**1. Identify the benefits of Bibliotherapy in play therapy as a tool to unblock**

**resistance and foster sharing of emotions.**

**A. Reduce sense of isolation and loneliness:** After reading the story the child

realizes that they are not alone and that there are other children who have

similar problems or feelings like them.

**B. Identify and validate the child’s feelings:** Bibliotherapy can help the

therapist identify and validate the child’s feelings. It is human nature to protect

oneself by putting up defense mechanisms when asked by a therapist to share

feelings or to “look into the mirror” and talk about one’s problems.

Bibliotherapy uses the powerful tool of **analogy** to remove these defense

mechanisms. Children love to be judges and critics and will analyze and even

“rip apart” the protagonist or other characters in the story. Without realizing it

the child will be sharing a lot of valuable insight and the therapist can have a

clearer window into what is happening in the child’s life. Once the child has

shared their feelings about the story the therapist can now validate those

feelings, thereby validating the child’s feelings.

**C. Stimulate discussion and foster self-awareness:** Bibliotherapy is a

wonderful tool for stimulating discussion. Once the child has formulated a

opinion about the protagonist it is easier for them to now connect it to their

own situation. Using non-judgmental questions the therapist can ask the child

how this relates to them. Questions like; “Did you ever feel that way?” Or

“what would you do if that happened to you?” Discussion will foster self awareness with less resistance.

**D. Discover possible coping skills and solutions and decide on a constructive**

**course of action.** Ask the child to be the protagonist's friend or therapist or

wise owl… and think of a solution or plan for the future. It is amazing to

hear some of the sage advice children can offer when it is not their problem.

Their advice is objective and unclouded by their own intense emotions.

**2. Demonstrate how to adapt this story to different age groups for diagnosis**

**and teaching.**

Some techniques for adapting any book to your client’s diagnosis or situation is:

• Change the name of the character

• Change the age

• Change the setting : school, home, camp…

• Change the events to better fit what your client is experiencing. Be careful not to

make it too similar. Remember it is analogy, so it needs to have some

commonalities but still be different.

• Change the inflection and how your use your voice to read the book.

• Change the vocabulary to fit the age range.

**3. Identify several directive play therapy activities to help the child connect**

**their unique life events.**

Some activities are:

**A. Discussion:** Examples of questions:

• What do you think about the main character?

• Would you want to be friends with the main character, why or why not?

• Has this ever happened to you?

• What was the favorite part of the story?

• What was your worst part?

• Was there a part of the book that you would change? How would you change it?

**B. Psychodrama:** 1. Have the child act out a scene in the book. You can include

costumes or just hats. 2. Take turns conducting an interview and asking questions

about their life after the story. 3. Child can act like the therapist or friend of the

character and offer advice or a solution to the problem.

**C. Writing:**

• Write a letter to the protagonist or to the author.

• Rewrite a scene or the ending.

• Write a sequel or prequel to the book.

**4.** **Describe ways to help motivate children to express feelings during**

**bibliotherapy sessions.**

**A. Take breaks and reflect**: When reading a book, take pauses to reflect or

include the child into the story. This will motivate the child to express feelings

during the bibliotherapy session. You can ask the child to:

• Add details, name or age….

• Act out the scene that was just read.

• Read the next page or always read the lines of a certain character. For example:

The child reads the lines of Mr. Gold.

• Ask the child to clarify or explain what just happened in the book.

**B. Discussion:** All answers are good answers. In order to help child express their

feelings freely allow all opinions to be shared. Mirror their opinions and validate. \*

Remember, this is a tool for identifying feelings and validating those feelings.

Don’t expect to rewire the child’s entire way of thinking overnight. Within time

they will slowly digest the story and come up with a new way of thinking.