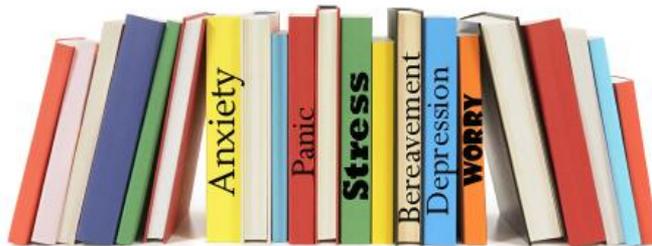


SHELF HELP

A Guide to Bibliotherapy for Staff



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



Student Health
University College Cork



UCC LIBRARY



What is Bibliotherapy?

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

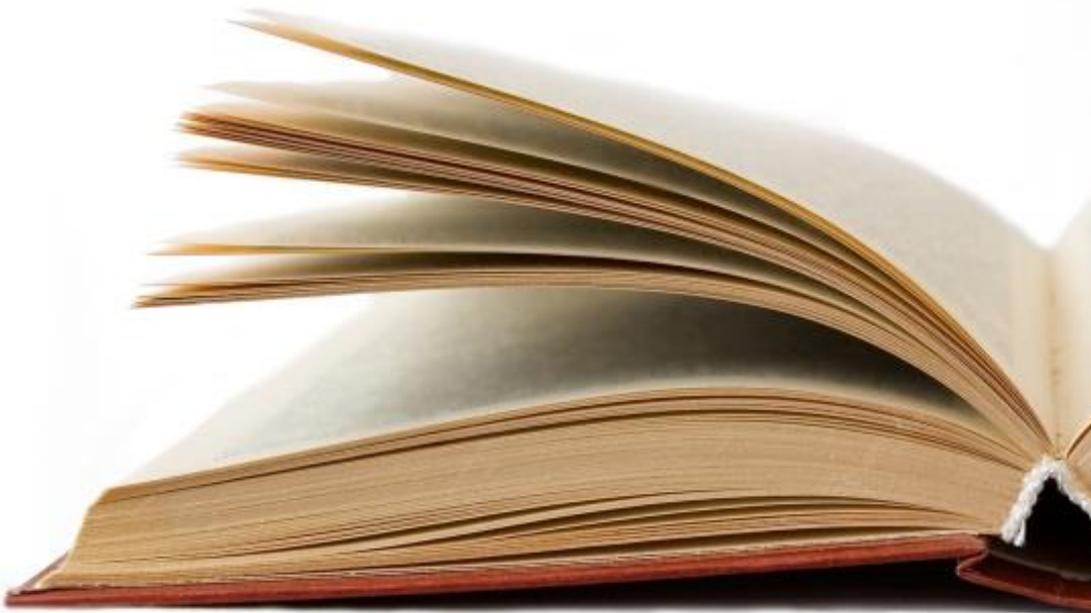
The types of literature used can include: self-help books, poetry, fiction and personal stories.

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?

