4-2021

Bibliotherapy: A prototype model for Academic Libraries.

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Abstract: *Recent years have witnessed an upsurge in the therapeutic use of books generally Bibliotherapy refers to the use of books (literary works in particular) to help people cope with problems such as emotional conflict, mental illness, or changes in their lives. The article focuses on how Bibliotherapy can provide information and enhance personal insight, suggest alternatives, diminish isolation, clarify emerging values, stimulate discussion and extend the counselling process outside of traditional settings. Particular attention is given to how Bibliotherapy, expressive activities and counselling facilitate young minds to find solutions to personal problems, develop life skills and enhanced self-image.*

Introduction: The idea of healing through books is not new; it can be traced far back, to the first libraries in ancient Greece. Aristotle, used readings to arouse healing emotions in himself and his students. Reading became a popular recreation and libraries were established in mental hospitals by the end of eighteenth century in Europe. It seems that humans developed language they were destined to be forever manipulated by words both positively and negatively. The systematic use of books to help people to cope with their mental and physical needs began in Europe. The use of books for treatment purposes received special and widespread attention following World Wars I and II. With many soldiers returning from battle with posttraumatic disorders or symptoms, Bibliotherapy was considered a cost-effective treatment.

As an Information Society our economies have been developed but life course of human being has been burdened with growing rate of stress, depression and anxiety, many of them are unable to get the help they need. Different problems and issues are addressed through Bibliotherapy, the term Bibliotherapy is synthesis of two terms: *biblio*, originating from the Greek word *biblus* (book), and *therapy* (treatment), referring to psychological support/help. Simply stated, Bibliotherapy can be defined as the use of books to help people solve problems. Webster's Dictionary (1985, p. 148)

Cognitive Bibliotherapy

It is not surprising that cognitive Bibliotherapy is getting so much attention nowadays. We are functioning in a world in which cognitive-behavioural therapies dominate the field of psychology. This is particularly because they produce more empirical data, thus establishing them as evidence-based therapy-which is sought now, more than ever (Norcross, Beutler, & Levant, 2006).

Cognitive Bibliotherapy is an old practice that started at the beginning of the 20th century, with psychiatrists and librarians cooperating in efforts to help clients with psychological problems. They would offer patients' books that fit their unique difficulties, assuming that these people would learn from the process and apply it to their own lives. This could be the sole treatment or in conjunction with medication. It could also be completely self-help or followed by occasional meetings to discuss the book. However, the main focus was on the content presented in the book and its relevance to a person's difficulties or problems.

Affective Bibliotherapy

Most of the existing literature on Bibliotherapy with children is of affective Bibliotherapy (Gladding, 2005). Affective Bibliotherapy uses fiction and other high-quality literature to help the reader connect to emotional experiences and human situations through the process of identification. In contrast to cognitive Bibliotherapy, affective Bibliotherapy relies on psychodynamic theories, some tracing back to Sigmund and Anna Freud. The basic assumption in affective Bibliotherapy is that people use defense mechanisms, such as repression, to protect themselves from pain. When such defenses are activated often, individuals become disconnected from their emotions, unaware of their true feelings, and therefore unable to resolve their problems constructively. Stories are helpful in offering insight into personal problems (Forgan, 2002) through the creation of a safe distance, bringing the child and adolescent indirectly to the edge of sensitive issues, issues that are threatening, and probably too painful to face directly (Corr, 2003/4).

Review of Literature: In the literature review of previous studies of Bibliotherapy, researchers explored following documents for the review.

Table No. 1: Review of literature

| Author	Title	Methodology/ Type of work	Conclusion/Result
Altson Edwin	Bibliotherapy and Psychotherapy: Library Trends.	Case Study	Possible uses and values of Bibliotherapy in the treatment of emotional and mental illness.
Bonnycastle E	Bibliotherapy in action: A reader's developing responses to two stories about obsessional love	Case Study	The mental process of knowing, including aspects such as awareness, perception, reasoning and judgement.
Brown K	The Reading Cure. *Therapy Today.*	Article	Healing through Bibliotherapy and relational psychotherapy
Chai A. Y.	The use of Bibliotherapy in natural environments to develop social skills in young children.	Experimental Research	To explore the use of Bibliotherapy as an intervention to increase social problem-solving skills in young students, delivered by classroom teachers within a natural classroom setting.
Rubin Rhea Joyce	Using Bibliotherapy: A Guide to Theory and Practice.	Source Book	The book explains ideas to implement Bibliotherapy for variety of issues and problems in real life aspects.

