

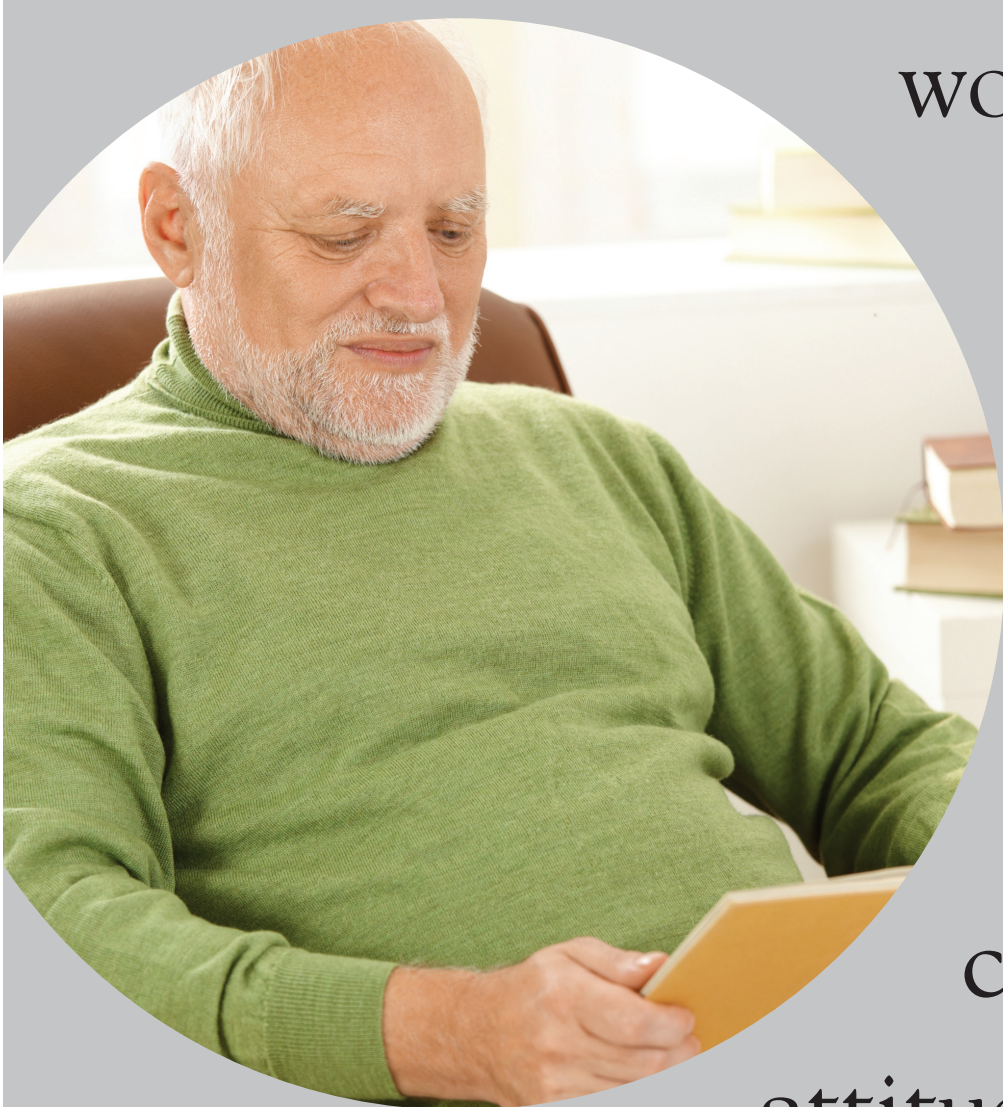
Introduction

NICE Guidelines have shown that bibliotherapy is effective in the early stages of stepped care programmes for anxiety and depression and for alleviating mild or moderate psychological distress (NICE 2004 a, b).

A bereavement support service is offered by the social work department in Milford Care Centre.

Objectives

This poster reports on the initial attitudes of social workers, bereavement support volunteers (BSV) and a psychologist towards a pilot project to set up a bibliotherapy service which would complement the existing work of the bereavement support and staff support services.



Method

Semi-structured baseline interviews ($n=5$) and a focus group interview ($n=5$) were conducted by the Librarian to determine their attitudes towards and experiences of using

Bibliotherapy as part of their work.

Results

Whilst not all of the participants were familiar with the word “bibliotherapy” itself, they all had in their practice used written material for therapeutic purposes.

