Literary art in therapeutic education

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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
develope 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

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

Majzlanová, 2017
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)
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
Fiction/beautiful literature

- **LYRICS** – focused on sensual experiences, mood, rhythm 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 preferred 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”

Bettelheim Behind the Secrets of Fairy Tales 1975, 1976, p. 10
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, refraining, 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: imune system and other medical values
  better activity of immune cells (Lepore, Smyth 2002), incerease of amount of leukocytes and strenghtening of imune sy individuals with AIDS (Pettrie, Fontanilla, Thomas 2003), increase of funcitonal capacity of lungs – people with asthma, decrease of pain people with rheumatioid arthritis (Smyth, Stone, Hurewitz ai. 1999), less interruptions of sleeping persons with oncology diseases with methastasis (Moor, Sterner, Hall a i. 2002), etc.

• measurable psychological changes: immediate and long-therm 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

Pennebaker, 2003
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!

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References


