Library Conference: Bibliotherapy for Wellbeing

Thursday 21st November 2019 | Best Western Hotel, Tiverton | 09:00 - 15:30

Keynote Speakers

Miranda McKeary OBE
Founding member of the EmpathyLab

Lucas Maxwell
Won the SLA Librarian of the year 2017

Eve Ainsworth
An award winning teen author with 5 books to date

Sara Barnard
Won the 2019 Young Adult Book prize for her novel, ‘Goodbye Perfect’

ATTEND FROM ONLY £49+VAT*
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Overview

Bibliotherapy – or ‘book therapy’ – is an ancient practice. The notion that reading can help to alleviate distress and improve wellbeing was articulated as early as the 5th century BCE by the Greek tragedian Aeschylus, who wrote that ‘words are the physician of the mind diseased’.

Bibliotherapy recognises that books have the power to aid people in solving the issues they’re facing. The Reading Agency states “reading for pleasure can increase self-esteem, reduce symptoms of depression, help build better relationships with others, and reduce anxiety and stress”.

During this year’s conference, you will hear from our keynote speakers on how books in your library can promote positive mental health and how high quality literature can build children’s empathy and much more!

Give your pupils access to the tools they need to improve their outcomes in life.

Who Should Attend?

Secondary Librarians, TAs, HLTAs and Literacy co-ordinators

“We need to understand libraries as places of education and nourishment… they save lives”

Stephen Fry

Key Reasons to Attend

› Hear practical ideas and examples of how to use books in your library to promote positive mental health
› Develop an understanding of how authors write and develop fiction for the teen market around sensitive issues
› Hear how the EmpathyLab aims to build children’s empathy through a systematic use of high quality literature

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