



# Using Bibliotherapy in Clinical Practice: A Guide to Self-Help Books (Contributions in Psychology)

*John T. Pardeck*

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## Using Bibliotherapy in Clinical Practice: A Guide to Self-Help Books (Contributions in Psychology)

John T. Pardeck

Pardeck provides mental health professionals with readily available information on self-help books that can be effectively used with various clinical problems. The materials presented can also be used by those not necessarily trained in clinical intervention; this group would include parents, teachers, and librarians. The approach offered--bibliotherapy--is an emerging clinical technique. There are over 400 self-help books presented and annotated that focus on chemical dependency, coping with change, family violence and dysfunctional families, parenting, personal growth, serious illness, social relationships, and divorce and blended families.

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