

The Process of Interactive Biblio/Poetry Therapy

Targeting professionals in human services

YAMASHITA Tomomi

Graduate School of Science for Human Services, Ritsumeikan University

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The present study conducted interactive biblio/poetry therapy (bibliotherapy) for the first time in Japan. The aim was to reveal the process of how participants experience bibliotherapy. In this study, five participants, all trained as professionals in human services underwent five bibliotherapy sessions and two semi-structured interviews. The acquired data was then analyzed via the Modified Grounded Theory Approach (M-GTA) method.

The results revealed 32 concepts, nine categories, and five sub-categories. The core process of bibliotherapy is as follows: Developing multiple awareness while the alternation between one's internal and external world repeats.

The current researcher argued that the structure of bibliotherapy consists of: 1) three types of alternation between one's internal and external world, 2) remembering what occurred during therapy even in one's daily life, and 3) the synergy between bibliotherapy and the narrative approach. In addition, the role for each internal factor for bibliotherapy was discussed, and the effectiveness of bibliotherapy includes "a third place," multiple awareness instances of the self, and new perspectives. Bibliotherapy may be able to function both as social support and training for professionals in human services.

While several limitations are apparent, the current study revealed the significance of introducing and offering future insights for the practice of bibliotherapy in Japan.