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Using Bibliotherapy as a Preventive Intervention in the Classroom

Introduction

The Preventive Program: Classroom Climate Intervention

Meeting Basic Needs

Positive Climate

Cognitive Exploration

Developing a Language of Self-expressiveness and Acceptance

Bibliotherapy

Positive Feedback

Termination

Description of a Complete Program

Session 1: The Ideal Classroom

Session 2: Classroom Rules

Sessions 3–4: “I Wonder Statements”

Session 5: Urgent Disturbing Issue

Session 6: Communication

Session 7: Positive Feedback

Sessions 8–9: Bibliotherapy

Session 10: Self-Expression

Session 11: Termination

Outcomes

Evaluations of the Intervention

Teachers’ and Counselors’ Feedback

Summary

Summary and Conclusions

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Description of Childhood Aggression

The Rationale for Using Bibliotherapy

The Implementation of Bibliotherapy

Treating the Caregivers

The Evidence Base of the Bibliotherapy Intervention

Concluding Remarks

Appendix A: Translated Stories and Poems

The Present/Y. Sade

The Smiley Face/Itzhak Noy

Yaron Is Angry/Dvora Omer

Appendix B: Stories from Teaching Pictures

The Bully/Sylvia Tester

The Underdog/W. E. S. Folsom-Dickerson

He Did Not Come/Sylvia Tester
Treating Child and Adolescent Aggression Through Bibliotherapy
Shechtman, Z.
2009, XV, 239 p., Hardcover