Bibliotherapy Tips From Mr. Bookhead

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What is a Bookhead?

- Grateful Dead fans were called “Deadheads”
- Bookheads can be those who are fans of books.
What is Bibliotherapy?

- The use of selected reading materials as therapeutic adjuvants in medicine and psychiatry; also guidance in the solution of personal problems through directed reading. (AHIL Quarterly, Summer 1966, p. 18.)
Historical Roots

- Bibliotherapy points back to the Greek words “biblio” for book and “therapeia” for therapy. History shows that above the door of the library at Thebes read “The Healing Place of the Soul” (Campbell & Smith)
Reasons to Use Books in Therapy

- encourage self-help
- enhance therapy
- clients request,
- books can help explain complex ideas
- to assess client motivation.
Discussion Questions

- Why do you think reading is important?

- Is there a particular book that has had special impact and meaning to you?
What literature to use?

- Fiction and non-fiction
- Magazine articles
- Chapters in books
- Poems [http://www.poetrytherapy.org](http://www.poetrytherapy.org)
- Song lyrics
What Problems Can Be Helped?

- Anxiety, Depression, Bi-polar (The Unquiet Mind), Career Issues, Eating Disorders, Drug Abuse, Self-Esteem
- What others?
- Is this tool good for all clients?
Examples of Books to Use

- Living More Than OK by Frank Coulson
- Gifted Hands, by Dr. Ben Carson
- Choices and What to Say When You Talk to Yourself by Dr. Shad Helmstetter
Let’s Try Some Out
References


- [http://www.poetrytherapy.org/](http://www.poetrytherapy.org/)
References