



Building Bibliotherapy Skills: BRISBANE 2025

What is Bibliotherapy?

Bibliotherapy is a practice that uses books to support wellbeing. The books used vary depending on the [bibliotherapy type](#) and the clinical and non-clinical (community) practice.

Building Bibliotherapy Skills: The experience

Imagine a warm environment where open-hearted individuals linger together to hear evocative stories and poems come to life. This gathering invites a journey of exploration, revealing light in unexpected places as we ponder these narratives. This transformative experience provides the tools to enhance wellbeing on both personal and professional levels, encouraging a shift from intellectual understanding to meaningful emotional connection and deepening our relationships with ourselves and with others.

At Bibliotherapy Australia, our innovative Heart-Centred model merges stories and poetry with neuroscience and psychological theories. We focus on both the 'biblio' and 'therapy' elements to enhance your understanding of bibliotherapy's purpose and techniques, helping you start or enrich your practice.

Building Bibliotherapy Skills: The details

When: Brisbane: 5-7 August 2025, 9.00 am – 5:00 pm daily (non-residential)

George William Hotel, 317/325 George St, Brisbane City. NFP supporting [YMCA Queensland](#)

Getting there: Train – 5 min walk. Parking – 3 min walk (\$35 day)

Cost: \$1,195 (Early bird) or \$1,495 (Standard fee)

Place held on 20 per cent deposit (\$299.00), Early bird final payment due 7 July 2025 (\$896.00)

Enquiries, registration & payment options contact Dr Susan McLaine drsusan.biblio@gmail.com

Course details

- Comprehensive course notes
- Post course activities to embed learnings
- Post course follow up meeting (Zoom)
- Certificate of Completion
- Free ongoing Trainee gatherings (Zoom)
- Morning and afternoon drinks and snacks
- BYO lunch (fridge, microwave available)
- Cafés close by

Presenter

Presented by Dr Susan McLaine, of Bibliotherapy Australia and a leading advocate of bibliotherapy in Australia and internationally. Recent major presentations/deliveries include:

- 2023 & 2024 Vision Australia
- 2024 IFLA International Conference
- 2024 School Libraries Conference Victoria
- 2025 National Education Summit

Participants

Our courses are for both professionals and non-professionals.

Professionals in fields such as mental health, aged care, education, libraries, coaching, community services, and other health and wellness sectors—particularly those in community-based settings and small one-on-one practices. Professionals often report positive personal impacts from our training.

Non-professionals are looking to enhance their creative practices, deepen their reading experiences, and improve their engagement with reading for personal wellbeing or to share with others.

Course reviews: More reviews can be found [here](#)

Building Skills in Bibliotherapy was a fantastic workshop. It was packed with information and tips to build our skills, but it never felt overwhelming thanks to Dr Susan McLaine's kind, gentle and compassionate approach. Her passion is infectious, and I can't wait to start sharing this wonderful modality within my community. **Ann-Marie, Case Manager, Community Services**

Since I was young, reading has always seemed like a task that I had to force myself to do. I always felt as though I was missing out on something. I wanted reading to be more than just an escape or distraction. Taking Dr. McLaine's course turned out to be an invaluable and priceless gift to myself! **Mary, Grandmother**

Both young people and adults in schools would benefit deeply from Bibliotherapy; it needs to be available in all schools as part of mental health wellness. Susan guides with love, wisdom & grace. **Meral, English Department Head**

Doing the course is like walking through a door into a space that is filled with hope, compassion and showcases how therapeutically beneficial literature is. I would especially recommend the course to any art/creative therapists as it beautifully overlaps in intention, theory and practice. Bibliotherapy is a wonderful tool to support each and every person who wants to maintain good mental health. It is worth doing this course. **Keisha, Art Therapist**

These three days have been illuminating, and I am grateful to Susan to have been immersed in a wonderful heart-centred environment, an environment created through her genuine generosity, passion and care for others. **Elsa, Public Library Professional**

Dr Susan brings to 'Building Bibliotherapy Skills' all the warmth and wisdom of her love of literature and the people who listen and are enriched by it. **Liz, Mental Health professional**

The course was fantastic and I'm very glad that I enrolled. It was a thought-provoking course, and Susan's calming presence allowed easy participation. I feel that I now have a good understanding of what bibliotherapy is. **Rebecca, Speech Therapist**

Susan has designed a very achievable, structured course. The modules build on one another, making the content accessible and digestible. The materials are supportive and useful, and the reading resources are rich. I'm really glad I did the training. **Renata, Tertiary Librarian**

Wonderful inclusive sessions that taught all aspects of bibliotherapy, but also as a better person. I loved the modules with clear objectives and review. **Lydia, Head of School Library**

This training left me well prepared to begin a bibliotherapy program of my own and was delivered in a way that left me excited for what is possible. **Jenner, School Librarian**

Susan is a wonderful presenter and inspired me to go on a journey of making a difference in the world. **Linda, Professional Counsellor**