Objective:

      To develop the conceptual prototype model of Bibliotherapy within academic libraries.

Preparation for Bibliotherapy:

1. Identify clientele needs (viz. students, professionals, senior citizens, patients, etc)
2. Match clients with appropriate material.
3. Decide the setting, time and introductory and follow up activities to be used.
4. Prepare Materials.

Implementation Steps:

1. Motivate clients with introductory activities
2. Provide a reading/viewing / listening experience.
3. Allow incubation time.
4. Provide follow up
5. Conduct evaluation and direct clients towards closure.
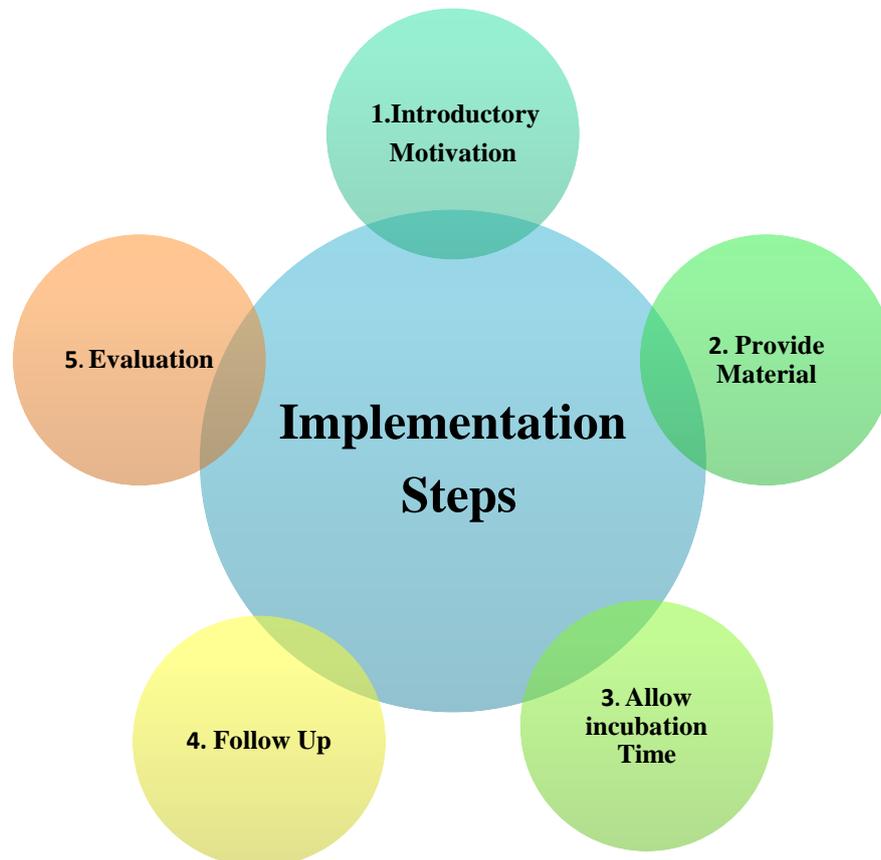
Diag. 1: Implementation steps Bibliotherapy in Academic Libraries.

Responsibilities of Librarian as Bibiotherapist:

1. The librarian will make himself familiar with new literature available, and prepare the recommended list of books to purchase.
2. The Librarian must have personal interest and information of books which he plans to suggest to client/ patron.
3. He must interview each client to find the impression and satisfaction resulting from each assigned or chosen reading. He is responsible for making a written report of the individual clients/patrons comments and reactions of their reading for further understanding.

Prescribed Model For Bibliotherapy in Academic Libraries:

