



COMENIUS  
UNIVERSITY  
BRATISLAVA

# Bibliotherapy as a part of Therapeutic Education in Slovakia

© PhDr. Kvetoslava Kotrbová, PhD., MPH  
European Biblio/Poetry Therapy Conference Budapest  
October 4th-5th, 2024



FACULTY OF EDUCATION  
Comenius University  
Bratislava

# University course of BT

- from 1990 – Comenius University Bratislava
- 168 teaching hours of theory and practice seminars of bibliotherapy included as a part into the Therapeutic Pedagogy Study Program (Mgr.)
- 5 years fulltime/daily, state exams

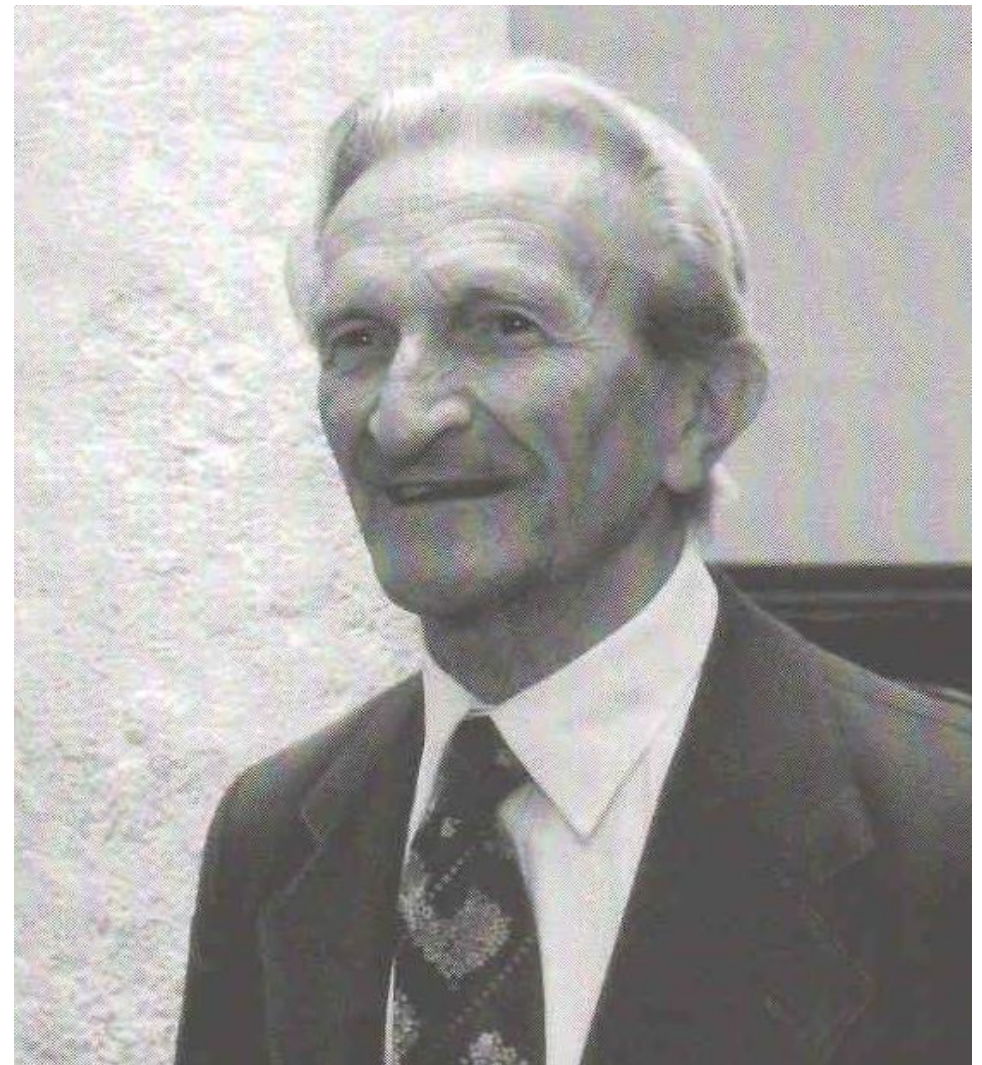


Image source: <https://www.daniel-wong.com/wp-content/uploads/2016/01/Happy-student.jpg>



Doc. PhDr. Miroslav Teofil Bažány, CSc.  
(14. 7. 1923 – 30. 1. 1998)

