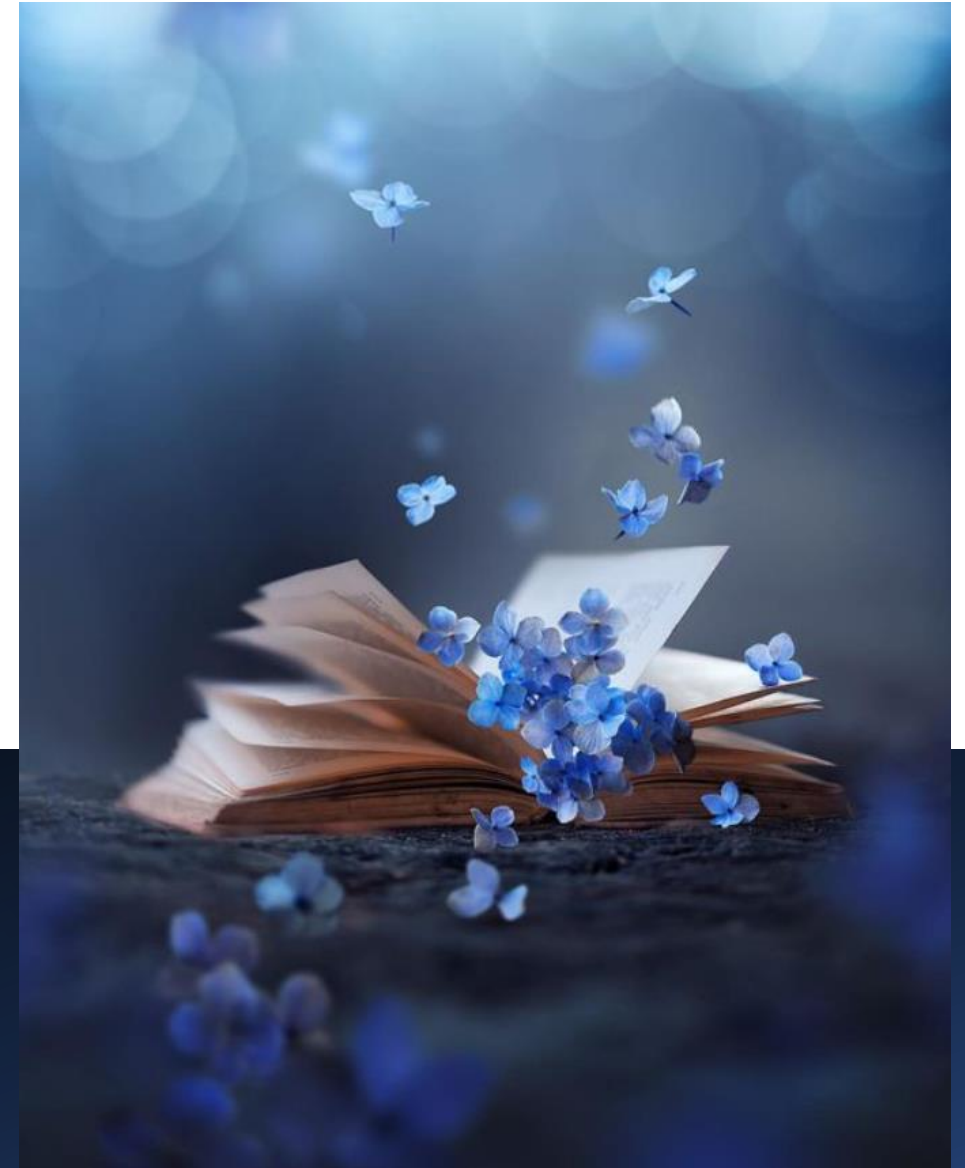


Literary art in therapeutic education

Kvetoslava Kotrbová

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Therapeutic pedagogy

= diagnostics, education, teaching and therapy of individuals whose situation is so complicated by adverse life circumstances (educational, social, health, etc.) that they cannot lead an age-appropriate way of life and apply themselves adequately to their abilities

Horňáková, 1999

integration pedagogical and therapeutic efforts
develop the competence of patient or client
to live his life and solve his problem

for this purpose various creative experiential activities, including art-therapy, musictherapy, bibliotherapy, dramatherapy, movement and dance therapy, play therapy, occupational therapy and family therapy

therapeutic educational programs



TP BIBLIOTHERAPY

planned, purposeful and systematic therapeutic-educational action through the individual components of literary art

Majzlanová, 2017

- Paremological therapy
- Poetotherapy
- Fairy Tales Therapy
- Narrative therapy
- Hagiotherapy

Non-fiction literature - Self-help books

- definition of self-help books (Kotrbová, 2022)

The application of bibliotherapy is currently the most sophisticated in the issue of depression - NICE international standard (National Institute for Health and Care Excellence, GB) from June 29th 2022 – **milder forms of depression at the beginning of the therapy process, more severe forms at the end of the process therapy** <https://www.nice.org.uk/guidance/ng222>

- Developing rational component = to understand
- preferred by CBT therapists (Starker, Rubin in Pardeck, Pardecková, 1998, p. 20)



Guidance ▾

Standards and indicators ▾

Life sciences ▾

British National Formulary (BNF) ▾

British National Formulary for Children (BNFC) ▾

Clinical Knowledge Summaries (CKS) ▾

About ▾

[Home](#) > [NICE Guidance](#) > [Conditions and diseases](#) > [Mental health, behavioural and neurodevelopmental conditions](#) > [Depression](#)

Depression in adults: treatment and management

NICE guideline [NG222] Published: 29 June 2022 [Register as a stakeholder](#)

Guidance

Tools and resources

Information for the public

Evidence

History

Overview

Guidance

Recommendations

[Download guidance \(PDF\)](#)

Fiction/beautiful literature

- **LYRICS** – focused on sensual experiences, mood, rythm of speech, etc.
- **EPICS** – based on description of following events, activities, narrator
- **DRAMA** (literary pieces) – direct speech between characters

- Developing the **emotional component** = to feel (emotions, feelings, experiences, higher values, attitudes) – study prefered by deeply psychotherapeutic oriented therapists
(Starker, Rubin in Pardeck, Pardecková, 1998, p. 20)

- (therapeutic) **PEDAGOGICAL INFLUENCE IS THE MOST EFFECTIVE WHEN INTELECT, EMOTIONS AND FEELINGS ARE SIMULTANEOUSLY AFFECTED – SPECIAL MENING OF CULTIVATION OF HIGHER FEELINGS AND VALUES**

Bruno Bettelheim

Psychologist and psychoanalyst

- „if children are brought up that way that life gives them meaning, they don't need any other special help“
- „the ability to find meaning in one own's life and the life around is the best conveyed by literature“





Adults

- Dostojevsky's short story *The Dream of Ridiculous Man* – contain all therapeutic phases of therapeutic change
- images of old and new one reality – coexists together there – **uplifting feelings** of beauty, happiness and joy – is possible to repeat the feelings by repeating reading of this masterpiece
- Assagioli – concept of „Higher I“

More details in Kotrbová, Sturcz, Solárová, 2022

Forms and methods of BT

- individually, group work
- en masse (by on-line technologies, telemedicine)

**READING, STORYTELLING,
CREATIVE WRITING**


(therapeutic diaries - I, letters - YOU, stories, literary pieces - IT)

THERAPEUTIC RELATIONSHIP - THERAPIST

communication, facilitation, **discussion**, leading, catalysis, **safety**
person for sharing content, support, guiding, reframing, building of a
new competencies, help with evidence and straightening of changes

Research outputs

- therapist guided dealing with burdensome emotional content/trauma – 43 % less frequented visits medical doctor as in control group, 2x less visits of general doctor for some disease
- measurable physical changes: immune system and other medical values
better activity of immune cells (Lepore, Smyth 2002), increase of amount of leukocytes and strengthening of immune system in individuals with AIDS (Pettrie, Fontanilla, Thomas 2003), increase of functional capacity of lungs – people with asthma, decrease of pain people with rheumatoid arthritis (Smyth, Stone, Hurewitz et al. 1999), less interruptions of sleeping persons with oncology diseases with metastasis (Moor, Sterner, Hall et al. 2002), etc.
- measurable psychological changes: immediate and long-term mood swings and behavioral changes
less negatives, less depressive symptoms, less anxiety, more open, calmer, friendlier, more accepting of others, happier, more aware, more participatory, more wisdom/smarter

A close-up photograph of a bouquet of pink tulips. The flowers are in various stages of bloom, with some fully open and others as buds. The petals are a soft, light pink color. Green leaves are visible on the left side of the bouquet. The background is a blurred wooden surface, suggesting the bouquet is resting on a table. The lighting is soft and natural, highlighting the texture of the petals.

*Therapy is successful
only, if clients also
start learning to do
self-therapy.*

Janette Rainwater

Thank you for your attention and
wish you a joy from educational and
therapeutic reading and writing!

Contact:

PhDr. Kvetoslava Kotrbová, PhD., MPH

Workplace:

Faculty of Education Comenius University in Bratislava (Slovakia)

e-mail: kotrbova@fedu.uniba.sk

Phone: +421948316081



FACULTY OF EDUCATION
Comenius University
Bratislava

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