

**Bibliotherapy Resources**  
**selected by Ted Bowman**  
**and contributors to the Tool Kit**

*We know there are other good resources out there...  
so please send us titles of books and web sites that you recommend*

Anderson, Charles M. and MacCurdy, Marion M. (2000) *Writing and healing: toward an informed practice*. Urbana, IL: National Council of Teachers of English.

Astley, Neil (ed) (2002) *Staying alive: Real poems for unreal times*. Bloodaxe Books Ltd, Northumberland

Astley, Neil. (ed) (2004) *Being alive: The sequel to staying alive*. Bloodaxe Books Ltd, Northumberland

Bell, Julia and Motion, Andrew (2001) *The creative writing coursebook*. London: Macmillan.

Bolton, Gillie (1999) *The therapeutic potential of creative writing*. London: Jessica Kingsley Publishers.

Bolton, Gillie, Victoria Field and Kate Thompson, eds. (2006) *Writing works: a resource handbook for therapeutic writing workshops and activities*. London: Jessica Kingsley Publishers.

Bolton, Gillie, Field, Victoria,, and Thompson, Kate. (2011) *Writing routes: A Resource handbook of therapeutic writing*. London: Jessica Kingsley Publishers.

Bowman, Ted and Johnson, Elizabeth Bourque, eds. (2010) *The wind blows, the ice blows: poems about loss and renewal*. Minneapolis: Nodin Press.

Brett, Doris (1988) *Annie stories: a special kind of storytelling*. New York: Workman Publishing.

Burack-Weiss, Ann (2006) *The caregiver's tale: loss and renewal in memoirs of family life*. New York: Columbia University Press.

Burns, Liz (2009) *Literature and therapy: A systemic view*. London: Karnac Books.

Charon, Rita (2006) *Narrative medicine: honoring the stories of illness*. Oxford: Oxford University Press.

Chase, Karen (2007) *Land of stone: breaking silence through poetry*. Detroit: Wayne State University Press.

Chavis, Geri Giebel (2011) *Poetry and story therapy: the healing power of creative expression*. London: Jessica Kingsley Publishers.

Chavis, Geri Giebel and Lila Lizabeth Weisberger, ed.(2003) *The healing fountain: poetry therapy for life's journey*. St. Cloud: North Star Press.

Clark, Thomas A: *Distance & Proximity*, Polygon 2000

Claxton, Eve *The book of life: A compendium of the best autobiographical and memoir writing*, Ebury Press, digital press

Cuddigan, Maureen and Hanson, Mary Beth (1988) *Growing pains: helping children deal with everyday problems through reading*. Chicago: American Library Association.

Darling, Julia and Fuller, Cynthia, eds. (2005) *The poetry cure*. Tarsset, Northumberland: Bloodaxe Books.

DeSalvo, Louise (1999) *Writing as a way of healing*, New York: Harper.

Eakin, Paul John (1999) *How our lives become stories: Making selves*. Ithaca: Cornell University Press.

Field, Victoria and Ansari, Zeeba, eds.(2010) *Prompted to write*. Truro, England: falpublications.

Fox, John (1997) *Poetic medicine: the healing art of poem-making*. New York: Jeremy P. Tarcher/Putnam.

Gersie, Alida (1997) *Reflections on therapeutic storymaking; The use of stories in groups*. London: Jessica Kingsley.

Gillies, Valerie & Marr, Rebecca; *Men and Beasts*, Luath Edinburgh 2000

Gladding, Samuel T. (1998) *Counseling as an art: the creative arts in counseling*. Alexandria: American Counseling Association.

Gold, J. (2001). *Read for your life: Literature as a life support system*. Markham, Ont., Fitzhenry & Whiteside, Second edition.

Goldberg, Natalie (2009). *Wild mind: Living the writer's life*, London: Bantam Books

Goldberg, Bonni (1996). *Room to Write – Daily Invitations to a Writer's Life*. Tarcher / Putman

Hannay D & Bolton G (1999), *Therapeutic writing in primary care: a feasibility study*. Primary Care Psychiatry 5. 157-160

Hartill, Graham: 'The Web of Words': collaborative writing and mental health; in *The Self on the Page*, ed. Celia Hunt and Fiona Sampson (London: Jessica Kingsley Publishers, 1998) pp 47-61

Hedges, Diana (2013) *Poetry, therapy and the emotional life*. Ashland, OH: Radcliffe Publishing, 2<sup>nd</sup> Edition.