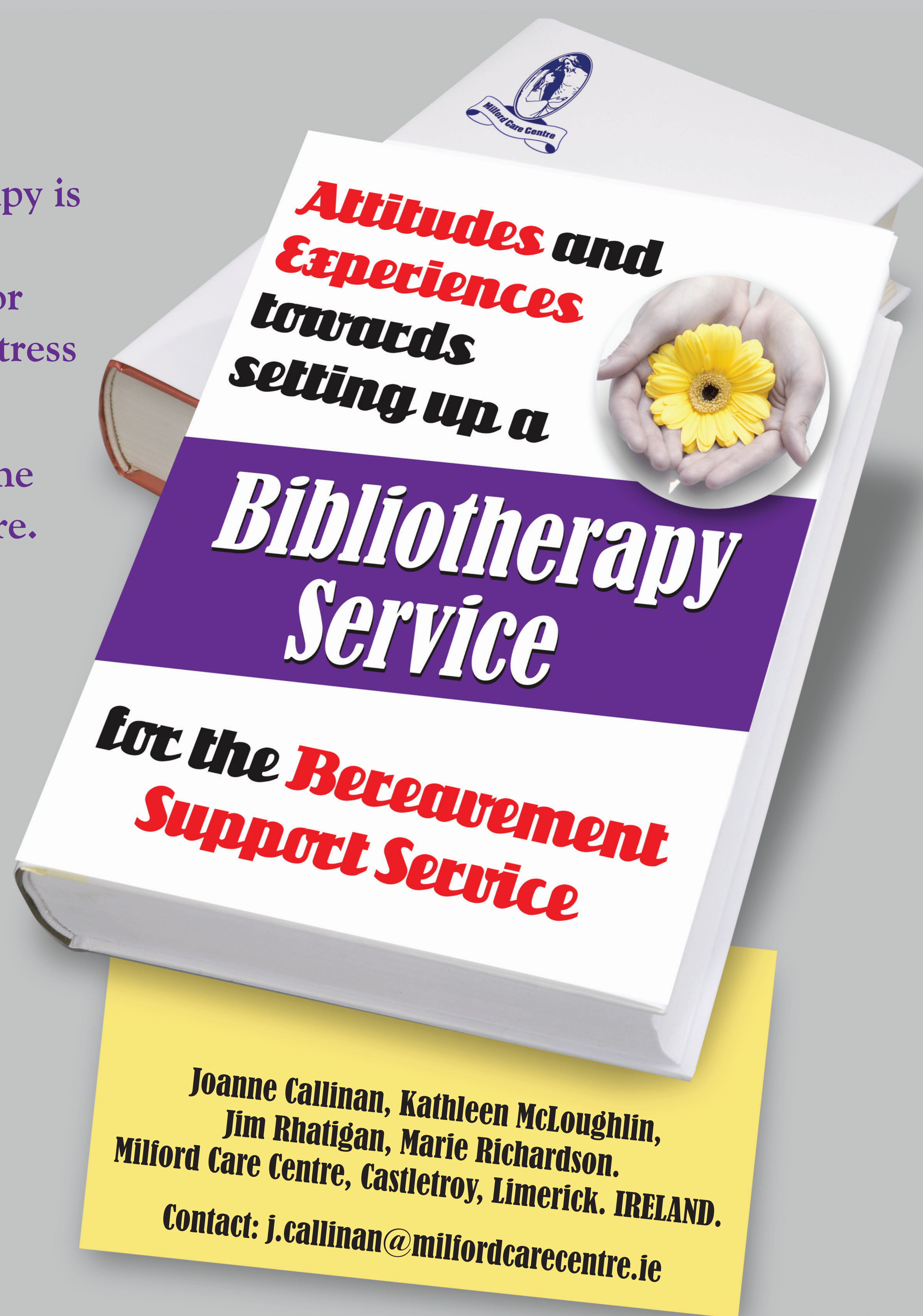
- Participants referred throughout the interviews and focus group on the importance of having material which was suitable and specific to the needs of the individual client.

- One participant said “they’re always ones that I have read myself. I never recommend anything that I haven’t seen myself”.

- Other factors to be considered when choosing material include: (1) the academic ability of the person; (2) their relationship to the person who has died; (3) the manner in which they want to explore their loss and bereavement.

- Participants felt that the positive aspects of using bibliotherapy were that it provides normalization around their grief and reassurance that what they are feeling is normal. Clients have time in the privacy of their own home to read the material and it can be perceived as been more objective.

- Participants identified getting books back afterwards and illiteracy as potential barriers.



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Some comments:

“ Looking for the more specific stuff is an ongoing thing.”

“ Bibliotherapy allows people in their own time without the intensity of a one to one situation to be able to read something, think about it and go back to it again. ”

“ The negative has been that people feel that it doesn’t really reflect their experience, it’s the opposite effect. They feel they’re the only ones who feel that particular way. The vast majority are positive. ”

“ For some people, I think have found it very helpful.. . They’d say that...for other people, they’re not into reading and sitting down...but I’d say overall good.”



Conclusion

Participants recommended useful material such as having books on suicide, losing a grandparent and losing a same sex partner. Overall social workers, BSV and the psychologist had positive experiences of using bibliotherapy but welcomed a formal approach to setting up a designated bibliotherapy service to support clients using the bereavement support service.



References

- National Institute of Clinical Excellence. *Clinical Guidance 23. Depression: Management of depression in primary and secondary care.* London: NICE; 2004.

- National Institute of Clinical Excellence. *Clinical Guidance 22. Anxiety: Management of anxiety (Panic disorder with or without agoraphobia and generalised anxiety disorder) in adults in primary and secondary and community care.* London: NICE; 2004

Keywords Bereavement, Bibliotherapy

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