**Live Wise Bibliotherapy Collection Phase 2.**

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The Bibliotherapy and Live Wise book collections in the O’Reilly and Cregan libraries have been merged, enhanced and updated. The collection now has 350 books and is rebranded Live Wise Book Therapy. The areas covered are categorized into 15 themes:

Stress & Anxiety/ Grief & Loss/ Health & Illness/ Managing Emotion/

Neurodiversity/ New Approaches to Life’s Challenges/ Sexuality/ Self Development/

Skills for Academic Success/ Trauma/ Depression/ Parenting/ Non-Suicidal Self-Injury/ Addiction/ Mindfulness & Self-Compassion

Research shows that the use of bibliotherapy as a way to improve psychological well-being is effective. It increases our capacity to mentalise, increases insight and cognitive flexibility, helps normalise experiences and provides practical coping skills and techniques. The National Institute for Health & Clinical Excellence (NICE) has recommended bibliotherapy as a useful start to treating mild/moderate anxiety, panic, depression and some other mental health issues.

Feedback from students who use this resource attending the Counselling & Personal Development Service and/or psycho-educational workshops will be an evaluation measure. It can also be applied in a similar way for staff accessing the DCU Employee Assistance Programme or external counselling.

The number of times a book(s) is/are issued is a measure This collection will be communicated to students and staff via email, the DCU website, the DEVELOP Mental Health and Wellbeing tiles on Loop and other means as deemed appropriate. Thereby providing access to evidence based psychological information to the DCU university community is an accessible way is a quality benchmark.

<https://www.dcu.ie/counselling/live-wise-book-therapy-0>