

## Bibliotherapy and Cognitive Behavioural Therapy- Changing root of Librarian

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This article is about the concept of Bibliotherapy and changing the root of Librarian into a semi psychiatrist role.

Keyword: Bibliotherapy, Cognitive Behavioral therapy and Changing root.

### I. INTRODUCTION

Bibliotherapy is a book balm therapy, that helps the client to release his/her stress through various stages and process with the help of therapist, especially by a trained librarian, he is apt for developmental bibliotherapy or information therapy and cognitive behavioral therapy etc.

The American Library Association accepted the Webster's third new international dictionary definition in 1961 on Bibliotherapy as "the use of selected reading materials as a therapeutic adjunct in Medicine and psychiatry". It will guide for to solve personal problems and to produce effective change as well as personal growth and development. It is the interaction between the personality of the reader and literature under the guidance of a trained helper.

### History of Bibliotherapy

The ideas behind bibliotherapy have been around for centuries. Pardeck and Pardeck note "written words have influenced the decisions, attitudes, and behavior of mankind since the beginning of recorded history" Philosophers as far back as Plato have noted the educational and therapeutic benefits of literature, and McCarthy Hynes and Hynes-Berry said that bibliotherapy is

"at least as old as Aristotle's discussion of catharsis in the Poetics" It is noted, "an inscription above the

door to the library in ancient Thebes read, "The Healing Place of the Soul", Samuel Crothers "discussed a technique of prescribing books to patients who need help understanding their problems, and he labeled the technique "bibliotherapy" in an issue of Atlantic Monthly that the technique came to be known. Bibliotherapy has changed over the course of the years.

### Stages of Bibliotherapy

Bibliotherapy is extremely different from general reading. There are some key steps to be followed in bibliotherapy (Sometimes, people follow stages of bibliotherapy in their self-help approach. In that sense they are themselves bibliotherapist, but that is seldom in nature.)

Many psychologists and other eminent persons in this field have various opinions about the stages of bibliotherapy. Some opined that, there are three stages to bibliotherapy while some others considered four steps for bibliotherapy. Following are the four major steps in bibliotherapy.

1. Identification
2. Catharsis
3. Insight
4. Universalization

### Identification

There are three stages in bibliotherapeutic process as identification, catharsis and insight later renamed the identification in to projection catharsis or abreaction insight or integration.

In identification stage, the individual identifies with a character or situation in the book. The identification or projection is when the reader of book is able to identify with the character in the book who is experiencing a problem similar to the readers. It is in this stage that the individual participating in the bibliotherapy process connects with the character, thus losing his/her sense of isolation and recognize that part of being a human is having problems this process of identifying with a character is vitally important because the other stages of bibliotherapy can't exist without it", said Scoch in his Research Paper *Bibliotherapy and Underrepresented issues in young adult Literature 2005*. In nutshell, an individual pick up a good book and says 'I can relate to this person with me'. This interaction is known as identification.

### **Catharsis**

After the identification process, there will be a sense of tense relief. That is catharsis " it is profound experience of recognition that take place when the client experiences release from a strong identification with something. In the work or from the way the work or the dialogue about it touches a buried memory or emotions", said Scoch in his research paper, *Bibliotherapy and Underrepresented issues in young adult Literature 2005*. The outcome of catharsis may be discussion, role-playing or creative writing that is why catharsis is also known as abreaction. Client realize "they are not alone in facing their problems.

The concept catharsis originated with Aristotle who looked upon it as a purging through the expression of feeling. Purging means to refine that why commonly says that all poems are the vehicle of ugliness but they are pure and the person who write poem will perfectly become pure. Catharsis provides vital possibility for emotional maturity .i.e.; the right story (information) can catch what is hiding inside the reader, Sometimes catharsis involves quiet tears, the frustration, anger belly laugh that is experienced as we read

Catharsis is simply an emotional process. The client emotionally involves in the story. The individual releases emotions in a safe environment through this involvement

### **Insight**

Insight or integration is the stage in which client is directed by the counselors to identify solutions to his/her problem through the book read. The client may be encouraged at this stage to develop alternative strategies for working with his present situation.

