

International Board on Books for Young People

Yamada Fund

Lebanese Board on Books for Young People

FINAL REPPORT

2022

Bibliotherapy and Anxiety: Using books for Lebanese children with psychological problems after the disaster of the 4th of August in addition to the economic crisis and conflict.

Evaluation: Many Lebanese Children are suffering from anxiety and fear, especially after the COVID-19 outbreak, the economic situation in Lebanon since 2019, and the disaster of the explosion of August the 4th of 2020. There were many Lebanese professionals working with children who are 3 years-old and up; these professionals were reached through multiple schools and centers in order to receive training in different therapy techniques. The target of this project was to introduce Bibliotherapy as a “psychological” and educational technique that every person working with children can learn and utilize it, especially with children who are struggling with "depression, phobia, or social anguish". In addition, using bibliotherapy with children will help teachers and parents develop new methods and techniques to help them work with children who suffer from anxiety or fear.

The Participants benefiting from the project were around 1000 individuals including: teachers, special educators, librarians, principals in private and public schools, child-psychiatrists, psychologists, psychotherapists, social workers, psychomotor therapists, speech therapists, and parents...

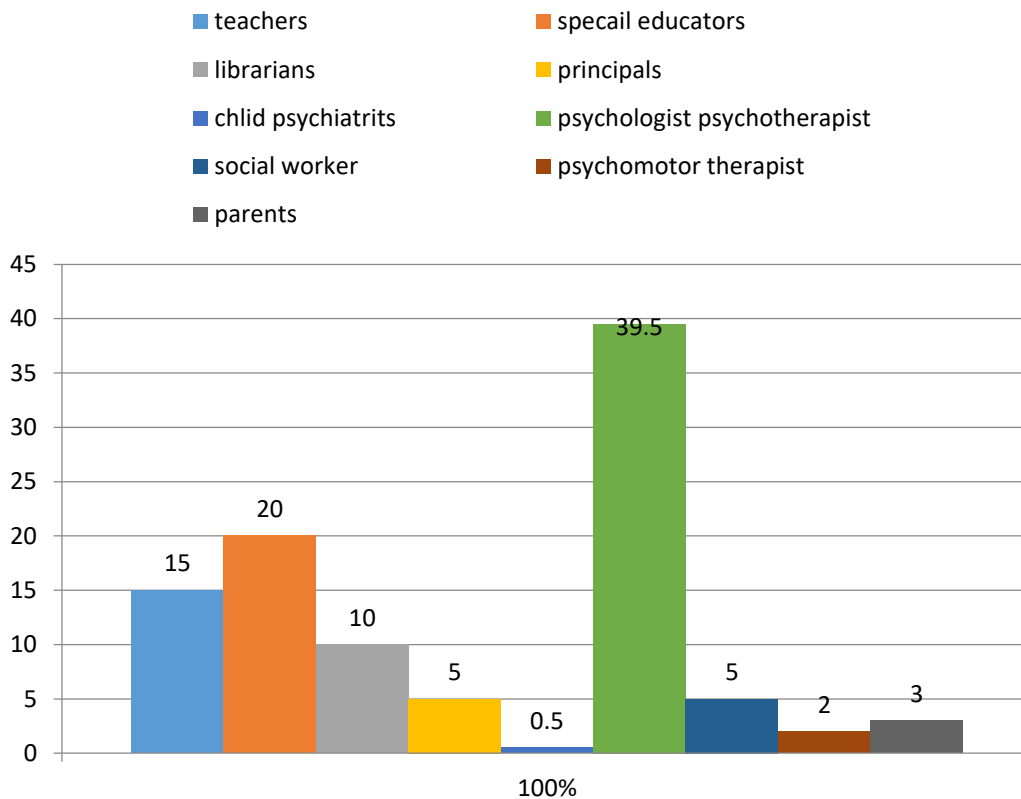


Figure 1: The percentage distribution for participants

This project was implemented from Monday, the 16th of May till Friday the 20th of May 2022. The sessions were divided into a duration of 3 hours per day from 18:00 till 21:00 (In sum, 15 hours). The training was held on Zoom as a platform, and was organized by Nafsaniyoun.

E-Books and Certificates were distributed at the end of the project for all the participants, through Emails.

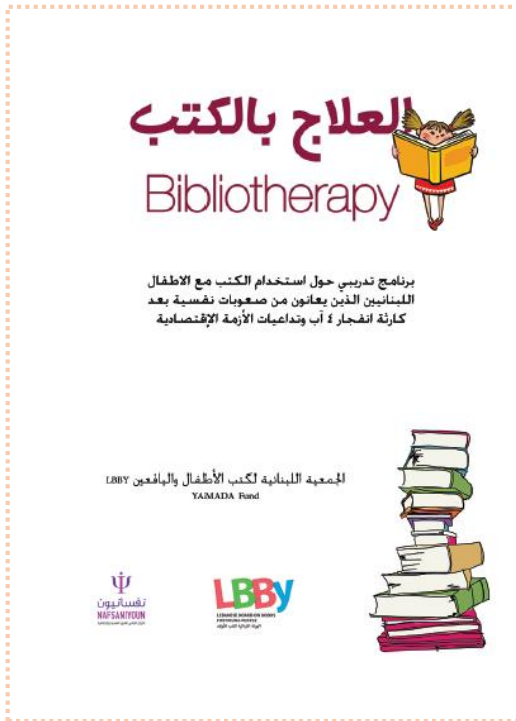


Figure 2: The E-book of the Bibliotherapy project (YAMADA)



Figure 3: The certificate distributed at the end of the project

The speakers and the topic of their presentation (according to the appearance)

Dr. Antoine Al Chartouni:

- Introduction to Bibliotherapy as a technique of support to psychotherapy (history, methods and steps applied in a session).
- Bibliotherapy and psychoanalysis: similarities and differences.
- Psychosis and Bibliotherapy: steps applied in story telling with adolescents suffering from schizophrenia.
- Prospects for Bibliotherapy and summary of all the presentations.

Sinan Hallak:

- The role of illustrations in children's books as a method for accepting differences - an analytical approach.

Ester Bou Antoun:

- Various techniques that can be used alongside Bibliotherapy sessions (dialogues, drawing, story writing, role playing, songwriting...).
- Methods used in Bibliotherapy to facilitate group sessions aimed at relieving anxiety among children 8-10yrs old.

Marie Matar:

- Using stories as a conflict management approach with primary school learners.

Dr. Shereen Kreidieh:

- How we choose children's books for bibliotherapy sessions, with examples of books.
- Using children's books for bibliotherapy at home with examples of books and activities.

Nicolas Rizk:

- Pictures in Children's Books Between Imagination and Perception: the constant debate between today and yesterday.

Nada Khawaja:

- Characteristics of Dyslexia friendly books and some strategies used with reluctant readers.

Joumana Nahed:

- From Stories to Social Realities: varied experiences of 6th grade students.

Linda Nassar:

- Melodies and Stories: an interactive experience through books for secondary school students

Khedija Haydoura:

- Support and follow-up through online storytelling with Lebanese expatriates' children (3-5yrs old)
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