Dean of Pedagogy Faculty of CU BA and the first head of  
Department of Therapeutic Pedagogy at the uni after 1990



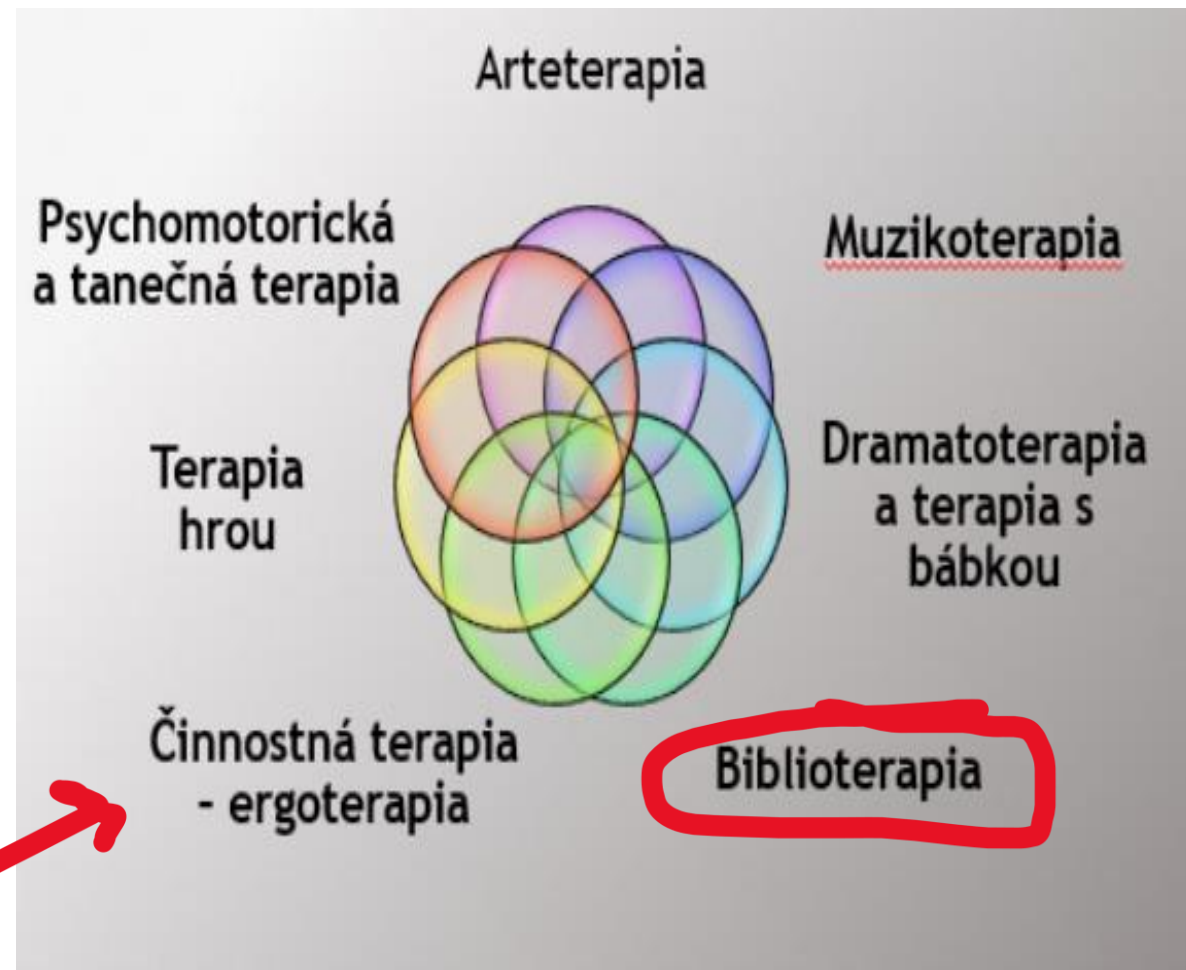
Prof. PhDr. Gejza Dobrotka, CSc.  
(17.4.1918 Kremnica -10.1.2002 Bratislava)  
the first head of Department of Therapeutic  
Pedagogy at the Bratislava's uni in 1967, then in  
1996-2002

# Study Program – idea, concept (1967/now)

- Therapeutic Pedagogy
- support in difficult life circumstances using non-medical/non-pharmacological teaching programs/interventions for of individuals/groups/families (age group 0-999)
- study subjects + courses creation

state exams (Mgr.):

