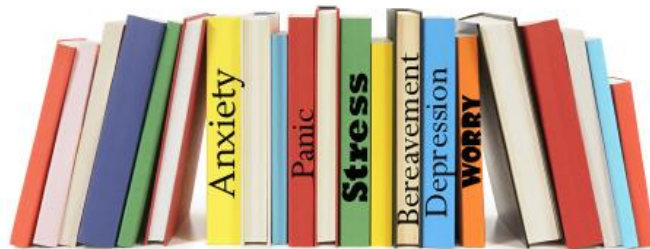


# SHELF HELP

*A Guide to Bibliotherapy for Students*



*A UCC Health and Wellbeing Initiative  
with collaboration from:*



## What is Bibliotherapy?

**Bibliotherapy is the use of books for therapeutic purposes and can be used to help you through a tough time.**

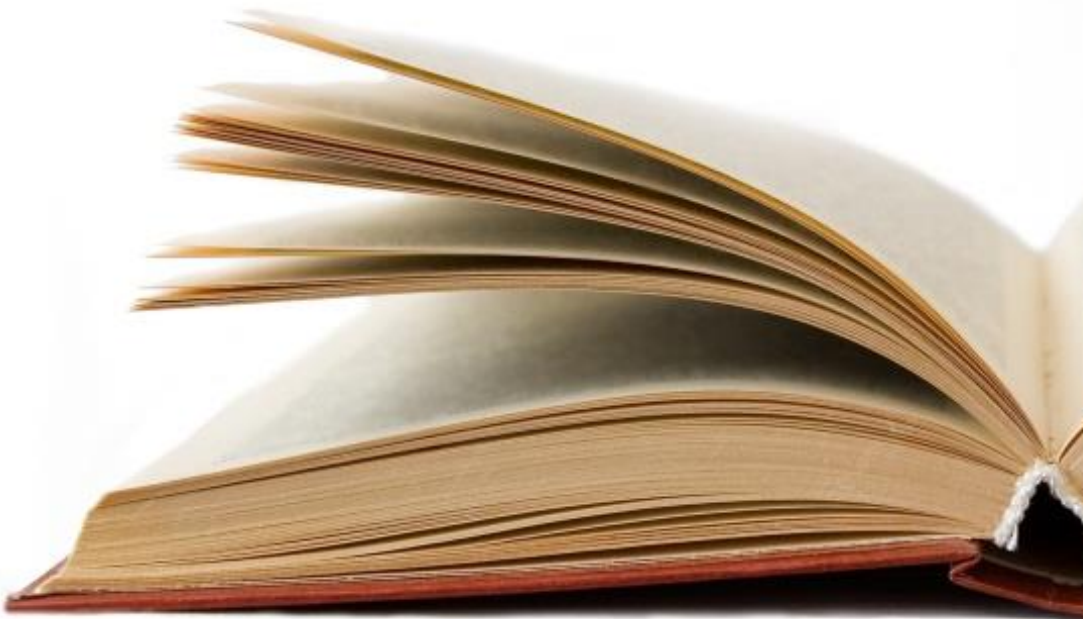
**The types of literature used can include: self-help books, poetry, fiction and personal stories.**

**It can be done on your own, with a therapist or in a group and can be a useful start in working your way through mild and moderate feelings of depression, anxiety, panic and other mental health issues.**

## Self Help Books

**Self-help books can: help someone through a difficult time, change behaviour and build coping skills and resilience.**

**They can help you understand what you're going through, feel less alone and give you direction and activities to improve your wellbeing.**



