

TDMHSAS BEST PRACTICE GUIDELINES

Bibliotherapy

A section on bibliotherapy may be included in the main body of text for some disorders. Bibliotherapy involves the use of books to help children and adolescents and/or their parents/caregivers better cope with various mental disorders. The books and/or other audio or visual aids are designed to:

- give information.
- provide insight.
- stimulate conversation about problems.
- communicate new attitudes and values.
- create awareness that other children and adolescents have similar problems.
- offer realistic solutions to problems (Hayati, 2003).

Perhaps the most significant benefit of bibliotherapy for youth is the way it helps them realize that they are not alone. Other young people may suffer from the same mental disorder. Some disorders have more resources than others. In some cases, parents/caregivers are the target audience.

Bibliotherapy is useful only if people are ready to receive and read the available material. It serves solely as an adjunct to therapy and should not replace therapeutic interventions, including medications. In the current time, bibliotherapy more likely includes material presented in interactive and/or digital formats, such as web-based videos. Regardless the medium, the purpose of these materials remains consistent with those delineated by Hayati (2003).

References

Hayati, A.M. (2003). What is bibliotherapy? ERIC Digest. Retrieved from www.ericdigests.org/2003-4/bibliotherapy.html.

*This page
was intentionally
left blank*