Bibliotherapy: Therapy through Literature

A first step towards a two year part-time MA in Reading For Life.

Commencing
Wednesday 28 January 2015
www.liverpool.ac.uk
Bibliotherapy: Therapy through Literature

Therapy through Literature takes as its subject what the psychologist William James described as the predicament of ‘twice-born souls’ – those who have to readjust to experience, following trauma. It looks at crucial versions of life-reappraisal: prose narratives of breakdown and second chance from Charles Dickens to Oliver Sacks; the expressive power of poetry as a form of second life, including Elizabethan sonnet writers, Wordsworth and Elizabeth Barrett Browning.

About this Course
This 30 credit Postgraduate Level course will be delivered by academics from The University of Liverpool Centre for Research into Reading, Literature and Society (CRILS) through 12 two-hour seminars on consecutive Wednesdays starting from the 28th January 2015. Students will have a choice of attending seminars at either 2pm-4pm or 5pm-7pm.

This is an intensive but personally moving reading course designed to show the value of literary thinking through the close exploration of literary language across the ages, in the search for human meaning. There are opportunities for informal writing-practice, with feedback, allowing participants to develop their personal thinking beyond merely conventional essay-exercises.

What our students say
It’s like it’s the only real education I’ve ever had.
I loved the idea that we should just be struggling thinkers. And that it was fine for the feeling to come first, and then to work things out from there.

Who the Course is for
- All those seeking personal development through intense and close involvement with serious literature
- Those seeking to develop and enhance careers in areas of reader-development (eg in libraries, prisons, reader social-outreach programmes in local and often ‘hard-to-reach’ communities, in schools and with looked-after children)
- Carers seeking to develop reading-groups within health facilities (dementia homes, rehabilitation centres, prisons, mental health reading-groups within facilities or drop-in centres)
- People with interests in the area of so-called ‘bibliotherapy’ who are willing to challenge and investigate that term through careful reading of serious literature.

Aims of this Course
The Aims of this course are to enable students to:
- Question and investigate the meaning and role of ‘the therapeutic’ in a range of writings from key test-areas in English Literature, across different genres and in relation to critical and theoretical texts
- Learn how to deploy advanced close-reading skills in the analysis and understanding of what it is that constitutes ‘literary’ thinking
- Think carefully about the relation of reading and personal experience.

Assessment
6,000 word written assignment at the end of course informed by formative writing (3,000 words) produced throughout the duration of the course.

Start Date: Wednesday 28 January 2015
Delegate Fee: £800

For more information please contact:
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