## How does Bibliotherapy work?

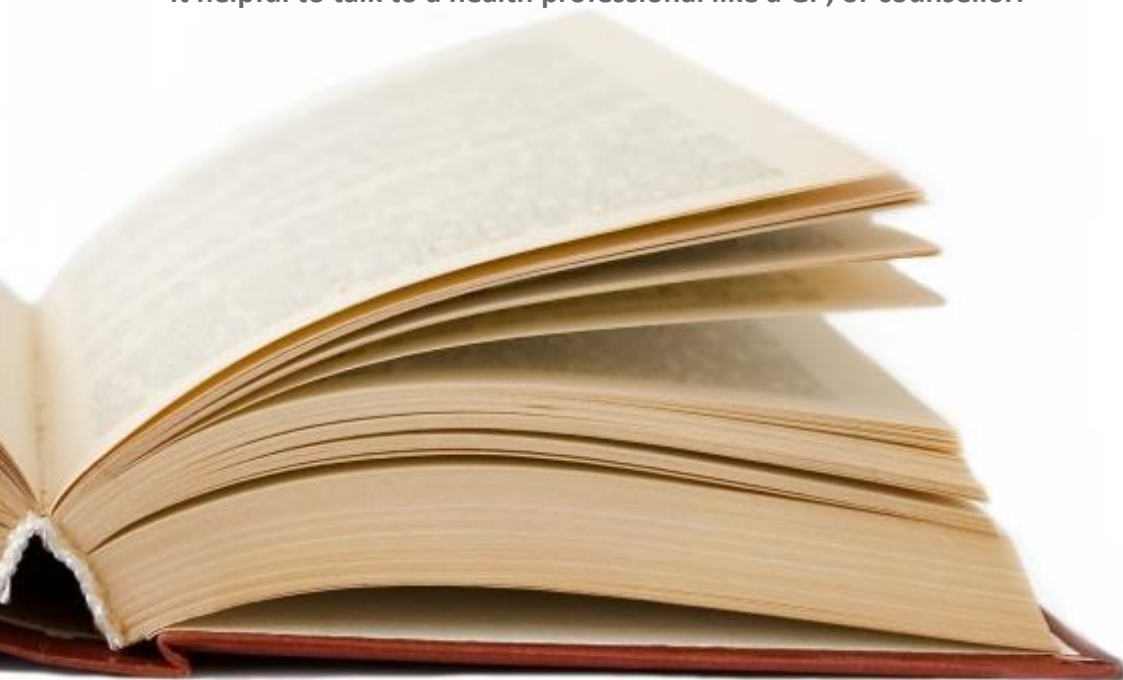
It adopts a problem-solving approach to getting through tough times and it helps you to learn more about what you're going through. In this way, you are actively involved in getting through your tough time.

## When does Bibliotherapy work?

Whether bibliotherapy works or not depends not only on the quality of the book but also on your motivation. If you actively read the self-help material you are more likely to benefit.

If you're feeling really depressed or anxious, bibliotherapy alone might not be enough support for you.

If we're going through a tough time it's important we talk to friends and family. As well as talking to family and friends, everyone needs a little extra support from time-to-time and it may be the case that you may find it helpful to talk to a health professional like a GP, or counsellor.



BOOK TITLES	AUTHOR(S)	LOCATION
<b>ANGER</b>		
<b>Anger Management: A Practical Guide</b> <u><i>This practical guide will increase your understanding of anger and offer you a range of practical management interventions</i></u>	Adrian Faupel, Elizabeth Herrick & Peter Sharpe	Boole Library Q+2
<b>Overcoming Anger and Irritability: A Self Help Guide using Cognitive Behavioural Techniques</b> <u><i>Discusses why we feel irritable and how we can make changes in our habits, thinking and actions to help us get on better with others and feel better about ourselves</i></u>	William Davies	Boole Library Q+2, CUH Library
<b>Taking Charge of Anger: how to resolve conflict, sustain relationships and express yourself without losing control</b> <u><i>An effective six step programme for understanding and managing anger with quizzes, worksheets and practice tips</i></u>	W. Robert Nay	Brookfield Library
<b>ANXIETY</b>		
<b>Overcoming Anxiety: a self -help guide using cognitive behavioural techniques</b> <u><i>A complete recovery programme based on CBT. Easy Read</i></u>	Helen Kennerly	CUH Library, Boole Library Q+1
<b>Overcoming Social Anxiety and Shyness: a self- help guide using cognitive behavioural techniques</b> <u><i>A three part programme to help you overcome your social anxiety and shyness</i></u>	Gillian Butler	Boole Library Q+2
<b>Overcoming Anxiety, Stress and Panic: a five areas approach</b> <u><i>Uses the proven and trusted 5 areas model of CBT to help people experiencing a range of symptoms associated with these conditions</i></u>	Chris Williams	Brookfield Library, Boole Library Q+1
<b>The Anxiety and Phobia Workbook</b> <u><i>A workbook designed to help you develop the skills to deal with anxiety, phobias and panic attacks</i></u>	Edmund J Bourne	Brookfield Library, eBook

