



Bibliocounseling Checklist and Resources

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Bibliocounseling uses books, movies, music, and other media to foster social and emotional growth and facilitate problem-solving. The versatility of the intervention allows school counselors to address many topics in various settings, including individual counseling, small groups, and classroom lessons. ([Mumbauer, 2019](#))

Checklist

Remember to tailor this checklist to the specific needs and context of the teen girls or demographic you are working with and adapt it to ensure a successful and impactful bibliocounseling group experience.

☐ Define Purpose and Goals

- Clarify the objectives and outcomes you aim to achieve through the bibliocounseling group.
- Determine the themes or topics you want to explore with the teen girls, considering their unique experiences and needs.

☐ Select Appropriate Literature

- Identify books that feature diverse characters, address relevant issues, and resonate with the experiences of teen girls of color.
- Consider including various genres, such as fiction, non-fiction, poetry, or memoirs, to cater to different preferences and interests.

☐ Create a Reading Schedule

- Determine the number of sessions for the bibliocounseling group and establish a reading schedule.
- Divide the selected books into manageable sections or chapters for each session, ensuring ample time for discussion and reflection.

☐ Secure Resources and Materials

- Acquire sufficient copies of the chosen books to distribute among the participants.
- Prepare additional supplementary materials, such as discussion guides, reflection worksheets, or journal prompts, to enhance the group experience.

■ [Read Across America: Database](#)

☐ **Recruit Participants**

- Advertise and promote the bibliocounseling group.

☐ **Screening and Parent/Guardian Permission**

- Provide clear information to potential participants about the group's purpose, benefits, and logistics to encourage their participation.
- Acquire parent/guardian permission for the student to participate in the group.

☐ **Host the Group**

- Outline sessions in an [ASCA-based lesson plan](#).
- Facilitate meaningful discussions through activities or exercises to encourage deeper reflection, empathy, and self-expression among the participants.

☐ **Follow-Up, Document, and Share**

- Provide resources and referrals to additional support services or counseling if needed.
- Keep records of the books read, discussion highlights, participant feedback, and notable observations or outcomes.
- Share the success and impact of the bibliocounseling group with relevant stakeholders, such as educators, counselors, and community organizations, to promote the importance of bibliocounseling.

Resources and Articles

[Bibilocounseling: Using Books In Your School Counseling Program](#)

[I Want to Read About Me: Engaging and Empowering Gifted Black Girls Using Multicultural Literature and Bibliotherapy](#)

[Promoting Mental Health Literacy through Bibliotherapy in School-Based Settings](#)

[Reading Woke: Exploring How School Counselors May Use Bibliotherapy With Adolescent Black Boys](#)

[Supporting Students with Bibliocounseling](#)