- Therapeutic Pedagogy
- Psychotherapy and Family Therapy
- + 2 choosed therapies



---

integration pedagogical and therapeutic efforts  
develop the competence of patient or client  
to live his life and solve his problem

for this purpose various creative experiential activities, including art-therapy, musictherapy, bibliotherapy, dramatherapy, movement and dance therapy, play therapy, occupational therapy and family therapy

therapeutic educational programs

**Bachelor Therapeutic Pedagogy University Study Program profile (Comenius University Bratislava, Slovakia) 2024**

Degree	Compulsory courses	Mandatory optional courses Type A – therapy disciplines	Mandatory optional courses Type B – supportive disciplines	Voluntary courses (recommended)
Bc. 3 years of daily study	General Pedagogy General Psychology <b>Basics of Therapeutic Pedagogy</b> Health and it's Disorders Philosophical Concept of Human Developmental Psychology Neuroscientific Fonudations of <b>Therapeutic Pedagogy</b> Special Pedagogy Social Psychology Basics of Speech Therapy Therapeuticpedagogy Diagnostics Psychology of Personality Learning Disabilities Behaviour Disorders Psychiatry <b>Basics of Psychotherapy</b> <b>Family Therapy and Counselling</b> School Therapeutic Pedagogy Supportive accompanying Casuistics Seminar 1, 2* Therapeutic Pedagogy Practice 1, 2, 3* State exams – bachelor theses	<b>Artherapy 1, 2, 3*</b> <b>Play therapy 1, 2, 3*</b> <b>Movement therapy 1, 2, 3*</b> <b>Musictherapy 1, 2, 3*</b> <b>Dramatotherapy 1, 2, 3*</b> <b>Ergotherapy 1, 2, 3*</b> <b>Bibliotherapy 1, 2, 3*</b>  Notes: Every therapy: Theory: 2 hours weekly/semester Selfexperiential practice: 3 hours weekly/semester + homeworks, selfstudy and semestral works  1, 2, 3 means 3 courses/3 semesters distributed into 6 semesters of the whole study	Developmental Biology Inclusive Pedagogy Development and Health Support Programs Social Pedagogy Basics of Didactics Developmental Speech Disorders Neurodevelopmental Disorders Self-advocacy and Participation Basal Intervention Strategies Social Patologies Introduction to Therapeuticpedagogy Gerontology Dependence on Psychoactive Substances	Communication Professional Foreign Language Projects in Therapeutic Pedagogy 1, 2* <b>Social-psychology Training 1, 2, 3*</b> Academic Writing Students´ Conference

**BACHELOR 3 years**

**Master Therapeutic Pedagogy University Study Program profile (Comenius University Bratislava, Slovakia) 2024**

Degree	Compulsory courses	Mandatory optional courses Type A – therapy disciplines	Mandatory optional courses Type B – supportive disciplines	Voluntary courses (recommended)
Mgr. + 2 years of daily study	<p>Clinical Psychology Theories of Education Disability and Participation Alternative and Augmentative Communication <b>Clinical Therapeutic Pedagogy</b> Social and Working Integration Forensic psychology Neuropsychology Psychodiagnostics Crisis Intervention <b>Systemic Family Therapy</b> <b>Psychosocial Rehabilitation</b> <b>Psychotherapy and Child Psychotherapy</b> Legislative Frameworks of Therapeutic pedagogy Practice <b>Proseminar from Therapeutic Pedagogy</b> Diploma seminar <b>Continous Practice under Supervision 1, 2</b> State exams – master theses State exams – therapeutic pedagogy State exams – theory of psychotherapy and family therapy State exams – therapeutic discipline 1 State exams – therapeutic discipline 2</p>	<p><b>Artherapy in institutional care</b> <b>Playtherapy in institutional care</b> <b>Ergotherapy in institutional care</b> <b>Bibliotherapy in institutional care</b> <b>Dramatherapy in institutional care</b> <b>Bibliotherapy in institutional care</b> <del><b>Movement therapy in institutional care</b></del> <b>Music therapy in institutional care</b></p> <p><b>Artetherapy in clinical practice</b> <b>Playtherapy in clinical practice</b> <b>Ergotherapy in clinical practice</b> <b>Bibliotherapy in clinical practice</b> <b>Dramatherapy in clinical practice</b> <del><b>Bibliotherapy in clinical practice</b></del> <b>Movement therapy in clinical practice</b> <b>Music therapy in clinical practice</b></p>	<p>Psychology of Health Nutrition and Behaviour Substitute Education Specific Dependences Chapters from Psychiatry and Pedopsychiatry <b>Therapeutic Pedagogy Gerontology</b> <b>Programs for children with autism</b> <b>Multisenzoric Therapy</b> Neurogenic Communication Disorders Penitentiary and Postpenitentiary Care Palliative care Migration in the Context of Education and Help Casuistics Seminar 1, 2 Professional Foreign Language 1, 2 Research Methodology</p>	n/a