Hynes, A.M. and Hynes-Berry, M.(2012) *Biblio/poetry therapy: the interactive process*. St. Cloud: Northstar Press. 3<sup>rd</sup> edition updated by Joy Sawyer

Jackowska, Nicki (2003) *Write for life*. London: Continuum.

Lyne, Sandford (2007) *Writing poetry from the inside out*. Naperville: Sourcebooks, Inc.

MacMillan, Angela (editor) *A Little Aloud* (2011) with a forward by Blake Morrison, an anthology of poems and stories for reading aloud to someone you care for.

Manjusvara/Keefe, David (2005: *Writing your way, Cambridge*: Windhorse Publications.

Manjusvara/Keefe, David (2010): *The poet's way, Cambridge*: Windhorse Publications.

Marcus, Leonard S. ed. (1994) *Lifelines: a poetry anthology patterned on the stages of life*. New York: Dutton Children's Books.

Mazza, Nicholas (1999) *Poetry therapy: interface of the arts and psychology*. Boca Raton: CRC Press.

McKeithen, Madge (2006) *Blue peninsula: essential words for a life of loss and change*. New York: Farrar, Straus, and Giroux.

Morley, David ed. (2002) *The gift: New writing from the NHS*. Exeter: Stride Publications.

Moss, Jane (2012) *Writing in bereavement: a creative notebook*. London: Jessica Kingsley.

Osborn, Thom: Ode to Inarticulateness, poem in *Sweet Sour & Serious*, Survivors' Press 1996

Paterson, Katherine (1995) *A sense of wonder: on reading and writing books for children*. New York: Plume Books.

Reiter, Sherry and contributors (2009) *Writing away the demons*. St. Cloud: Northstar Press.

Rekulak, Jason (2001) *The writer's block: 786 ideas to jump-start your imagination*. Running Press

Rosen, Kim (2009) *Saved by a poem: the transformative power of words*. London: Hay House.

Sampson, Fiona (1999) *The healing word*. Milton Keynes: The Poetry Society.

Sansom, P (2007) *Writing poems: Bloodaxe poetry handbooks: 2*. Northumberland: Bloodaxe Books Ltd.

Schneider, Myra and Killick, John (2010). *Writing your self: Transforming personal material*. London: Continuum

*Sweet, sour and serious* (1996) Glasgow: Survivor's Poetry Scotland

Willard, Nancy, ed. (1998) *Step lightly: poems for the journey*. New York: Harcourt, Brace & Company.

## Other Web Resources

**Lapidus** is the UK organisation for anyone interested in creative words for health & wellbeing. [www.lapidus.org.uk](http://www.lapidus.org.uk), email: [info@lapidus.org.uk](mailto:info@lapidus.org.uk)

NHS Education for Scotland Knowledge Services, (2014) Report on Bibliotherapy Pilots 2013-14. <http://www.knowledge.scot.nhs.uk/healthliteracy/resources-library/resource-detail.aspx?id=4053395>

**National Association for Poetry Therapy** is a similar to Lapidus, based in the USA - [www.poetrytherapy.org](http://www.poetrytherapy.org)

**The Scottish Storytelling Centre** is a vibrant arts venue with a seasonal programme of live storytelling, theatre, music, exhibitions, workshops, family events, and festivals. <http://www.tracscotland.org>

**Scottish book Trust** - see their website for downloadable e-books of yearly publications on themes: My Favourite Place, Treasures and Home. [www.scottishbooktrust.com](http://www.scottishbooktrust.com)

[www.poemhunter.com](http://www.poemhunter.com) for thousands of poems and quotes, a real treasure trove

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**The Scottish Poetry Library** is a unique national resource and advocate for the art of poetry, and Scottish poetry in particular. There's poetry here for everyone, and we can help you find the poem you'll want to keep.

[www.scottishpoetrylibrary.org.uk](http://www.scottishpoetrylibrary.org.uk)

Die-a-log is a website for all our stories, poems and memories...about death & dying. It is a place to Be Heard, Be Touched, Be Free. <http://diealog.co.uk/>

<http://www.writetorecovery.net/> This website is designed to help people affected by mental health problems on their journey of recovery. It invites you to write your stories and experiences – and gives you tools to inspire you.

Healing Story Association <http://healingstory.org/>

HSA explores and promotes the use of storytelling in healing.

The Reader Organisation is bringing about a reading revolution

<http://www.thereader.org.uk>

The International Reading Association - <http://www.readwritethink.org>

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