In this stage "the client is taking what is learned from catharsis and how it can apply to his or her own life. This insight leads to a better understanding of ways to deal with problems or stress, and can also bring about a change in behavior. This allows them to examine their situation with understanding i.e.; the client applies the character's experience to his or her own life.

### **Universalization**

Universalization is the recognition of "our problems are not ours alone" Here, clients realize that they are not anthropocentric in their circumstances.

e.g. A boy could be reading about another boy who struggling with drug addiction and come to the understanding that he is not the only besieged by this affliction and try to find the solution to dropout from that, before the process he may learn emotional maturity from catharsis and with the insight his behaviour totally change and attempt to solve this problem. The role of bibliotherapist is inevitable here, because the boy can't himself become a therapist because he was emotionally immature.

### **Process of Bibliotherapy**

Developing rapport with the client , observe the client especially listen him or her and find the main problem being experienced by client, select appropriate book for client situation that should cope-up with his age, sex and other mental illness are the prime activities in bibliotherapy.

The counsellors should try to speak out with the client, it is known as the counsellors and client communication. When the client read books, there occurs communication between the clients. Identification process is the initial stage. Catharsis

or emotional catharsis is prominent after this, and then the client emotionally grows up in this stage. Bibliotherapist can find out the emotions of reader. At the same time client may emotionally disturb with tears, aggressiveness, and frustrations. There is importance to abreaction that why creative writing depends on emotional catharsis. There is personification of emotions to the character. Two communications occurs here. One is between author and implied reader. Another is reader (client) himself. The clients mind will transparent after catharsis. Client attempts to solve the problem by him or by the advice of counsellor in the stage of integration or insight.

The material or selection of book is important in the process. Book selection must be done based on the client's age, sex, behaviour, situation, mental illness. The selected book or material should satisfy the client's requirements. Trust between client and counsellor, confidence for client and counsellor and confidentiality to the problem of client are the three important factors in the process of bibliotherapy.

### **Types of Bibliotherapy**

There are different types of bibliotherapy. Following are the important types of bibliotherapy.

### **Individual Vs Group Therapy**

Individual therapy is individual base. There are no other people to share the experience of a particular client. There is only counsellor. Special cases are best suited to individual therapy. This type of therapy can make clients feel free to express themselves especially for shy people. Individual bibliotherapies possess the effect of psychiatric healing apart from group therapy. Clients are free to express their problem. So there should be trust and confidence between client and counsellor and the problem of client should hide from others.

Group therapy consists more than one client in a bibliotherapeutic session. Counsellor observes them and finds their problem in group therapy setting. One of the important benefits of bibliotherapy is, sharing effect of problems. If two people being facing same problem they may console themselves and realize 'I'm not the only man'.

Group discussion is an important stage of group therapy.

### **Adjunctive Vs Integrative Therapy**

Adjunctive therapy means, any treatment that is used in conjunction with another to increase the chance of cure or to increase the efficacy of initial treatment. Medical practitioners use this therapy to get faster response to primary treatment so it means 'join together' or combine. Here, reading materials are utilised as a type of homework for realization.

In integrative therapy, different elements of specific therapies bring together. This therapy indicates that, there is no single approach that can treat each client in all situations. It can be particularly beneficial for those who want to overcome negative patterns of behavior caused by anxieties, fear, phobias etc; and remedy to addictions, depression, past and current trauma. This is very helpful against autism and learning difficulties.

### **Clinical Vs Developmental Therapy**

There is distinction between clinical and developmental bibliotherapy. Clinical therapy must be performed by a highly professional or trained mental health counsellor. The reading material will help those who are having stress in relation to their emotions, situations, attitudes, and behaviour. It takes place in a clinical setting. Counsellors, therapist, psychologist are commonly active in this therapy.

