

Bibliotherapy as TR intervention for family caregivers of patients diagnosed with dementia

For decades, bibliotherapy has been used successfully to treat addiction, PTSD, childhood and adult trauma, and mental illness. This session will discuss the history of bibliotherapy, evidence-based practice in the field of RT, and how graphic medicine, a newer form of bibliotherapy, was used as an intervention for family caregivers of adult day-health participants diagnosed with dementia.

Learning Outcomes

Upon completion of the session, participants will be able to:

1. Outline the history of bibliotherapy and graphic medicine
2. Recognize the benefits of bibliotherapy as an RT intervention
3. Execute a bibliotherapy intervention with caregivers of family members diagnosed with dementia

Biographies

Tarah Loy, CTRS

Tarah Loy, CTRS has been a Recreational Therapist since 2000 and is currently an Assistant Professor and Therapeutic Recreation Program Director at Regis College in Weston, MA. Before entering higher education, she held leadership positions in long-term care facilities in New Hampshire and Massachusetts. She holds a Bachelor of Science (Psychology) from Wells College, a Master of Education (Therapeutic Recreation) from Springfield College, and is pursuing a Doctor of Philosophy (Recreational Therapy) from Clemson University. Tarah belongs to the American Therapeutic Recreation Association (ATRA) and the Gerontological Society of America (GSA). Her research interests include: perceptions of recreational therapy among health care staff, ageism and gender stigma in long-term care, and advancement of the profession in long-term care.