

# Bibliotherapy

---

Judy Wieberg Massman,  
LCSW, LPC



# What is it ?

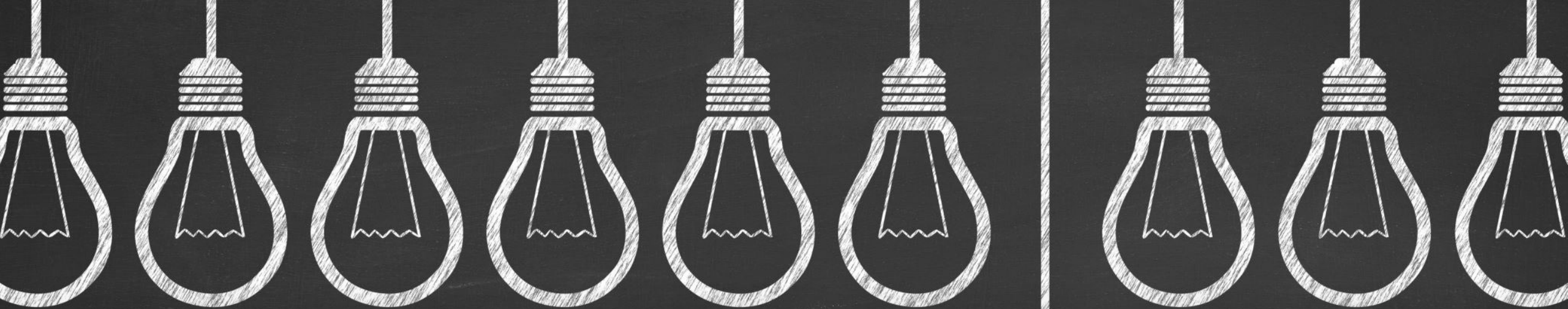
Bibliotherapy is a creative arts therapy that involves storytelling or the reading of specific texts.

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.

.