There are steps that make Bibliotherapy a more compelling answer for managing the issues that a Client might confront, including creating backing, trust, and certainty with the client that is suffering from an issue, identifying other personnel that could aid in implementing the therapy, seeking support from the clients relatives or guardians, creating goals that may help them overcome the issue, incorporating reading activities, and evaluating the effects and successes that the book may have had on the client.
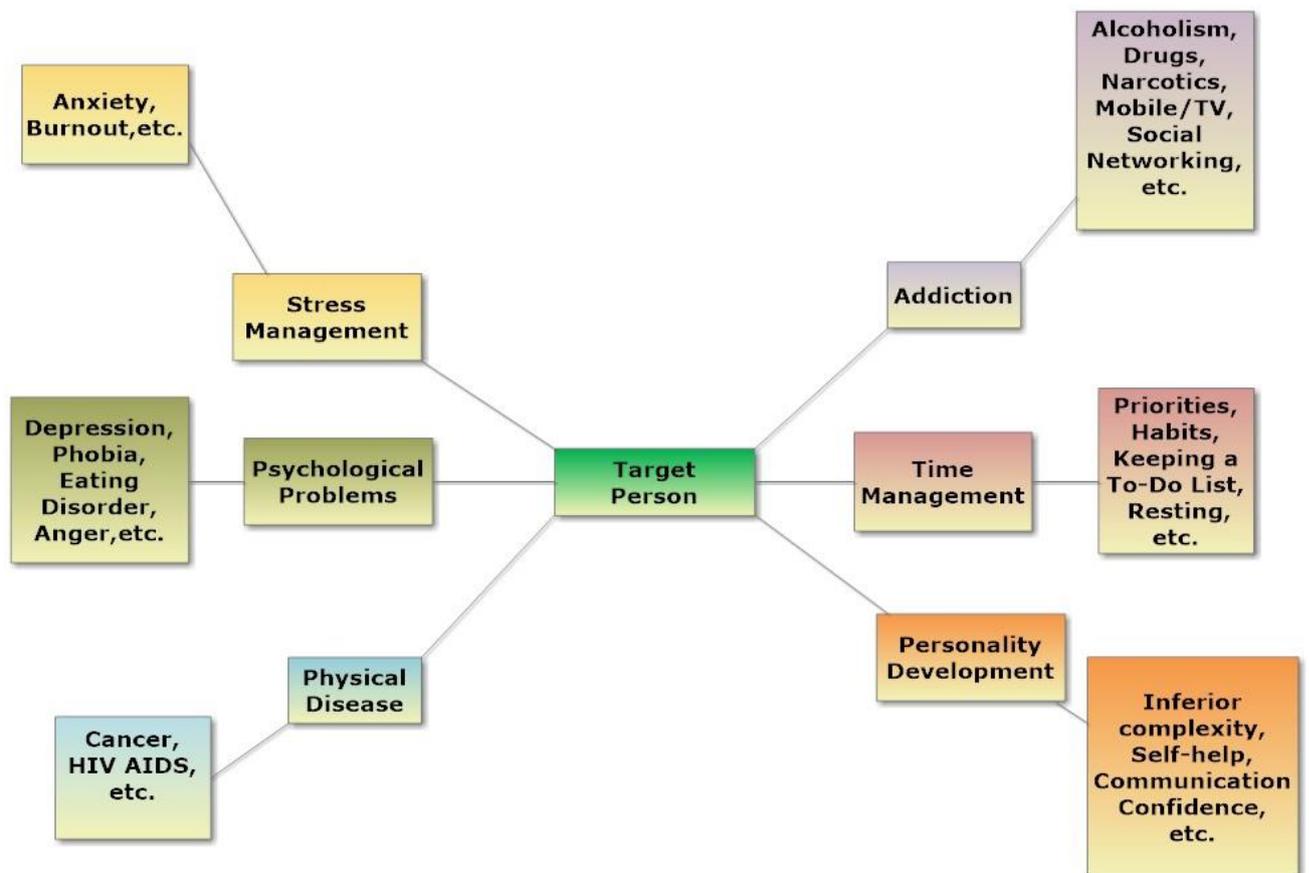
Diag. 2: Attributes of Various Psychological and Physical Issues

Recommended Readings for different components:

Researchers identified various issues and their attributes that can resolved through the practice of Bibliotherapy (Diagram. 2) and suggested list of sample books that can be used, Practitioners can implement and prepare required books list as per their convenience and availability of books in their library.

