



## Building Bibliotherapy Skills: Course modules

The 'Building Bibliotherapy Skills' course information is delivered over 12 distinct modules, equally addressing biblio (books) and therapy.

### **Module One: Course information**

Will develop a general understanding of the information to be delivered in the 'Building Bibliotherapy Skills' course, including the modules and delivery time frame, the subject matter and terminology used and the underpinning research. The module will finish with a taster of a bibliotherapy experience.

### **Module Two: Bibliotherapy explained**

Will develop a general understanding of the development of bibliotherapy; that is, the practice of reading for therapeutic effect.

### **Module Three: Being a bibliotherapist**

Will develop a general understanding of the attributes, skills and knowledge required to deliver bibliotherapy, including personal attributes, self-awareness and connection with texts and other people.

### **Module Four: Choosing texts**

Will develop a general understanding of selecting texts for use in bibliotherapy, including guidelines and considerations for outcome-focused text selection.

### **Module Five: Reading aloud**

Will develop a general understanding of preparing a text to read aloud and the use of prosody when reading the text aloud.

### **Module Six: Listening wholeheartedly**

Will discuss essential skills in listening, including greater attentiveness to non-verbal emotional cues.

### **Module Seven: Heart-to-heart conversations**

Will develop a general understanding of facilitating a meaningful conversation after reading aloud the chosen text.

### **Module Eight: Asking open-hearted questions**

Will develop a general understanding of the role of basic questions within a wellbeing context to facilitate a meaningful conversation after reading aloud; including types of questions and the steps and considerations when creating and asking questions.

### **Module Nine: Approaches**

Will develop an understanding of the therapeutic intention of Heart-Centred Bibliotherapy by building on the program foundations based on neuroscience and psychology.

### **Module Ten: The 'therapy' in bibliotherapy**

Will develop a general understanding of the 'therapy' in bibliotherapy and the core conditions and techniques necessary to achieve therapeutic results.

### **Module Eleven: Bibliotherapy and emotions**

Will develop a skill set to work with emotions, including facilitation skills in supporting participants to emotionally connect to stories (texts and other participants).

### **Module Twelve: The environment**

Will develop a general understanding of how to create conditions where participants feel safe to express thoughts that matter to them and to feel open to considering new insights, perspectives and possibilities.