Is it new

---

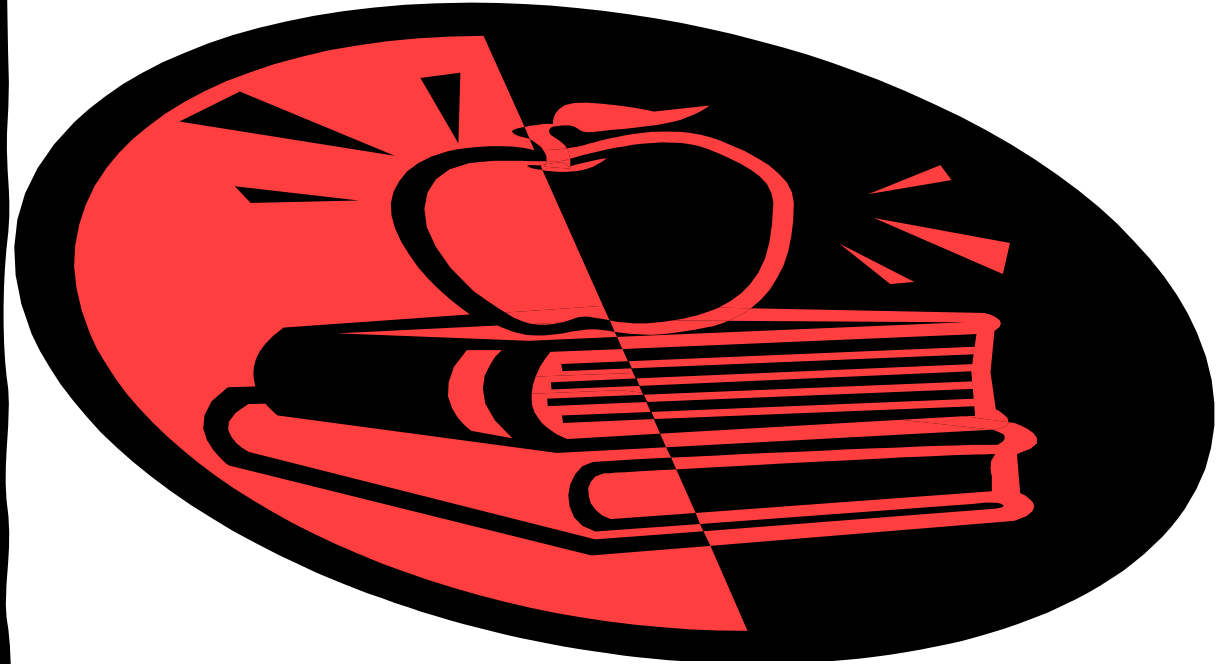
no



When did you learn about  
Bibliotherapy?

Do you see it as an aid to  
other therapies?

Did you use it before you  
actually heard the title?



- **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)



# Bibliotherapy Now

Bibliotherapy or book therapy

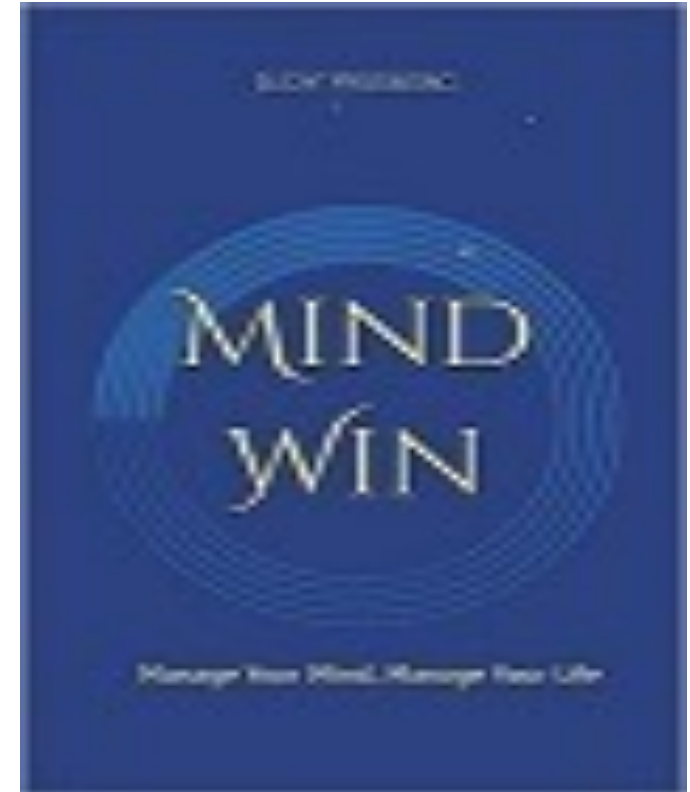
Is a handy tool

to use in therapy.

It was especially useful during the 2020 pandemic the client with the change process

## Therapy

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



**Identification**



```
graph TD; A[Identification] --> B[Catharsis]; B --> C[Insight]; C --> D[Universalization];
```

**Catharsis**

**Insight**

**Universalization**

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

Bibliotherapy is often seen as an intervention or procedure used along side another therapy model



[This Photo](#) by Unknown Author is licensed under [CC BY](#)