## ASSERTIVENESS

<b>How to be assertive in any situation</b> <i><u>Includes real life examples and motivating scenarios that will show you how to make your voice heard. It includes techniques to make sure your opinions are always respected and to deal confidently and effectively with other people</u></i>	Sue Hadfield	eBook
<b>The Assertiveness Handbook</b> <i><u>Looks at how to be assertive in challenging situations. Clearly written with guidelines and exercises to complete</u></i>	Mary Hartley	Boole Library Q+2, Brookfield Library

## AUTISM SPECTRUM DISORDER

<b>Living with Asperger Syndrome and Autism in Ireland</b> <i><u>For people with autism spectrum disorder, from adolescence to adulthood, and for people who wish to understand the experience of living with autism in Ireland</u></i>	Stuart Nielson	Boole Library Q+1
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## BEREAVEMENT

<b>On grief &amp; grieving</b> <i><u>Looks at the way we experience the process of grief</u></i>	David Kessler & Elisabeth Kubler Ross	Boole Library Q+2
<b>When Parents Die: Learning to live with the loss of a parent</b> <i><u>An insight into the experience of losing a parent while covering the entire course of parenting</u></i>	Rebecca Abrams	eBook, Boole Library Q+2
<b>The courage to Grieve</b> <i><u>Explores how we can deal with every kind of grief, profound loss and disappointment</u></i>	Judy Tattelbaum	CUH Library
<b>How to Survive Bereavement</b> <i><u>Aims to show you that there is life after death and that bereavement is a journey we must all make from pain to peace</u></i>	Andrea Kon	Boole Library Q+2
<b>Coping with Bereavement</b> <i><u>Based on the author's own experience after the sudden death of his wife, this book combines personal testimony and practical advice</u></i>	Hamish McIlwraith	Brookfield Library, Boole Library Q+2, CUH Library

BOOK TITLES	AUTHOR(S)	LOCATION
<b>CANCER</b>		
<b>Survivor: taking control of your fight against cancer</b> <i>Shares an intensely personal cancer experience, a well-written book that sets forth a guide for others facing the same frightening, bewildering options she faced</i>	Laura Landro	Boole Library Q+2
<b>Coping with the Psychological Effects of Cancer</b> <i>Sensitive but practical. To help patients and families cope with complex treatment options. Focuses on emotional, spiritual, physical and psychological needs</i>	Robert Bor	Brookfield Library
<b>Breast Cancer: the essential guide</b> <i>Very good, sound and practical advice</i>	Katherine Locke	CUH Library, Boole Library Q+1
<b>The Cancer Survivors Companion – practical ways to cope with your feelings after cancer</b> <i>Winner of the best health book category, Health Writing award 2012 "essential reading for anyone diagnosed with cancer"</i>	Dr F Goodhart	Brookfield Library, Boole Library Q+1
<b>CHILD ABUSE (ADULT SURVIVORS)</b>		
<b>Victims no longer: The classic guide for men recovering from sexual child abuse</b> <i>Helps survivors to identify and validate their childhood experiences, explore strategies of survival and healing &amp; work through issues</i>	Mike Lew	Boole Library Q+2
<b>Breaking Free: Help for the survivors of Child Sexual Abuse</b> <i>Sensitively written. Shows range of feelings involved. Optimistic with strategies for coping</i>	Carolyn Ainscough & Kay Toon	Boole Library Q+1, CUH Library
<b>The Courage to Heal: A guide for Women Survivors of Child Sex Abuse</b> <i>This guide offers hope and a map of the healing journey to every woman who was sexually abused as a child</i>	Ellen Bass & Laura Davis	Boole Library Q+2, Brookfield Library
<b>The Courage to Heal Workbook: for women and men survivors of Child Sex Abuse</b> <i>Workbook is a combination of checklists, writing and art projects, open-ended questions and activities which guides the survivor through the healing process</i>	Ellen Bass & Laura Davis	Boole Library Q+1
<b>Dancing with Dementia: my story of living positively with dementia</b> <i>Vivid account of the author's experiences of living with dementia</i>	Christine Bryden	Boole Library Q+1

## DEPRESSION

<p><b>Coming through Depression</b>  <u><i>Follows on from The Common Sense Approach. Includes section on meditation as a way to manage depression</i></u></p>	Tony Bates	Boole Library Q+1
<p><b>Depression: The common sense approach</b>  <u><i>Accessible, slim book. Compassionate and practical. CBT strategies and more. Good first book</i></u></p>	Tony Bates	Boole Library Q+1
<p><b>Overcoming Depression: a guide to recovery with a complete self -help programme</b>  <u><i>Detailed book describing causes of depression and ways to cope</i></u></p>	Paul Gilbert	eBook
<p><b>Overcoming Depression and Low Mood: a five areas approach</b>  <u><i>A cognitive behavioural therapy self help guide</i></u></p>	Chris Williams	Brookfield Library, eBook
<p><b>Depression: The Way out of Your Prison</b>  <u><i>A deeper exploration of beliefs about self and others that maintain depression. Links past experience to depression</i></u></p>	Dorothy Rowe	Brookfield Library, CUH Library, Boole Library Q+1
<p><b>Mind over Mood: change how you feel by changing the way you think</b>  <u><i>This workbook seeks to draw on the authors experience as clinicians and teachers of cognitive therapy to help clients understand and improve their moods</i></u></p>	Denis Greenburger	Brookfield, Boole Library Q+1
<p><b>I Had a Black Dog</b>  <u><i>Excellent short book with humorous illustrations showing what it is like to have depression and how to tackle it</i></u></p>	M Johnstone	Brookfield Library, Boole Library Q+1
<p><b>Living with a Black Dog</b>  <u><i>Very helpful short book for families and carers which uses humorous illustrations to show what depression is like</i></u></p>	M Johnstone	Brookfield Library, Boole Library Q+1
<p><b>Stoicism and the Art of Happiness</b>  <u><i>This book uses Philosophy and Cognitive Therapy to help enhance wellbeing by teaching how to cope in the face of adversity and come to terms with whatever situation you are in</i></u></p>	Donald Robertson	Boole Library Q+2

BOOK TITLES	AUTHOR(S)	LOCATION
<b>EATING DISORDERS</b>		
<b>Anorexia Nervosa: A survival Guide</b> <i><u>A clearly written, practical guide for sufferers and their families</u></i>	Janet Treasure	CUH Library, Boole Library Q+1
<b>Eating Disorders for Dummies</b> <i><u>This practical guide explains anorexia, bulimia and binge eating disorders and offers a simple step by step programme for developing a safe and healthy plan for recovery</u></i>	Susan Schulherr	Boole Library Q+1
<b>Feeling Good About the way you Look</b> <i><u>If dissatisfaction with your looks is a distressing preoccupation, this book offers a programme for overcoming body image problems</u></i>	Sabine Wilhelm	eBook
<b>Skills Based Learning for Caring for a loved one with an Eating Disorder: The new Maudsley Method</b> <i><u>Equips carers with the skills and knowledge needed to support and encourage those suffering from an eating disorder, and to help them to break free from the traps that prevent recovery</u></i>	Janet Treasure	Brookfield Library
<b>Give Food A Chance</b> <i><u>Offers a fresh perspective on childhood eating disorders and invaluable insights for parents and professionals</u></i>	Julie O'Toole	Boole Library Q+1
<b>Please Eat</b> <i><u>Describes how, with the help of his parents and therapist, and through his own determination, Ben slowly began to recover and re-build his life</u></i>	Bev Mattocks	Boole Library Q+2
<b>Brave Girl Eating: A families struggle with anorexia</b> <i><u>Describes recovery from anorexia using a family-based treatment developed at the Maudsley Hospital in London</u></i>	Harriet Browne	CUH Library, Boole Library Q+1
<b>Anorexia Nervosa : the wish to change: self -help and discovery</b> <i><u>Offers insight, answers &amp; practical advice with a direct approach and step by step programme</u></i>	A.H.Crisp	Brookfield Library



<b>Talking about Anorexia</b> <u><i>Describes what anorexia is and what happens when you starve yourself. This book should help the reader to recognize when they or someone else has this problem and how to get help</i></u>	Maroushka Monro	Boole Library Q+1
<b>When Food Becomes your enemy</b> <u><i>How anorexia, bulimia or compulsive overeating can take over your life</i></u>	Gillian Moore-Groarke	Boole Library Q+1, CUH Library
<b>Crave: why you binge and how to stop</b> <u><i>Helps readers understand why they crave specific foods, recognize what triggers their strong urges, and get control over their responses to those triggers</i></u>	Cynthia Bulik	CUH Library, Boole Library Q+1