Both the clinical and developmental therapy is apt to group and individual therapy. In developmental bibliotherapy, counselors are non medical apart from clinical therapy. Developmental bibliotherapy is for self realization and for personality development. The client gets emotional maturity through the didactic approach of counselor. This type of therapy highlights 'prevention is better than cure'. Because this therapy is for normal people (they may possess common or uncommon stress) and try to purge them through many follow-up activity as journaling, art work, creative writing etc;

This type of therapy is apt for educational settings to heal students. When we look inside of creative writing therapy approach, bibliotherapy is an art but it is absolutely science in relation with clinical approach. Bibliotherapy is the compilation of both. Developmental bibliotherapy is important as all other therapy, some time it has priority because this type of therapy is active in students' community, Students want to contribute more to society and for their academic field. So their mind should be clear and stress free.

Stress and problems are common in all human life. Some students compel to face its darkness. Developmental bibliotherapy is a healing effect to them. The important aim of all therapy is to indicate the fact that 'what I'm and what others how they behave to me and how me to them'. The gradation of bibliotherapy depends upon the nature of stress and nature of client. So priority goes to equal. The practitioners of this therapy are librarian, teacher etc;. Librarian is best to lead students. Because, he has knowledge about incredible books and it is the duty of a reference librarian to solve the problems of client.

### **Importance of Developmental Bibliotherapy**

'Prevention is better than cure'. If there is no active developmental bibliotherapy for wanted community or individual, they may reach in other mental disorders. Some become prisoners, drug addicts, prostitutes, schizophrenic, some commit suicide. So it is important to give didactic healing to normal people. There are many problems and stress behind client, so this is prevalent to console or heal them and turnout in to a hygiene mental condition.

### **Self-Help Therapy&Developmental Bibliotherapy**

Self help therapy is the practice of therapy by client himself with self help material (book or information).There is no role to therapist. This type of therapy is in practice, but the possibility of success is less. The door of self-help approach shut in the stage of catharsis. The individual may successfully come through identification but he fail to overcome emotional catharsis, because this is the

process for them to express and have frustration, aggressiveness and tears. Most of the individual can't survive this. They become schizophrenic or commit suicide. Some are reaching in creative writing after catharsis. The writing therapy is both a stage of therapy and a type of therapy. The importance of bibliotherapist is emphasis here.

The role of self-help therapy shut down in the emotional catharsis stage and opens the door to counsellor. The counsellors only can indicate insight in to client. Individual reaches in this stage in rare case. If there is any high stress, the individual can't reach even in identification. So the service of counsellor is necessary. Creative art has an inevitable role in self-help approach especially for drawing and creative writing. Individual can purge themselves and become emotionally sound. Creative writing therapy has such effect to wipe out repulsiveness from mind and purify clients.

### **Other Peripheries of Bibliotherapy**

There are many suburbs to bibliotherapy as Poetic therapy, Literature therapy, Creative writing therapy etc. Poetic Therapy and Creative Writing therapy Poetic therapy and creative writing therapy co-exists each other. Poetic therapy is the intentional use of the written and spoken word for healing and personal growth. It is an interactive process with three essential components, the literature, the trained facilitator and the client. Facilitator selects a poem or other form of written media to serve as a catalyst and evoke feeling responses for discussion. "if depression is a dominant mood , then a poem about depression is helpful, as long as there are lines that reflect hope and optimism. This allows the participant to realize that they are not the only ones who suffer, that someone else understands them because they experienced it too and written about it", said Osman in his research paper Therapeutic power of poetry 2013

Poetic therapy gives awareness, message and self discovery. Most of the poems are allegorical in nature. The person who have inner depression, he can easily realize the circumlocutory language of literature. He or she silently read and

deeply understand, a volcano may be blasted in their mind.

Most of the poets are slaves of depression. They are unbearable to the prevailing context. Tears may not be enough to subdue the sorrows. Abreaction creates creative writing therapy of concealed stress.

Poetry is a type of counseling that express overwhelming emotions. Application of poetic therapy is in practice and creative writing therapy is effective. A client can express his trauma, depression, stress or his soul in a single page. Poems are not some lines, but the nerve and blood of one's. Refine a reveal are two important processes through creative writing therapy.

### **Cognitive Behavioral therapy**

CBT is a healing therapy that changes the negative way of thinking or the negative pattern of behavior. The goal is to reveal from various stress and mental illness. The most important thing is helping people to help themselves.