# 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.

## **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:**

## **EXAMPLE**

### **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 anymore, why should I?

**Feelings:**

Hurt, rejected, picked-on, mistreated

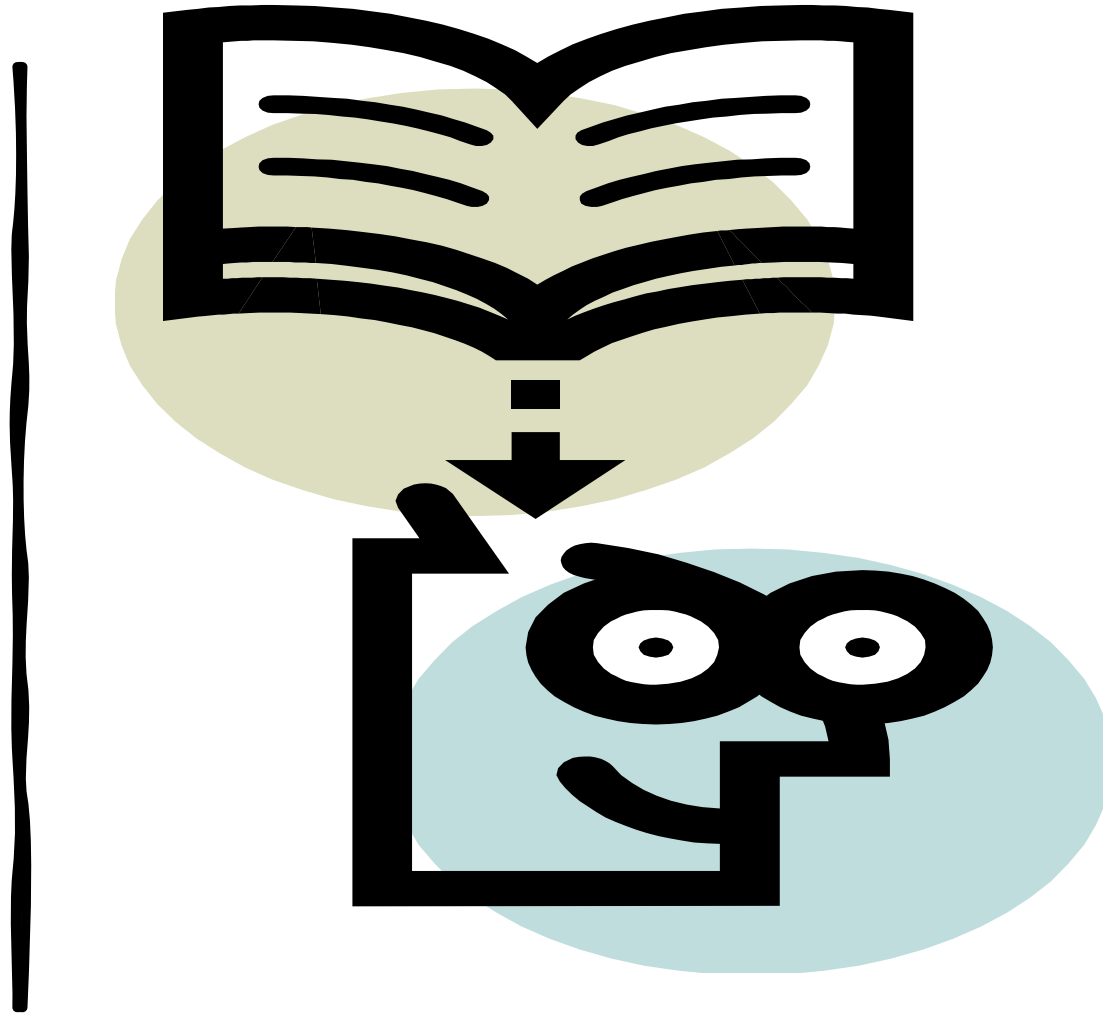
**Actions:**

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 show me principle*

Show don't tell !

The examples allow the client to experience the feeling by connecting with the character.



*Meet Bob*



## **Bob's Profile**

**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

**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.

## Analysis

**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.

**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.

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.

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.

Maximize your experience with  
books

The 4 stage process



**Identification**



```
graph TD; A[Identification] --> B[Catharsis]; B --> C[Insight]; C --> D[Universalization];
```

**Catharsis**

**Insight**

**Universalization**



# Identification

---

Seeing your self in the character.

- " ok, I will admit it! This week I was Bob "
- "Bob is just like my boyfriend"

*Just write it about you.  
The reader will make it about  
them.*

Writers convention in  
Carson City, Nevada



- **Catharsis/examination**

**Connecting with the feeling**

# 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

- Using the insight, catharsis and identification to make changes.

## Universalization



# Bibliotherapy

How does it help your profession?

And more discussion and examples....