



## Building Bibliotherapy Skills: Course overview

### What is Bibliotherapy?

Bibliotherapy is a therapeutic practice that uses books to nurture personal growth, and improve mental health and wellbeing. The books used vary depending on the type of bibliotherapy, and clinical and non-clinical disciplines.

Here at Bibliotherapy Australia, our world-first Heart-Centred model combines stories and poems with the latest research in neuroscience and renowned psychology theories and practices researched over many years, to develop an understanding of bibliotherapy's therapeutic intention and the techniques used to implement them.

### Building Bibliotherapy Skills

Our Building Bibliotherapy Skills course addresses both the 'biblio' and 'therapy' to deliver the knowledge to begin, or develop an existing bibliotherapy practice, and offers guidelines for selecting texts to use as a wellbeing resource.

Opening your heart and mind to the rewarding journey of wellness through literature, our immersive courses will provide you with Heart-Centred tools to implement into your own practice with confidence, in a supportive and compassionate environment.

Duration: Three full days (non-residential)

Delivery: Face-to-face

Location: Close to a CBD and public transport

Nationwide dates: Visit <https://bibliotherapyaustralia.com.au/courses/>

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

### Course details

- Time: 9:00 am – 5:00 pm daily
- Small classes, 5 (minimum) – 10 (maximum) people
- Morning and afternoon snacks included
- Certificate of Completion
- Comprehensive course notes
- Post course activities to embed the learning and a zoom follow up meeting.

### Participants

At Bibliotherapy Australia we deliver training and education courses to a wide range of industry professionals in mental health, aged care, education, libraries, community services and other health and wellbeing professionals in community-based settings, as well as one-to-one small practices interested in facilitating community-based bibliotherapy for people of all ages.

## Presenter

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

- 2022 ALIA National Conference
- 2022 IFLA International Conference
- 2023 Vision Australia
- 2023 Dementia National Conference

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

## Course reviews

*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

*Dr Susan's desire for others to learn how Bibliotherapy can lead to meaningful reflection, conversation and solace for the heart and mind is contagious.* Pam, Teacher Librarian

*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 in the community. I loved the modules with clear objectives and review.* Lydia, Mentor

*This course has opened up a new way of assisting others in the community.* Alan, Author, Counsellor and Men's Health Advocate

*This was an insightful and delightful course to take part in. Susan delivers a well-informed and useful course that explains the theory of bibliotherapy, and how to run a supportive and therapeutic experience across different disciplines.* Caitlin, Public Library Professional

*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

For more reviews of the course visit <https://bibliotherapyaustralia.com.au/reviews-of-the-course/>