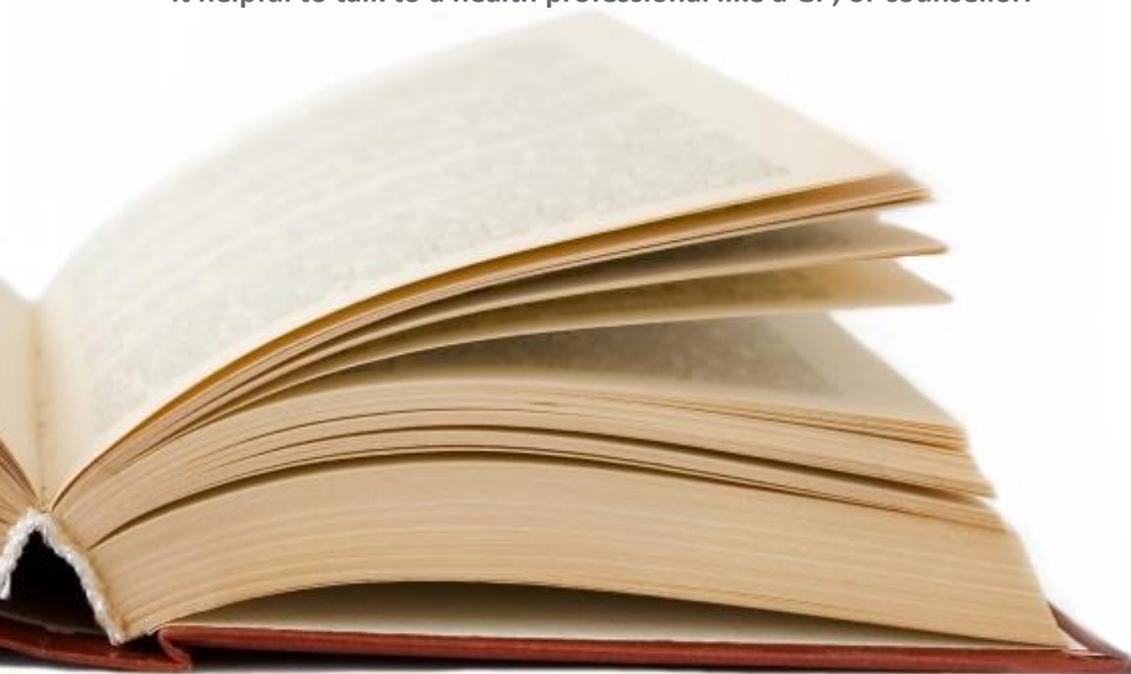
It adopts a problem-solving approach to getting through tough times and it helps you to learn more about what you're going through. In this way, you are actively involved in getting through your tough time.

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
ANGER		
Anger Management: A Practical Guide <i><u>A practical guide that will help you stay calm in the face of angry outbursts from children and young people</u></i>	Adrian Faupel, Elizabeth Herrick & Peter Sharpe	Boole Library Q+2
Overcoming Anger and Irritability: A Self Help Guide using Cognitive Behavioural Techniques <i><u>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</u></i>	William Davies	Boole Library Q+2, CUH Library
Taking Charge of Anger: how to resolve conflict, sustain relationships and express yourself without losing control <i><u>This powerful, often destructive emotion can be tamed with the effective six-step program presented in this book</u></i>	W. Robert Nay	Brookfield Library
Working with Anger and Young People <i><u>Warns against 'quick fix' solutions to dealing with anger, and draws on the author's experiences of youth counselling and training workshops</u></i>	Nick Luxmoore	Boole Library Q+2
Anger Management Games for Children <i><u>Featuring a wealth of familiar and easy-to-learn games, it is designed to foster successful anger management strategies for children aged 5-12</u></i>	Deborah Plummer	Boole Library Q+2
Managing Anger at Work <i><u>The latest techniques in anger management are used to help people understand and solve their problems, whether they wish to tackle their own anger, or whether they suffer from their colleague's temper</u></i>	Mary Hartley	Boole Library Q+1, Brookfield Library
ANXIETY		
Overcoming Anxiety: a self -help guide using cognitive behavioural techniques <i><u>A complete recovery programme based on CBT. Easy Read</u></i>	Helen Kennerly	CUH Library
Overcoming Social Anxiety and Shyness: a self- help guide using cognitive behavioural techniques <i><u>A Three part programme to help you overcome your social anxiety and shyness</u></i>	Gillian Butler	Boole Library Q+2