Nowadays, The Bibliotherapy and Cognitive Behavioral therapy termed as CBT (Computerized Bibliotherapy) and CCBT (Computerized Cognitive Behavioral Therapy). The growth of information therapy and cognitive behavioral therapy is from the sole of Bibliotherapy as a remedy to vivid stress.

### **Stress**

In psychology, stress is a feeling of strain and pressure. There is internal and external stress. Internal stress is formed internally by one self, such as from one's personality or characteristics. E.g. tension induced by a type of personality with traits of aggression, compulsion, perfectionism, ambition, trusting of others. External stress is external in nature as heavy workload, emergency tasks, traffic jams, environmental pollution, riots etc;. There is negative and positive stress. Eustress or positive stress lead to success as winning a prize, but the high stress causes psychological problem, that burn out immune system called as overstress. Distress or negative stress appear in some mind e.g.; being unemployed, divorced etc.

### **Symptoms of Stress**

Anxiety, Depression, Aggressiveness, Insomnia, Chest Tight , Alcoholism, Stomach Ache, Head Ache, Migraine, Eating Disorder, Hopelessness, Feeling Of Uncertainty, Fright, Weeping, Fear, Loneliness, Fatigue, High Blood Pressure, Chronic Stiff Neck, Weaker Functioning Of Immune System, Unsatisfied Sex, Allergies, Inferiority Complex, Continues Physical Pains, Lack Of Memories, Lack Of Concentration, Physical Ugliness, Social Phobia, Listlessness, Schizophrenia, Suicide Tendency are some of the symptoms of stress.

### **Causes of Stress**

Stress is a universal phenomenon that may appear anywhere in the world. People are heterogeneous in nature hence their attitude is different. So the causes of stress are different to different people. However some common causes;-

**Children-** Work overload (related with their study), diseases, some habits, divorce of parents, sexual abuse, stress to gifted children, stress to orphan, cyber stress.

**Women-** Sexual abuse, atrocities in husband's house, stress of widow, stress related with hormone changes (Estrogens, progesterone, oxytocine affect in puberty, pregnancy, breast feeding)

**Students-** Work overload, Anxiety about career, Family Problems, Unsatisfied colleagues/ peer group, Romance, Alcoholism, Diseases, Responsibilities, Financial problem Politics, Materialism are the major causes of stress.

### **Bibliotherapy & Stress Reduction**

Bibliotherapy for stress reduction is important to students' community. Self help bibliotherapy curtain in the stage of emotional catharsis. So the service of bibliotherapist is inevitable. Bibliotherapy releases the sorrow. Emotional catharsis sublimates the spirit and become healing.

### **Efficacy of Bibliotherapy**

Initially, it indicates a person to his soul and creates ability to realize he or she is not the only person struggling with such problem. Problem is a common phenomenon. There are alternative solutions to all problems. Bibliotherapy helps a client to discuss his or her problem freely and

provide planning skill to solve problems. Bibliotherapy wipes out emotional pressure. This is a parameter to calculate self confidence and it provides opportunities for creative expression.

Students can relax with self esteem without anxiety, stress, insomnia etc. So they will show their ability in academic, social and emotional life. Bibliotherapist assists students in solving day to day problems and helps to cope-up with developmental changes. Students become more empathetic with others. It highlights sharing tendency. Bibliotherapy is apt for various age group, old age people , youngsters, teenagers, in that developmental bibliotherapy is especially indicate the students or educational institution.

### Changing Root of Librarian

Previous days, librarian was only a book keeper, later he became information associate. Gradually he changed as the chariot of socialization and nowadays he took the role of counselor or he became a semi psychiatrist, literally a book balm.

### Conclusion

Bibliotherapy and cognitive behavioral therapy are semi psychiatric therapy with the help of book or information, especially by a trained librarian. Nowadays, librarians changed their role apart from a book keeper only; due to this many institutions and universities offer the course in Bibliotherapy and Medical Librarianship. It will definitely a yardstick to library & librarianship. This paper gives a clear picture about the bibliotherapy and its implications in library field.

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