

Bibliotherapy



Bibliotherapy is an old concept in library science. According to the Greek historian Diodoras Siculus, in his monumental work *Bibliotheca Historica*, there was a phrase above the entrance to the royal chamber where books were stored by King Ramses II of Egypt. Considered to be the oldest known library motto in the world, ψῦχῆς ἰατρεῖον, is translated: "the house of healing for the soul." At YoloCares we believe in empowering children to tell their stories.

Bibliotherapy is one way to help a child process their grief. Through a series of 4-6 sessions our YoloCares for Kids coordinator uses different art mediums and counseling techniques to facilitate grief work with children ages 5-12. The artwork and discussions are then turned into a personalized book for the child. Guardians assist by sending photos of the family and friends that are added to the book.

Each book includes the child's artwork, quotes, memories, age-appropriate tools for coping with the many feelings of grief, and photographs of the family and loved one who has died. The books are therapeutic keepsakes as the child ages and develops. Children are encouraged to add to their books into the future by inserting letters to their loved ones, pictures, and other scrapbook items that will help them in their grief. These books are a grief tool to use into the future, often referred to, and always valued.

When the book is read by caring adults to the child, it helps the child connect with others as they remember their loved one who has died.

We use the company "Mixbook" to create the books. The books have soft covers (8&1/2x11) and are 20 pages in length. The cost is approximately \$30 each. Here is an example of a few pages from a book created at YoloCares:

