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ABSTRACT: Libraries and Bibliotherapy for Mental Health

It has long been recognized that books can be useful in raising the spirits and calming those who are troubled. It is also apparent that certain forms of psychological therapy that would generally be delivered by a personal therapist can also be effective when delivered by means of carefully written self-help 'manuals'. This form of treatment is known as 'bibliotherapy' and a good deal of research has shown that bibliotherapy can be extremely effective and cost-effective. In order to have maximum impact, bibliotherapy needs to have extensive reach, and this can be achieved by well-supported schemes that operate through libraries. The speaker instigated the first "Books on Prescription" scheme in 2003, in Cardiff, and the book prescription strategy has now been used in several countries and is the basis of national bibliotherapy schemes in both Wales and England.

BIO: Professor Neil Frude

Neil Frude is a consultant clinical psychologist and an Honorary Professor in Cardiff University and the University of South Wales. He has published a number of books on topics as diverse as family relations, disruption in schools, violence and human interaction with computers. In 2003 Neil devised a book prescription scheme for mental health which has since become a national scheme in Wales and England as well as being introduced in several other countries. Neil is a Fellow of the British Psychological Society and was recently given a Lifetime Achievement Award by the Society. He has also performed as a stand-up comedian at the Edinburgh Fringe Festival. His 2017 Edinburgh show was "The Future of Desire".