

Begin by asking the child to tell a story about something; then tell another story that is similar to child's tale but with differences that help the child in problem areas.

Example: Child's story is about going to the hospital and never seeing his or her parents again. Nurse's story is also about a child (using different names but similar circumstances) in a hospital whose parents visit every day, but in the evening after work, until the child is better and goes home with them.

Bibliotherapy

Use books in a therapeutic and supportive process.

Provide children with an opportunity to explore an event that is similar to their own but sufficiently different to allow them to distance themselves from it and remain in control.

General guidelines for using bibliotherapy are:

1. Assess the child's emotional and cognitive development in terms of readiness to understand the book's message.
2. Be familiar with the book's content (intended message or purpose) and the age for which it is written.
3. Read the book to the child if child is unable to read.
4. Explore the meaning of the book with the child by having the child: