Counselling and Wellbeing

Bibliotherapy:

Deepen your understanding through therapeutic reading

You can use the Bibliotherapy to:

- Broaden your knowledge of a subject area;
- Answer some of your questions about a problem or issue;
- Support your counselling therapy

There is good evidence that self-help and other motivational books can support and educate people about many common types of emotional and mental health difficulties. Reading around the subject can broaden understanding of the problem or condition. Not all people find the same book helpful: different books and different approaches suit different people.

The University library now holds a range of information and self-help books – Bibliotherapy. Many of these books have been reviewed by members of the University’s Counselling and Wellbeing service. The books, which have been particularly chosen for their quality and appropriateness to student life, can be borrowed from the Library in the normal way. Most of them can be found on the second and third floors. The list of books available is shown below, categorised by subject area.

Reading one of the Bibliotherapy books may be a starting point in identifying or dealing with a problem or it may prompt the reader to seek further, professional support from their GP or the Counselling service.

Remember that no one changes without making an effort: Many of the books in our list will offer a structured programme of activity, perhaps even require some homework. As with other self-help methods, the effectiveness of these books will largely depend on a reader who wants to make changes and who is prepared to take time to try out the advice.

Finally, remember that this booklist is not intended to be exhaustive or exclusive. There are bound to be many more excellent books available and we would welcome your feedback and suggestions of other texts which you have found useful and would like to recommend to other students.

Please use our online feedback form to let us have your views and recommendations.

BOOKLIST: BY SUBJECT AREA:

Addictions: Alcohol/drugs/gambling:
“First steps out of Problem Drinking” by John McMahon, Lion, 2010
“First Steps out of Problem Gambling” by Lisa Ustock & Joanna Hughes, Lion Hudson, 2011

Anger
“Overcoming Anger and Irritability” by William Davies, Constable & Robinson, 2000

Autism/Asperger Syndrome

Bereavement
“First Steps through Bereavement” by Sue Mayfield, Lion Hudson, 2011

“Bereavement: studies of grief in Adult Life” by Colin Murray-Parkes, Routledge 1996


Cognitive Behaviour Therapy (CBT)
“Overcoming Anger and Irritability” by William Davies, Constable & Robinson, 2000

Depression – general
“I Had a Black Dog” by Matthew Johnstone, Constable & Robinson Ltd, 2007

“Living with a Black Dog” by Matthew Johnstone, Constable & Robinson Ltd, 2009

“Sunbathing in the Rain” by Gwyneth Lewis, Fourth Estate, 2011


“Beat the Blues before They Beat You – How to Overcome Depression” by Robert Leahy, Hay House, 2010

“First Steps out of Depression” by Sue Atkinson, Lion Hudson, 2010

Eating Distress
“First Steps out of Eating Disorders” by Kate Middleton & Jane Smith, Lion Hudson, 2010

Happiness
“How to be Fabulously Happy – most of the time!” by Ash Charlton, Ace Training, 2012

Mindfulness:“Quiet the Mind: An illustrated guide on how to meditate”, by Matthew Johnstone, Constable & Robinson Ltd, 2011


“Mindsight—Transform your brain with the new science of kindness” by Daniel Segal, One World, Oxford, 2011


Motivation
“Drive – the surprising truth about what motivates us” by Daniel Pink, Canongate Books, 2011

Obsessive Compulsive Disorder (OCD)

Relationships
“Families and How to Survive Them” by Robin Skynner & John Cleese, Vermillion, 1983

Self-harm/self-injury
“Self-Harm: the Path to Self-Recovery” by Dr Kate Middleton & Sarah Garvie, Lion Books, 2008

Stress
“Total Stress Relief – practical solutions that really work” by Vera Peiffer, Piatkus, 2003