Universalization

Identification

- Seeing your self in the character.
- Just write it about you and they will read it about them.



Insight

- The reader recognizes similarities between the characters or situations in the text and the reader's own circumstances and the decision to apply ideas from the text to the reader's life.

Catheris



discuss



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- Universalization
 - The reader realizes they are not alone. Others have experienced similar challenges and found ways to navigate them.

Bibliotherapy

How does it help your profession?

And more discussion and examples....

Catheris



