

BIBLIOTHERAPY

for children aged 4 to 10

Cost: \$20 a session

Terms 3 and 4, 2024



Call or email to register:

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melbournepsychologyclinic@acu.edu.au

Bibliotherapy uses books (picture books in the case of children) to focus on topics that promote wellbeing or provide guidance on challenges or relevant issues.

Topics addressed during the bibliotherapy sessions will include learning about feelings, developing friendships, exploring self – esteem and coping with transitions and change. Each week, after reading a chosen picture book with the Intern, the child will be invited to participate in an art, craft or discussion based activity to help them explore the topic in more detail. The activities are anticipated to last for approximately 30 – 45 minutes. .

At the conclusion of each session, parents will be provided with information about how they can harness the strategies raised in the session in their interactions with their child. We anticipate offering five sessions, one session a week

Equipment Needed: Access to Zoom, coloured pencils/pens,
printer if possible

For further information in the program, or to register in the sessions,
please don't hesitate to email or call
ACU Melbourne Psychology Clinic