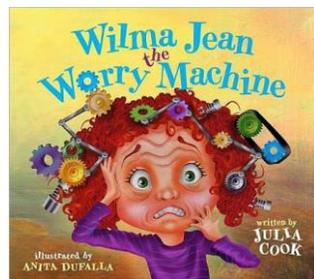


Intro to Bibliotherapy: Books as a Therapy Tool

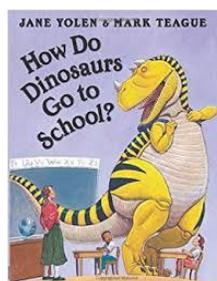
By BZA therapist Stephanie Sanchez, LCSW

Hello BZA clients and families! Can you believe it is already time to go back to school? In preparing for the transition back to school, I would like to introduce you to a concept that I use in practice and some resources that could help your students get back to school seamlessly. In working with my clients, I enjoy utilizing a practice called bibliotherapy. Bibliotherapy is a method of practice that incorporates books to engage and help with the treatment of clients. The picture books mentioned here are geared toward a younger audience, but you can always read them with older kids and spark conversation and create deeper insight. Therefore, I would like to feature some of my favorite books that you could read with your student at home!



Wilma Jean Worry Machine by Julia Cook

Summary: *Wilma Jean Worry Machine* is great for kids suffering from anxiety. It gives the story of a young girl, who struggles with managing her own worries and understanding that there are people to help her when she is having a hard time.



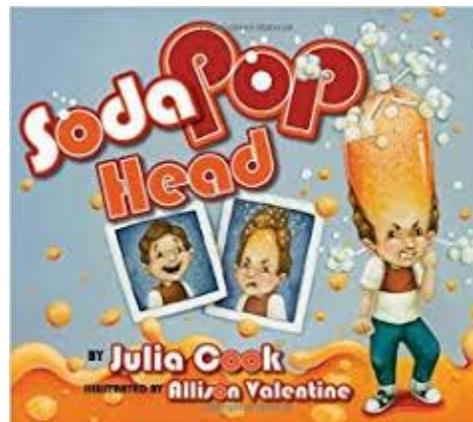
How Do Dinosaurs Go to School? By Jane Yolen & Mark Teague

Summary: This picture story is wonderful for kids to remember the good and bad choices they can make at school. I really like to ask throughout the book if the dinosaurs are making good or bad choices just to check in and see how much they are understanding and can relate.



Wonder by R.J. Palacio

Summary: This book is great for older children, and deals with self-esteem, bullying, and self-acceptance. This is a chapter book, but would be great to read as a family, especially throughout the school year.



Soda Pop Head by Julia Cook

Summary: This story covers emotional regulation (primarily anger) and tells the story of a young man and how he is able to “control his fizz” or anger. It gives great insight on what those feelings may feel like and how someone can control them. This book is also really great if your child is learning about the Zones of Regulation as this can be taught concurrently with the Red Zone.

Final Thoughts: As mentioned, these are some great books that can help you and your student get ready for the school year. I hope that you all have a wonderful year and am so thankful to be a part of such a great organization as BZA Behavioral!