#### LEARNING AND STUDY SKILLS

<b>The Study Skills Handbook</b> <u><i>Helps you use your learning style and existing skills effectively and develop core study skills in time management, academic writing and critical thinking</i></u>	Stella Cottrell	Boole Library Q+2, Brookfield
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#### MINDFULNESS

<b>Wherever you go, there you are</b> <u><i>Introduces the idea of mindfulness and how to practice meditation skills in daily life to deal with stress &amp; illness</i></u>	Jon Kabat-Zin	Boole Library Q+2
<b>Mindfulness: A practical Guide to finding peace in a frantic world</b> <u><i>User friendly, useful for stress management, coping with anxiety &amp; depression and chronic pain. Takes just 10-20 minutes a day to use and is supported by research</i></u>	Mark Williams	Boole Library Q+2, Boole Library A-V (Q+3)
<b>Quiet the Mind</b> <u><i>Clear, jargon free guide on meditation for beginners. Describes practical ways to manage obstacles to meditation</i></u>	M Johnstone	Brookfield Library, Boole Library Q+2

#### OCD (OBSESSIVE COMPULSIVE DISORDER)

<b>Overcoming Obsessive Compulsive Disorder</b> <u><i>Step by step guide to tackling OCD, looks at causes and gives information &amp; practical ideas</i></u>	David Veale	CUH Library, Boole Library Q+1
<b>The Boy who couldn't stop washing: the experience and treatment of OCD</b> <u><i>Examination of obsessive-compulsive behaviour case-histories</i></u>	Judith Rapoport	Boole Library Q+1

BOOK TITLES	AUTHOR(S)	LOCATION
<b>PAIN</b>		
<b>8 Steps to a pain free back</b> <i>Posture therapy, helping people reclaim a pain-free life through implementing important physiological changes</i>	Esther Gokhale	Boole Library Q+1
<b>Living beyond your Pain: Using ACT to Ease Chronic Pain</b> <i>Covers symptoms, causes and impact of pain. Step by step exercises and user friendly layout</i>	Joanne Dahl	Brookfield Library, Boole Library Q+1
<b>Explain Pain</b> <i>Gives a better understanding of the origins of pain and helps you to see that there are ways to manage it. Good read</i>	Lorrimer Mosely	Brookfield Library
<b>PANIC</b>		
<b>When Panic Attacks</b> <i>Very thorough text. Engaging while educating &amp; offering coping skills</i>	Aine Tubridy	Boole Library Q+1, Boole A-V (Q+3)
<b>Overcoming Stress, Anxiety and Panic</b> <i>Uses the proven and trusted 5 areas model of CBT to help people experiencing a range of symptoms associated with these conditions</i>	Chris Williams	Boole Library Q+1
<b>POST NATAL DEPRESSION</b>		
<b>Coping with Postnatal Depression: light at the end of the tunnel</b> <i>This book is aimed at those suffering from postnatal depression, and their families</i>	Mary Pigot	Boole Library Q+1, CUH Library
<b>Empty Cradle, broken heart: surviving the death of your baby</b> <i>For those who want to better understand and support bereaved parents, this book is an invaluable resource</i>	Deborah L Davis	Boole Library Q+2
<b>RELATIONSHIPS</b>		
<b>Co-dependent no more: How to stop controlling others &amp; start caring for yourself</b> <i>Simple, straightforward, readable map of the perplexing world of co-dependency</i>	Melody Beattie	eBook
<b>How to cope with difficult parents</b> <i>This is a book for anyone who wants to build a more adult relationship with their parents</i>	Windy Dryden & Jack Gordon	Boole Library Q+2

