

# Young people with problems - a guide to bibliotherapy

Greenwood Press - Using Bibliotherapy in Clinical Practice: A Guide to Self

*Uses of Bibliotherapy in Response to the 1970s*

TABLE 1. CHARACTERISTICS OF THE THREE TYPES OF BIBLIOTHERAPY

Characteristic	Institutional	Clinical	Developmental
Format	individual or group; usually passive	group -- active; voluntary or involuntary	group -- active; voluntary
Client	medical or psychiatric patient, prisoner or client in private practice	person with an emotional or behavioral problem	"normal" person, often in a crisis situation
Contractor	society	society or individual	individual
Therapist	physician and librarian team	physician, mental health worker or librarian, often in consultation	librarian, teacher or other
Material used	traditionally didactic	imaginative literature	imaginative literature and/or didactic
Technique	discussion of material	discussion of material, with emphasis on client's reactions and insights	discussion of material, with emphasis on client's reactions and insights
Setting	institution or private practice	institution, private practice or community	community
Goal	usually informational, with some insight	insight and/or behavior change	normal development and self-actualization

Source: Rubin, Rhea J. *Using Bibliotherapy: A Guide to Theory and Practice*. Phoenix, Oryx Press, 1978, p. 7.

Description: -

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Children -- Books and reading.

Children's literature -- Abstracts.

Adolescent psychopathology -- Juvenile literature -- Abstracts.

Child psychopathology -- Juvenile literature -- Abstracts.

Adolescent psychology -- Juvenile literature -- Abstracts.

Child psychology -- Juvenile literature -- Abstracts.

Bibliotherapy for teenagers.

Bibliotherapy for children. Young people with problems - a guide to bibliotherapy

-Young people with problems - a guide to bibliotherapy

Notes: Includes bibliographical references and indexes.

This edition was published in 1984



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## Bibliotherapy with Young People: Librarians and Mental Health Professionals Working Together

Olsen 428 suggests that any child can benefit from bibliotherapy, if other requirements are met: the child must be ready for bibliotherapy and follow-up activities must be significant. Children cannot escape from these problems.

## Bibliotherapy

Bibliotherapy can involve fiction, non-fiction or poetry, and can take place as an adjunct to psychotherapy or in a discussion with friends, booksellers or librarians.

## Using Bibliotherapy in Clinical Practice: A Guide to Self

However, it is important that adults are aware of books dealing with eating disorders and self-harm, and aware when students are reading them. Modern children and adolescents face numerous problems on a daily basis from development changes and family issues to coping with fear and making important decisions. The New Power of Words Book Selection Many thousands of self-help books exist and while the best of these are highly effective, others are not so useful.

## Bibliotherapy: Using Books to Help and Heal

Children's literature: An issues approach.

## Bibliotherapy: Crucial in the Lives of Adolescents

While the focus of this page has its origins in print, realize that many topics are covered extensively on the Internet. Of the 46 full-text articles assessed for eligibility, eight met the inclusion criteria and 38 were excluded. Consider the needs of the group or individual then choose the medium, paying careful attention to the guidelines previously described.

## Related Books

- [Al Sharpton - outspoken community leader](#)
- [Etnicheskaya istoriya narodov Azii.](#)
- [Stampede for gold - the story of the Klondike.](#)
- [Estetika Melayu di tengah hamparan estetika Islam - suatu kajian awal](#)
- [Principles of the shell process](#)