<p>Overcoming Anxiety, Stress and Panic: a five areas approach <i>Uses the proven and trusted 5 areas model of CBT to help people experiencing a range of symptoms associated with these conditions</i></p>	Chris Williams	Brookfield Library
<p>The Anxiety and Phobia Workbook <i>A workbook designed to help you develop the skills to deal with anxiety, phobias and panic attacks</i></p>	Edmund J Bourne	Brookfield Library, eBook
<p>Helping your Anxious Child: an effective treatment for childhood fears <i>This best-selling classic guides readers to help a child overcome anxiety and fears from separation anxiety to general anxiety, social anxiety, specific phobia and panic disorder</i></p>	David Lewis	Boole Library Q+1

ASSERTIVENESS

<p>How to be assertive in any situation <i>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</i></p>	Sue Hadfield	eBook
<p>The Assertiveness Handbook <i>Looks at how to be assertive in challenging situations. Clearly written with guidelines and exercises to complete</i></p>	Mary Hartley	Brookfield Library Boole Library Q+2
<p>Assertiveness at Work <i>Whether you are a line manager, project leader, specialist, or key member of a team, this book gives practical guidance for developing your own natural assertiveness to benefit both yourself and your organisation</i></p>	Ken Back	Brookfield Library, CUH Library, Boole Library Q+1

AUTISM SPECTRUM DISORDER

<p>Living with Asperger Syndrome and Autism in Ireland <i>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</i></p>	Stuart Nielson	Boole Library Q+1
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BOOK TITLES	AUTHOR(S)	LOCATION
ATTENTION/ORGANISATION		
Smart but Scattered <i>Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines</i>	Peg Dawson	eBook
BEREAVEMENT		
On grief & grieving <i>Looks at the way we experience the process of grief</i>	David Kessler & Elisabeth Kubler Ross	Check library website
When Parents Die: Learning to live with the loss of a parent <i>An insight into the experience of losing a parent while covering the entire course of parenting</i>	Rebecca Abrams	eBook, Boole Library Q+2
Helping Your Child through Bereavement <i>This booklet addresses the many questions that arise for parents and children when someone close has died and offers practical advice on how to deal with the stages of grief</i>	Mary Paula Walsh	Boole Library Q+2
Death and Bereavement <i>Part of a series published by Barnardos to help support children through a bereavement</i>	Barnardos	Boole Q+1
When someone very special dies: children can learn to cope with grief <i>A workbook to help children work out feelings about death. They are helped to illustrate and personalise their loss through art</i>	Marge Heegaard	CUH Library
The courage to Grieve <i>Explores how we can deal with every kind of grief, profound loss and disappointment</i>	Judy Tattelbaum	CUH Library
How to Survive Bereavement <i>Aims to show you that there is life after death and that bereavement is a journey we must all make from pain to peace</i>	Andrea Kon	Boole Library Q+2
Coping with Bereavement <i>Based on the author's own experience after the sudden death of his wife, this book combines personal testimony and practical advice</i>	Hamish McIlwraith	Brookfield Library

CANCER

<p>Survivor: taking control of your fight against cancer <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></p>	Laura Landro	Boole Library Q+2
<p>Coping with the Psychological Effects of Cancer <i>Sensitive but practical. To help patients and families cope with complex treatment options. Focuses on emotional, spiritual, physical and psychological needs</i></p>	Robert Bor	Brookfield Library
<p>Breast Cancer: the essential guide <i>Very good, sound and practical advice</i></p>	Katherine Locke	CUH Library
<p>The Cancer Survivors Companion – practical ways to cope with your feelings after cancer <i>Winner of the Best Health Book Category Health Writing Awards 2012 "essential reading for anyone diagnosed with cancer"</i></p>	Dr F Goodhart	Brookfield Library

CHILD ABUSE (ADULT SURVIVORS)

<p>Victims no longer: The classic guide for men recovering from sexual child abuse <i>Offers compassionate and practical advice, supported by personal anecdotes and statements of male survivors</i></p>	Mike Lew	Check library website
<p>Breaking Free: Help for the survivors of Child Sexual Abuse <i>Sensitively written. Shows range of feelings involved. Optimistic with strategies for coping</i></p>	Carolyn Ainscough & Kay Toon	Boole Library Q+1, CUH Library
<p>The Courage to Heal: A guide for Women Survivors of Child Sex Abuse <i>This guide offers hope and a map of the healing journey to every woman who was sexually abused as a child</i></p>	Ellen Bass & Laura Davis	Boole Library Q+2, Brookfield Library
<p>The Courage to Heal Workbook: for women and men survivors of Child Sex Abuse <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></p>	Ellen Bass & Laura Davis	Boole Library Q+1

BOOK TITLES	AUTHOR(S)	LOCATION
DEMENTIA		
The 36-Hour Day: a family guide to caring for people with Alzheimer's Disease , other dementias and memory loss <i><u>This guide features the latest information on the causes of dementia, managing the early stages of dementia, the prevention of dementia, and finding appropriate living arrangements</u></i>	Nancy Mace	Brookfield Library
Dancing with Dementia: my story of living positively with dementia <i><u>This book is a vivid account of the author's experiences of living with dementia</u></i>	Christine Bryden	Boole Library Q+1
DEPRESSION		
Coming through Depression <i><u>Follows on from The Common Sense Approach. Includes section on meditation as a way to manage depression</u></i>	Tony Bates	Boole Library Q+1
Depression: The common sense approach <i><u>Accessible, slim book. Compassionate and practical. CBT strategies and more. Good first book</u></i>	Tony Bates	Boole Library Q+1
Overcoming Depression: a guide to recovery with a complete self -help programme <i><u>Detailed book describing causes of depression and ways to cope</u></i>	Paul Gilbert	eBook
Overcoming Depression and Low Mood: a five areas approach <i><u>A cognitive behavioural therapy self help guide</u></i>	Chris Williams	Brookfield Library, eBook
Depression: The Way out of Your Prison <i><u>A deeper exploration of beliefs about self and others that maintain depression. Links past experience to depression</u></i>	Dorothy Rowe	Brookfield Library
Mind over Mood: change how you feel by changing the way you think <i><u>This workbook seeks to draw on the authors experience as clinicians and teachers of cognitive therapy to help clients understand and improve their moods</u></i>	Denis Greenburger	Brookfield Library, Boole Library Q+1
I Had a Black Dog <i><u>Excellent short book with humorous illustrations showing what it is like to have depression and how to tackle it</u></i>	M Johnstone	Brookfield Library

Living with a Black Dog <i>Very helpful short book for families and carers which uses humorous illustrations to show what depression is like. Highlights helpful and unhelpful ways to offer support and suggestions for looking after yourself as a carer</i>	M Johnstone	Brookfield Library
Stoicism and the Art of Happiness <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>	Donald Robertson	Check library website
DIVORCE		
When Mom and Dad separate: children can learn to cope with grief from divorce <i>Discusses basic concepts of marriage and divorce. Offers children a creative way to sort out the stressful feelings of grief caused by change</i>	Marge Heegaard	CUH Library
When Parents Split: support, information and encouragement for teenagers <i>Useful reading for teens when parents are separated or going through their own relationship difficulties</i>	Glynis Good	Boole Library Q+2
DYSLEXIA		
It's called Dyslexia <i>A simple text with bright, child-friendly illustrations</i>	Jennifer Moore-Mallinos	Brookfield Library
EATING DISORDERS		
Anorexia Nervosa: A survival Guide <i>A clearly written, practical guide for sufferers and their families</i>	Janet Treasure	CUH Library
The Anorexia Diaries: a mother and daughter triumph over teenage eating disorders <i>This moving book shows how one family faced up to and overcame teenage depression and eating disorders</i>	Linda and Tara Rio	Brookfield
Eating Disorders for Dummies <i>This practical guide explains anorexia, bulimia and binge eating disorder and offers a simple step by step programme for developing a safe and healthy plan for recovery</i>	Susan Schulherr	Boole Library Q+1

BOOK TITLES	AUTHOR(S)	LOCATION
EATING DISORDERS (CONTINUED)		
Feeling Good About the way you Look <i>If dissatisfaction with your looks is a distressing preoccupation, this book offers a programme for overcoming body image problems</i>	Sabine Wilhelm	eBook
Skills Based Learning for Caring for a loved one with an Eating Disorder: The new Maudsley Method <i>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</i>	Janet Treasure	Brookfield Library
Give Food A Chance <i>Offers a fresh perspective on childhood eating disorders and invaluable insights for parents and professionals</i>	Julie O'Toole	Boole Library Q+1
Please Eat <i>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</i>	Bev Mattocks	CUH Library
Brave Girl Eating: A families struggle with anorexia <i>Describes recovery from anorexia using a family-based treatment developed at the Maudsley Hospital in London</i>	Harriet Browne	CUH Library
Anorexia Nervosa : the wish to change: self -help and discovery <i>Offers insight, answers & practical advice with a direct approach and step by step programme</i>	A.H.Crisp	Brookfield Library
Talking about Anorexia <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>	Maroushka Monro	Boole Library Q+1
When Food Becomes your enemy <i>How anorexia, bulimia or compulsive overeating can take over your life</i>	Gillian Moore-Groarke	Boole Library Q+1, CUH Library
Crave: why you binge and how to stop <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>	Cynthia Bulik	CUH Library

MINDFULNESS

<p>Wherever you go, there you are <i>Introduces the idea of mindfulness and how to practice meditation skills in daily life to deal with stress & illness</i></p>	Jon Kabat-Zin	CUH Library, Boole Library Q+2
<p>Mindfulness: A practical Guide to finding peace in a frantic world <i>User friendly, useful for stress management, coping with anxiety & depression and chronic pain.</i></p>	Mark Williams	Boole Library Q+2
<p>Quiet the Mind <i>Clear, jargon free guide on meditation for beginners. Describes practical ways to manage obstacles to meditation</i></p>	M Johnstone	Brookfield Library

OCD (OBSESSIVE COMPULSIVE DISORDER)

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

PAIN

<p>8 Steps to a pain free back <i>Posture therapy, helping people reclaim a pain-free life through implementing important physiological changes</i></p>	Gokhale	Boole Library Q+1
<p>Living beyond your Pain: Using ACT to Ease Chronic Pain <i>Covers symptoms, causes and impact of pain. Step by step exercises and user friendly layout</i></p>	Joanne Dahl	Brookfield Library
<p>Explain Pain <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></p>	Lorrimer Mosely	Brookfield Library

PANIC

<p>When Panic Attacks <i>Very thorough text. Engaging while educating & offering coping skills</i></p>	Aine Tubridy	Boole Library Q+1
<p>Overcoming Stress, Anxiety and Panic <i>Uses the proven and trusted 5 areas model of CBT to help people experiencing a range of symptoms associated with these conditions</i></p>	Chris Williams	Brookfield Library

BOOK TITLES	AUTHOR(S)	LOCATION
PARENTING		
Parenting is child's play <i>Parenting in Child's Play focuses on the first six years of growing up</i>	David Coleman	Boole Library Q+1, Brookfield Library
Cotton Wool Kids <i>The author provides parents with strategies to learn how to handle the relentless pressure from society and the media to provide a 'perfect' childhood and instead to raise their children with a more relaxed and joyful approach, more in touch with the outdoors and the community around them. Highly recommended</i>	Stella O Malley	Boole Library Special Collections
Parenting Teenagers: a guide to solving problems <i>Sets out a step-by-step guide that shows you how to stay supportively involved in your teenagers lives, while also setting rules and teaching responsibility</i>	John Sharry	Boole Library Q+2 & Q+3
Positive Parenting: bringing up responsible, well behaved and happy children <i>Will inspire both parents who are in trouble and also families who are getting along fine but know there are areas they could improve</i>	John Sharry	Boole Library Q+2 & Q+3
Raising Boys <i>Looks at the 3 stages of boys development and offers parents real-life situations, thought-provoking insights, humour and help</i>	Steve Biddulph	Check library website
Raising Girls <i>The five key stages of girlhood are laid out so that you know exactly what matters at which age, and how to build strength and connectedness into your daughter from infancy onwards</i>	Steve Biddulph	Check library website
Coping Alone: a handbook for single parents <i>Looks at single-parent families in Ireland (1990)</i>	Clara Clark	Boole Library Q+2, CUH

POST NATAL DEPRESSION

<p>Coping with Postnatal Depression: light at the end of the tunnel <i>This book is aimed at those suffering from postnatal depression, and their families</i></p>	Mary Pigot	Boole Library Q+1, CUH
<p>Empty Cradle, broken heart: surviving the death of your baby <i>Offers reassurance to parents who struggle with anger, guilt and despair</i></p>	Deborah L Davis	Boole Library Q+2
<p>Surviving the Baby Blues <i>Shows that understanding this condition, and finding the right help can lead the way to recovery</i></p>	Jane Feinman	Boole Library Q+1

RELATIONSHIPS

<p>How to cope with difficult parents <i>A guide for adults who suffer from problems in their relationships with their parents</i></p>	Windy Dryden & Jack Gordo	Boole Library Q+2
<p>Men are from Mars, Women are from Venus <i>A guide aimed at improving communication and getting what you want in your relationships</i></p>	John Grey	Boole Library Q+2
<p>Overcoming Relationship Problems: a self-help guide using CBT <i>This book will help you understand why conflict arises and show you how to negotiate a happier, more positive outcome</i></p>	Michael Crowe	Boole Library Q+2
<p>Co-dependent no more: How to stop controlling others & start caring for yourself <i>Is someone else's problem your problem?</i> <i>This book provides a map of the perplexing world of co-dependency</i></p>	Melody Beattie	eBook
<p>Adult Children of Alcoholics <i>Provides an understanding of what it is like to be an adult child of an alcoholic and offers skills for recovery</i></p>	Janet Woititz	eBook
<p>How to start a conversation and make friends <i>Suggests ways to improve anybody's ability to communicate in social and business situations</i></p>	Don Gabor	Boole Library Q+2

RETIREMENT

<p>The Challenge of retirement <i>For many the adjustment to retirement can be more challenging than we expected. Rather than a time of slowing down, retirement can be an opportunity to enjoy life and have some fun</i></p>	Trish Murphy	Check library website
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ONLINE RESOURCES



Anxiety – www.anxietybc.com

Bereavement – www.hospicefoundation.ie

Child Abuse (adult survivors) – www.hse-ncs.ie/en

Contraception – www.thinkcontraception.ie

Dementia – www.alzheimer.ie

Depression – www.aware.ie; www.deprexis.com;
www.ifightdepression.com; www.depressioninteenagers.com;
www.moodgym.anu.edu.au; www.headsup.ie

Dermatology – www.dermnetnz.org

Drugs – www.na-ireland.org; www.drugs.ie

Eating Disorders – www.bodywhys.ie

Family Planning – www.ifpa.ie

Gambling – www.gamblersanonymous.ie

General Health – www.hse.ie; www.patient.co.uk

General Health and Wellbeing – www.getselfhelp.co.uk;
www.yourmentalhealth.ie; www.cci.health.wa.gov.au

Life Skills – www.llttf.com

Mindfulness – www.mindful-monkey.com

Pain – www.chronicpain.ie

Parenting – www.understandingchildhood.net; www.ispcc.ie;
www.nd.gov/dhs/services/childcare/info/10-things.html;
www.familylives.org.uk

Positive Change – www.actionforhappiness.org

Psychology – www.pshiq.ie

Sexual Health – www.sexualhealthcentre.com

Social Anxiety – www.socialanxietyireland.com;
www.stressandanxietyinteenagers.com