



Bibliotherapy

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Description

The basic premise of bibliotherapy is that information, guidance, wellbeing and solace can be found through reading. This book draws on the latest international practical and theoretical developments in bibliotherapy to explore how librarians, healthcare providers and arts organizations can best support the health and wellbeing of their communities.

There is no standard approach to bibliotherapy. This book considers how different theories apply to different types of bibliotherapy, using case studies to illustrate how particular approaches can be used across a broad range of settings and with a variety of user groups. By focusing on the theoretical basis and history of bibliotherapy, as well as current practice, it helps to identify areas in which bibliotherapy could grow as a field of study and of practice.

Bibliotherapy programmes using books to support good mental health are found around the world. The editors and their contributors present examples from public libraries, academic libraries and healthcare settings internationally – including the UK, North and South America, and Australasia. Collaboration and diversity are key themes: engaging in bibliotherapy offers librarians key opportunities to collaborate with partners outside the profession, while engaging with more diverse audiences.

The book will be of interest not only to researchers and theorists, but equally to those managing bibliotherapy programmes in health, public and academic libraries. It will also be very useful for healthcare providers and those with an interest in wellbeing more generally.

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Author

Sarah McNicol is a Research Associate at the Education and Social Research Institute, Manchester Metropolitan University. She has worked as an Information Studies researcher since 2000 and she previously worked as a school librarian. At present, much of her research is focused around the use of graphic comics and novels to explore a range of issues, in particular health and wellbeing.

Liz Brewster is a Lecturer at Lancaster Medical School, Lancaster University. Her research focuses on experiences of mental health and wellbeing, particularly how creative activities such as reading may affect mental health. She has previously worked in academic and public libraries.