Table 2: List of recommended readings as per components

Sr. No	Issues	Attributes/Components	Recommended Books
1	**Psychological problems**	Depression	Depression: Cured at Last! by Sherry A. Rogers
			Man's Search for Meaning by Viktor E. Frankl
			The Secret by Rhonda Byrne
			Awaken The Giant Within by Tony Robbins
		Phobia	The Anxiety and Phobia Workbook by Edmund Bourne
			Feeling Good: The New Mood Therapy by David D Burns
			Triumph Over Fear by Jerilyn Ross
		Eating disorders	Gaining: The Truth about Life After Eating Disorders by Aimee Liu
			Hungry: A Young Model's Story of Appetite by Crystal Renn
			Going Hungry: Writers on Desire, Self-Denial, and Overcoming Anorexia by Kate M. Taylor
		Anger	Overcoming Anger and Irritability by William Davies
			Anger Management by Rachel Caine
			Overcoming Anger by Swami Buddhananda
			Let it Go: Forgive So You Can Be Forgiven by T.D. Jakes
2.	**Stress Management**	Anxiety	Live with Passion!: Stategies for Creating a Compelling Future by Tony Robbins
			You Are Born To Blossom by APJ Abdul Kalam
			Awaken The Goal Within by Tony Robbins
			Who Will Cry When You die? by Robin Sharma

Sr. No	Issues	Attributes/Components	Recommended Books
		Burnout	Reclaiming the Fire: How Successful People Overcome Burnout by Steven Berglas
			Women in Overdrive: Find Balance and Overcome Burnout by Nora Isaacs
3	Addiction	Alcoholism, Drugs, Narcotics,etc	Rewired: A Bold New Approach To Addiction and Recovery by Erica Spiegelman
			The Mindfulness Workbook for Addiction by Rebecca E. Williams and Julie S. Kraft MA
			Refuge Recovery: A Buddhist Path to Recovering from Addiction by Noah Levine
		Social Media/Internet	Social Media Addiction by Caesar Lincoln
			The Shallows: What the Internet Is Doing to Our Brains by Nicholas Carr
4.	Time Management	Priorities	Cut to the Chase: and 99 Other Rules to Liberate Yourself and Gain Back the Gift of Time by Stuart R. Levine
		Habits	The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg
			Changing for Good by James O. Prochaska and John Norcross
5.	Personality Development	Inferior Complexity	Upside Down - Challenging The Human Superiority Myth by Priya Hart
		Communication	Bridging the Communication Gap: Specification by Example and Agile Acceptance Testing by Gojko Adzic
			Communication Gaps and How to Close Them by Naomi Karten

Sr. No	Issues	Attributes/Components	Recommended Books
		Confidence	Win Your Inner Battles: Defeat The Enemy Within and Live With Purpose by Darius Foroux
			The Happiness Project By Tellor Hart
			Turning Points By APJ Abdul Kalam
6.	**Physical Diseases**	Cancer	Beat Cancer By Prof. Mustafa Djamgoz and Jane Plant
			Meditation to Help You Fight Cancer by Belleruth Naparstek
			Life, Cancer and God: Beating Terminal Cancer by Paula Black and Capt. Dale Black
		HIV/AIDS	The Beat Goes On by Adele Minchin
			Surviving HIV: Growing Up a Secret and Being Positive by Jamie E Gentille

Use of ICT for implementation of Bibliotherapy:

Catalytic role of ICT-enabled education is promoting inclusive growth in human development nowadays. Pandemic like Covid-19 has made transition in methods of education. In this implementation we suggest to use ICT based delivery tools to implement the Bibliotherapy practice to end user i.e. students. This can help students to resolve their issues remotely with the help of little ICT infrastructure. And knowledge administrator/ librarian can provide specific material to the user using web and monitor their progress through internet meeting.

Various Applications such as Google Meet, Zoom, Webex Meetings can be used for web meetings and communications. And required material such as e-books, notes can be provided through mail, or other social media tools like WhatsApp, Telegram, etc. and this practices will be find convenient tech savvy students for overcoming through their issues through Bibliotherapy.

Conclusion:

In conclusion, Bibliotherapy can be an exceptionally successful device in supporting aiding mental illness and maintain up mental wellbeing. It can be managed through self-improvement guides, as well as through any book that influences its reader to feel less alone, or calmed and soothed by escaping into the story. Youngsters can profit by Bibliotherapy by helping them learn new ideas and understand difficult issues. Peoples facing physical diseases such as HIV and Cancer can be encouraged through counselling and providing encouraging books can help in uplifting their lives through depression. And we know that treatment by drugs can be work at limits-until drug is in your body but Bibliotherapy can prepare that immunity from the inner momentum and that will be long lasting till the life. Psychology's take on Bibliotherapy, or having a Bibiotherapist in the library, is not necessarily the best way to introduce Bibliotherapy to patrons or to implement a program. Rather, librarians should always strive to have the best information and programs for their patrons in order to support the community in as many ways as possible.

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