**MASTER + next 2 years**

Bibliotherapy Course Author  
**the first structure, content,**  
study materials development,  
research, books and articles  
publishing...

**teaching BT 1993-2012 +**  
dramatherapy till 2024

BT practice state counselling  
psycho-pedagogy center in Komárno –  
groups of men - alcohol addiction



Doc. PaedDr. Katarína Majzlanová, CSc.



# Authors' and academic cooperation

Katarína MAJZLANOVÁ

**POETOTERAPEUTIKA**



*Monológ s minulosťou  
Dialóg s prítomnosťou  
Spätný pohľad do budúcnosti*

Practitioners and authors: Šurdová, Šlepecký, Haring, Valešová-Malecová...

Krajská knižnica Ľudovíta Štúra



**Základy biblioterapie  
pre knihovníkov**

2017

- Palacký University Olomouc (CZ)
- Charles University Prague
- János Selye University
- Catholic University in Ružomberok

Teaching followers:

CU Bratislava: Mgr. Ivana Lessner Lištiaková, PhD. 2012-2018, PhDr. Kvetoslava Kotrbová, PhD., MPH 2018-till now

Prof. Barbora Kováčová – Ružomberok – active, early childhood bibliotherapy

# Current period (2018-2024) - topics

- Meaning of the story in bibliotherapy - [uk.ujs.sk/dl/3310/majzlanova.pdf](http://uk.ujs.sk/dl/3310/majzlanova.pdf)
- **Therapeutic diary in bibliotherapy** - <http://tucularart.eu/ftpgetfile.php?id=172>
- Therapeutic letters in bibliotherapy - <http://tucularart.eu/ftpgetfile.php?id=273>
- **Script writing as a tool in bibliotherapy** - <https://doi.org/10.60042/2949-2165-2024-2-2-80-94>
- Self-help books in bibliotherapy - [http://studiascientifica.ku.sk/wp-content/uploads/2023/01/07\\_kotrbova\\_svojpomocne\\_knihy.pdf](http://studiascientifica.ku.sk/wp-content/uploads/2023/01/07_kotrbova_svojpomocne_knihy.pdf)
- **Publicistics genres in bibliotherapy** <https://doi.org/10.54937/ssf.2024.23.1.119-135>
- Modern technologies in bibliotherapy
- **Spirituality in bibliotherapy** - <https://www.biblioterapia.sk/wp-content/uploads/PHILOLOGIA-1-2023-Kotrbova-TLAC.pdf>,  
[https://www.fedu.uniba.sk/fileadmin/pdf/Sucasti/Ustavy/Ustav\\_filologickych\\_studii/Philologia/Philologia\\_2022\\_2/PHILOLOGIA\\_2\\_2022\\_TLAC-25\\_343-365.pdf](https://www.fedu.uniba.sk/fileadmin/pdf/Sucasti/Ustavy/Ustav_filologickych_studii/Philologia/Philologia_2022_2/PHILOLOGIA_2_2022_TLAC-25_343-365.pdf)

# Therapeutic Diaries – Covid-19

- support of students (self-regulation + professional growth)
- academic year 2019/2020, summer semester
- 3 groups of students TerPedagogyProgr (n = 47)
- rules, materials and advices how to write + possibility of consultations (online, phone)
- **feedback forms results:** 2/3 (n=30) significantly positive, 13 middle, 4 relatively negative: electronic preferences not writing by hand, drawing, chronicle, videodiary like more interesting
- 2 cases of consultations – **another perspective/writing strategy changing needed:** therapeutic letter, storyteller position



Supportive documents for bibliotherapy for professionals and university students

# biblioterapia

therapy not only with a book

 Slovenčina

 English

 Magyar

All Themes



Search ...



