



# Building Bibliotherapy Skills

## What is Bibliotherapy?

Bibliotherapy uses literature as a wellbeing tool, including poetry, short stories, book excerpts, and non-fiction for individual and group settings, to nurture participants' personal growth and achieve wellbeing outcomes. Bibliotherapy is used across multiple clinical and non-clinical disciplines addressing aspects of wellbeing and engendering feelings of hope, helping us find connection and meaning.

## Building Bibliotherapy Skills

This course delivers the knowledge to begin or develop an existing bibliotherapy practice and guidelines to select literary texts to use as a wellbeing resource. It combines the ancient idea of using literature to heal with the latest neuroscience and the best in psychological thinking and practices. Wellbeing outcomes include enhanced engagement, meaningful conversations, deep connection, a sense of belonging, and self-awareness, allowing growth to emerge.

## Structure

12 x 90-minute modules over 3 consecutive days. Session content is created by Dr Susan McLaine PhD and includes interactive and reflective exercises.

## Presenter

Dr Susan McLaine is the Director of Bibliotherapy Australia and a leading advocate of bibliotherapy in Australia and internationally. Recent major presentations/deliveries include:

- 2020 State Library Victoria
- 2021 State Library Victoria
- 2022 ALIA National Conference
- 2022 IFLA International Conference
- 2023 Vision Australia
- 2023 Dementia National Conference

## Participants

The course is suitable for mental health carers, library workers, aged care workers, educators, healthcare workers and other wellbeing-focused professionals interested in facilitating community-based bibliotherapy for people of all ages.

## Enquiries

For all enquiries regarding this course, or to discuss exclusive delivery for an organisation, contact Dr Susan McLaine [drsusan.biblio@gmail.com](mailto:drsusan.biblio@gmail.com)

## Location

Available as in-person sessions across Australia. Each course requires a minimum number of participants to run, so booking early helps ensure the course will go ahead.

For dates and venues visit [bibliotherapyaustralia.com/training](http://bibliotherapyaustralia.com/training) email [drsusan.biblio@gmail.com](mailto:drsusan.biblio@gmail.com)

## Cost

Introductory cost is \$990.00/per individual (incl. GST)

Cost includes module notes (approx. 200 pages), morning and afternoon tea, post-course activities to embed the learning, follow-up Zoom meeting, and certificate of course completion.

## Feedback from course participants

*"The Bibliotherapy course run by Dr Susan provides knowledge and skills to enable participants to begin their own Bibliotherapy sessions in various settings. Dr Susan is knowledgeable, and her approach is calm, thoughtful and supportive. Her desire for others to learn how Bibliotherapy can lead to meaningful reflection, conversation (if desired) and provide solace for the heart and mind is contagious. Extensive notes and background to Bibliotherapy are included. The course is highly recommended for those looking to build or strengthen their skills in this area."*

Pam, Teacher Librarian

*"Dr Susan McLaine brings to Heart Centred Bibliotherapy all the warmth and wisdom of her love of literature and the people who listen and are enriched by it. The course includes ways to select and bring the written works alive and work therapeutically with the literature, providing enough information for participants to be confident to create their own bibliotherapy practice in their chosen field. Susan's experience of bringing bibliotherapy to diverse community groups, including mental health, aged care and correctional settings, relates to how Susan guides her students with richly resourced examples and clear frameworks on facilitation."*

Elizabeth, Mental health and aged care program professional

*"Dr Susan McLaine delivered authoritative research-based training with clarity and passion. Susan's presentation is assured and thorough, covering historical background and present-day scientific findings. This course balances theory with activities and discussions and is designed to equip participants with enough information to confidently devise their own Bibliotherapy practice."*

Jennie, Librarian, practising bibliotherapist, aged care