<b>Men are from Mars, Women are from Venus</b> <i>A guide aimed at improving communication and getting what you want in your relationships</i>	John Grey	Boole Library Q+2
<b>Overcoming Relationship Problems: a self-help guide using CBT</b> <i>This book will help you understand why conflict arises and show you how to negotiate a happier, more positive outcome</i>	Michael Crowe	Boole Library Q+2
<b>Adult Children of Alcoholics</b> <i>Provides an understanding of what it is like to be an adult child of an alcoholic and offers skills for recovery</i>	Janet Woititz	eBook
<b>How to start a conversation and make friends</b> <i>Suggests ways to improve anybody's ability to communicate in social and business situations</i>	Don Gabor	Boole Library Q+2
<b>When parents split; support, information and encouragement for teenagers</b> <i>This book is aimed at adolescents to help them deal with parent's separation. Also suitable for parents who are separating</i>	Glynis Good	Boole Library Q+2
<b>SELF ESTEEM</b>		
<b>Overcoming Low Self- Esteem</b> <i>This book helps build skills and techniques to help you overcome your low self-esteem and ways to tackle self-criticism</i>	Melanie Fennell	eBook
<b>Helping Adolescents and Adults to Build Self Esteem</b> <i>Packed with activities and helpful advice, this resource is designed for professionals working to help adolescents and adults break the destructive cycle of low self-esteem</i>	Deborah Plummer	Boole Library Q+2
<b>Self Esteem: the lazy persons guide</b> <i>This little guide will help you understand and improve the way you think and feel about yourself</i>	Theresa Francis-Cheung	Boole Library Q+2

BOOK TITLES	AUTHOR(S)	LOCATION
<b>SELF HARM</b>		
<b>Self-Harm: the path to recovery</b> <i>Includes what is self-harm, how it develops, recovering from self-harm and caring for sufferers</i>	Kate Middleton	Boole Library Q+1, eBook
<b>How I stayed alive when my brain was trying to kill me</b> <i>Gives an insight into how people think and feel when they have thoughts of ending their lives and offers strategies to deal with these thoughts</i>	Susan Rose Blauner	Boole Library Q+2
<b>SEXUALITY</b>		
<b>It gets better: Coming Out, Overcoming Bullying and Creating A Life Worth Living</b> <i>A collection of original essays and expanded testimonials</i>	Dan Savage	Boole Library Q+2
<b>Overcoming Sexual Problems</b> <i>A guide to understanding and dealing with a variety of sexual problems including medication, the internet, sexual desire and contraception</i>	Vicki Forde	Boole Library Q+1
<b>The Velvet Rage: overcoming the pain of growing up gay in a straight man's world</b> <i>Describes the stages of a gay man's journey out of shame and offers practical and inspired strategies to stop the cycle of avoidance and self-defeating behaviour</i>	Alan Downs	Boole Library Q+2
<b>SOCIAL ANXIETY</b>		
<b>Overcoming Social Anxiety and Shyness</b> <i>Describes where social anxiety comes from and how to tackle it. Also looks at assertiveness</i>	Gillian Butler	Boole Library Q+2
<b>10 Simple Solutions to Shyness</b> <i>Looks at what social anxiety is and getting ready to make changes. Includes confronting difficult situations, communication &amp; social skills. Includes a chapter on making presentations</i>	Martin Anthony	Brookfield Library

## STRESS

<p><b>Overcoming Stress: a self- help guide</b>  <u><i>How to change how we think, feel and act so our lives become more enjoyable and more effective</i></u></p>	Lee Brosnan	eBook
<p><b>Overcoming Anxiety, stress and panic</b>  <u><i>Uses the proven and trusted 5 areas model of CBT to help people experiencing a range of symptoms associated with these conditions</i></u></p>	Chris Williams	Brookfield Library, Boole Library Q+1
<p><b>The Relaxation and Stress Reduction Workbook</b>  <u><i>Offers easy-to-use, step-by-step instructions for using progressive relaxation, visualization, mindfulness, acceptance, and more</i></u></p>	Davis	Boole Library Q+1
<p><b>Coping with Stress at University: A Survival Guide</b>  <u><i>Covers the main problems and stresses that a student may experience during their university career</i></u></p>	Stephan Palmer	eBook, Boole Library Q+2

## SUBSTANCE ABUSE

<p><b>Problem Drinking</b>  <u><i>Aims to bridge the wide gap that exists between the modern, scientific account of the nature of alcohol problems, and the popular understanding of the subject</i></u></p>	Nick Heather	Boole Library Q+2
<p><b>Controlling your Drinking: Tools to make moderation work for you</b>  <u><i>Tools to evaluate your alcohol consumption, decide what changes you want to make and create a plan of action</i></u></p>	William R Miller	eBook, Brookfield
<p><b>Under the Weather: coping with alcohol abuse and alcoholism</b>  <u><i>Sets out all the basic facts on alcoholism and alcohol abuse in an accessible yet comprehensive manner &amp; offers hope and encouragement by emphasising the high recovery rates for those who are prepared to assume responsibility for their own recovery</i></u></p>	John G Cooney	Boole Library Q+2
<p><b>Directory of Services for Alcohol and Drug Abuse in Cork</b></p>		CUH Library, Boole Library Q+2