HOME

PROJECT

PARTNERS

PRODUCT

AUTHORS

EDITORIAL BOARD

TOPICS

EDUCATION

CONSULTATIONS

CONTACT

paremia-therapy

poetotherapy

fairytale therapy

narrative therapy

hagiotherapy

self-help books



Dear colleagues, we have prepared this website to support your professional self-study and professional growth in the field of bibliotherapy. You will find here teaching texts and next supportive documents for bibliotherapy: examples of good practice, proven and recommended procedures, professional recommendations, professional reviews of recommended literary works, professional and theoretical scientific works and research results. Through the site the possibility of on-line and personal consultations is made available to support your personal and professional growth as well as professional education related to bibliotherapy topics.

We wish you a pleasant self-study and believe that you will find enriching professional information and inspiration here. We are also looking forward to your possible author contributions, in which you will share your own experiences from

<https://www.biblioterapia.sk/>

*International project*



***„Prototype of an on-line study tool for bibliotherapy“***

*project number 2022-1-SK01-KA210-VET-000082483, Key Action 2 – Cooperation among organizations and institutions, KA210 – Small-scale partnerships for cooperation in the field of vocational education and training*

*August 2022 - August 2023, postproject project partners meeting in Voderady (SK) June 2024*

*Valuation of the National Grant Agency - Example of Good Practice Erasmus+*



**PRO SKIZP**

Združenie na podporu rozvoja  
Slovenskej komory iných  
zdravotníckych pracovníkov

## Partners

**PRO SKIZP coordinator of the project**



Vejrostovi psychologie, spol. s r. o.



**PROFESSIONAL REFERENCES OF LITERARY WORKS**  
**RECOMMENDED BIBLIOTHERAPEUTIC PROCEDURES**  
**PROVEN PROCEDURES**  
**PROVEN THERAPEUTIC-EDUCATIONAL PROGRAMS**  
**WITH THE USE OF BIBLIOTHERAPY**  
**PROPOSALS OF THERAPEUTIC-EDUCATIONAL**  
**BIBLIOTHERAPY PROGRAMS**  
**CASUISTICS**  
**RECOMMENDED PROFESSIONAL EDUCATION**  
**PRESENTATIONS FROM CONFERENCES**  
**METHODICS AND MANUALS**  
**POSSIBILITY OF CONSULTATIONS**

in Slovak/Czech, English and Hungarian

<https://www.biblioterapia.sk/>

# Contributions

- August 31st 2023 (end of the project):

**100 authors contributions text = 386 normsides** + translations (SK, EN, HU) + 192 min audio (SK, HU, EN) + 15 min video

- August 31st 2024 (year after project):

**next 12 contributions text** + 5 pieces of audio

Many many thanks to participating colleagues from all countries!





Supportive documents for bibliotherapy for professionals and university students

# biblioterapia

therapy not only with a book

 Slovenčina

 English

 Magyar

All Themes



Search ...



HOME

PROJECT

PARTNERS

PRODUCT

AUTHORS

EDITORIAL BOARD

TOPICS

EDUCATION

CONSULTATIONS

CONTACT

paremia-therapy

poetotherapy

fairytale therapy

narrative therapy

hagiotherapy

self-help books



Dear colleagues, we have prepared this website to support your professional self-study and professional growth in the field of bibliotherapy. You will find here teaching texts and next supportive documents for bibliotherapy: examples of good practice, proven and recommended procedures, professional recommendations, professional reviews of recommended literary works, professional and theoretical scientific works and research results. Through the site the possibility of on-line and personal consultations is made available to support your personal and professional growth as well as professional education related to bibliotherapy topics.

We wish you a pleasant self-study and believe that you will find enriching professional information and inspiration here. We are also looking forward to your possible author contributions, in which you will share your own experiences from

<https://www.biblioterapia.sk/>

# Self-help books

We have dedicated a separate **article Self-help books in bibliotherapy** (Kotrbová, 2022) to the use of self-help books belonging to the genre of non-fiction literature in bibliotherapy, which we also make available in full on these pages and which also contains some recommendations for self-help literature that can be successfully applied in solving various problems within bibliotherapy and how to continue working with it.

