



South Western Regional Library Service

The Art of Bibliotherapy

Wednesday 26 April 2017, [Taunton Library](#), Paul Street, Taunton, TA1 3XZ

Aims for the day:

- To raise awareness of bibliotherapy and its benefits;
- To learn how it can be used in a library setting;
- To gain knowledge of suitable texts to use to take forward in your own organisation.

The course is designed for all staff who support library users from every sector, including academic, health and public. It will be led by Ella Berthoud.

Programme

- 10.00 Arrival, registration, coffee/tea
- 10.25 **Welcome and introductions** Shelagh Levett (Director of SWRLS)
- 10.30 **Introduction and brief history of bibliotherapy.**
- 11.00 **Who benefits from bibliotherapy and how it can be used in a library setting:**
- barriers and how to mitigate them;
 - case studies;
 - measuring the impact.
- 12.15 **You don't need to do this on your own - working with others.**
- partnerships - identifying who to work with;
 - examples of bibliotherapeutic partnerships.
- 13.00 Lunch
- 13.45 **Bibliotherapy in action:**
- guided discussion in pairs;
 - specific issues and texts which may be helpful. Issues will include:
 - family;
 - depression;
 - death;
 - stress;
 - work.
- 15.10 **Summary and question and answer session.**

15.30 **Close.**

Tea and coffee will be available at the end of the course, if people would like to stay and network.

About the trainer: Ella Berthoud

Ella is passionate about reading. She studied English Literature at Cambridge University and Fine Art at the University of East London and combined her twin passions by listening to books whilst creating works of art. She has worked in the field of bibliotherapy for several years, describing it on her website as ‘the art of prescribing fiction to cure life’s ills’. She provides one to one sessions and group training. She is co-author, along with Susan Elderkin, of the book *The Novel Cure, an A-Z of Literary Remedies* - a medical handbook with a difference! For more information about Ella see <http://www.ellaberthoud.com/> and for more about the Novel Cure see <http://thenovelcure.com/>

Course fee: £50 per person for SWRLS members, £60 for non members.

SWRLS would like to thank Somerset Libraries for their support for this course.

Places on the course are limited. The booking form can be accessed [here](#) or please see the SWRLS website www.swrls.org.uk or contact: Shelagh Levett, director@swrls.org.uk