## NOTES

## Need Help Now?

**If you, or someone you know, urgently needs someone to talk to you can contact:**

- **Student Health Centre**: 021 4902311
- **Student Counselling Service**: 021 4903565
- **Niteline**: 1800 32 32 42
- **Students Union Welfare Officer**: 086 383 6794 or [welfare@uccsu.ie](mailto:welfare@uccsu.ie)
- **Disability Support Service**: 021 4902985 or [dssinfo@ucc.ie](mailto:dssinfo@ucc.ie)
- **uLink Peer Support**: 021-420 5188 or [pass@ucc.ie](mailto:pass@ucc.ie)
- **Samaritans**: 116 123
- **Chaplaincy**: 021 490 2459
- **Mature Students Office**: 021 4903670 or [mso@ucc.ie](mailto:mso@ucc.ie)
- **Student Budgetary advisor**: 021 490 2151 or [studentbudgetingadvice@ucc.ie](mailto:studentbudgetingadvice@ucc.ie)
- **First Year Experience Coordinator**: [n.deady@ucc.ie](mailto:n.deady@ucc.ie)
- **International Students Office**: 021 490 4745
- **Student Wellbeing Coordinator**: [wellbeing@ucc.ie](mailto:wellbeing@ucc.ie)

## ONLINE RESOURCES

**Anxiety – [www.anxietybc.com](http://www.anxietybc.com)**

**Bereavement – [www.hospicefoundation.ie](http://www.hospicefoundation.ie)**

**Child Abuse (adult survivors) – [www.hse-ncs.ie/en](http://www.hse-ncs.ie/en)**

**Contraception – [www.thinkcontraception.ie](http://www.thinkcontraception.ie)**

**Dementia – [www.alzheimer.ie](http://www.alzheimer.ie)**

**Depression – [www.aware.ie](http://www.aware.ie) ; [www.deprexis.com](http://www.deprexis.com) ;  
[www.ifightdepression.com](http://www.ifightdepression.com); [www.depressioninteenagers.com](http://www.depressioninteenagers.com) ;  
[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au); [www.headsup.ie](http://www.headsup.ie)**

**Dermatology – [www.dermnetnz.org](http://www.dermnetnz.org)**

**Drugs – [www.na-ireland.org](http://www.na-ireland.org); [www.drugs.ie](http://www.drugs.ie)**

**Eating Disorders – [www.bodywhys.ie](http://www.bodywhys.ie)**

**Family Planning – [www.ifpa.ie](http://www.ifpa.ie)**

**Gambling – [www.gamblersanonymous.ie](http://www.gamblersanonymous.ie)**

**General Health – [www.hse.ie](http://www.hse.ie); [www.patient.co.uk](http://www.patient.co.uk)**

**General Health and Wellbeing – [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) ;  
[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie); [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)**

**Life Skills – [www.llttf.com](http://www.llttf.com)**

**Mindfulness – [www.mindful-monkey.com](http://www.mindful-monkey.com)**

**Pain – [www.chronicpain.ie](http://www.chronicpain.ie)**

**Parenting – [www.understandingchildhood.net](http://www.understandingchildhood.net); [www.ispcc.ie](http://www.ispcc.ie);  
[www.nd.gov/dhs/services/childcare/info/10-things.html](http://www.nd.gov/dhs/services/childcare/info/10-things.html);  
[www.familylives.org.uk](http://www.familylives.org.uk)**

**Positive Change – [www.actionforhappiness.org](http://www.actionforhappiness.org)**

**Psychology – [www.pshiq.ie](http://www.pshiq.ie)**

**Sexual Health – [www.sexualhealthcentre.com](http://www.sexualhealthcentre.com)**

**Social Anxiety – [www.socialanxietyireland.com](http://www.socialanxietyireland.com);  
[www.stressandanxietyinteenagers.com](http://www.stressandanxietyinteenagers.com)**