Bibliotherapeutic approaches to the treatment of depression have probably been the most thoroughly investigated so far. Self-help books of an educational nature classified in the genre of non-fiction, which we addressed in the mentioned contribution (Kotrbová, 2022), as a recommended integral part of the treatment and management of depression, are dealt with, for example, by the **recommended standard of NICE** (National Institute for Health and Care Excellence) – an internationally recognized organization dealing with quality indicators and recommended procedures to ensure the safety and quality level of provided health care and health protection and promotion based in Great Britain. The international standard, which was published on June 29, 2022, **states that for people over the age of 18, the use of self-help books, accompanied by a therapist, should be included at the beginning of the therapy process for milder forms of depression, while for more severe forms of depression only at the end** (NICE, 2022).

For supplementing this current information, we thank to the reviewer of the site doc. PhDr. Miloš Šlepecký, CSc. and we add that in addition to the list of recommended self-help books mentioned in the cited article on self-help books (Kotrbová, 2022), we also continuously make available other lists of recommended self-help books sorted by individual topics on this page.

<https://www.biblioterapia.sk/>



## Topics

- **Adaptation**
- **Anger**
- **Codependency**
- **Competitiveness**
- **Confidence**
- **Cooperation**
- **Encopresis**
- **Falling asleep**
- **Fear**
- **Freedom**
- **Friendship**
- **Healing**
- **Love**
- **Otherness**

A team of authors

## About bibliotherapy

In the most professional texts, in connection with the definition of bibliotherapy, we usually encounter the basic information that the word bibliotherapy is composed of two words of Greek origin: “biblion” = book and “therapeia” = treatment. Based on the etymology, we could define bibliotherapy simply as book treatment. However, the content of this term has gradually changed since 1916, when the term first appeared in *The Atlantic Monthly*, and the original expression, which can be considered more of a narrower definition, is already outdated today. In the literature, we find various broader or narrower definitions of bibliotherapy, which is caused by different points of view and the involvement of several professions – be it doctors, psychologists, educators, nurses, librarians, theologians, educational or social workers.

**More info ...**

## Recommended professional and scientific literature

BETTELHEIM, Bruno. 1975, 1976. *Za tajemstvím pohádek. [Behind the secret of fairy tales.]* (Translated into Czech by Lucie Lucká 2000, 2016). Prague: Portal, 2017. 416 p. ISBN 9788026211723

ESTÉS, Clarissa Pincola. 1992, 1995. *Ženy, které běhaly s vlky. [Women who ran with the wolves.]* (Translated into Czech by Hana Halamová-Catalano). Hodkovičky: Pragma, 2018. 442 p. ISBN 80-7205-648-4

FRANZ, Marie Louise von. 1986. *Psychologický výklad pohádek. [Psychological interpretation of fairy tales.]* (Translated into

<https://www.biblioterapia.sk/>

# Contributions

HOME

PROJECT

PARTNERS

PRODUCT

AUTHORS

EDITORIAL BOARD

TOPICS

EDUCATION

CONSULTATIONS

CONTACT

## Confidence

- **Adaptation**
- **Anger**
- **Codependency**
- **Competitiveness**
- **Confidence**
- **Cooperation**
- **Encopresis**
- **Falling asleep**
- **Fear**
- **Freedom**
- **Friendship**
- **Healing**
- **Love**
- **Otherness**



Recommended procedure to literary work

### Lotilko's wings

Created by • Anna Kürthy • December 2023



Professional reference of literary work

### Grufalo

Created by • Barbora Čaputová • January 14th 2023



Professional reference of literary work

### About Little Red Riding Hood who

<https://www.biblioterapia.sk/>

# Contributions

[HOME](#)[PROJECT](#)[PARTNERS](#)[PRODUCT](#)[AUTHORS](#)[EDITORIAL BOARD](#)[TOPICS](#)[EDUCATION](#)[CONSULTATIONS](#)[CONTACT](#)

## Powerlessness

- **Adaptation**
- **Anger**
- **Codependency**
- **Competitiveness**
- **Confidence**
- **Cooperation**
- **Encopresis**
- **Falling asleep**
- **Fear**
- **Freedom**
- **Friendship**
- **Healing**



Professional reference of literary work with case study

### The Elephant Stripped

Created by • **Jana Špániková** • February 10th 2023

BHAGAVADGÍTA



Professional reference of literary work

### Bhagavadgíta

Created by • **Barbora Čaputová** • December 30th 2022

rozhovor Boha s človekom

<https://www.biblioterapia.sk/>

# Contributions

HOME

PROJECT

PARTNERS

PRODUCT

AUTHORS

EDITORIAL BOARD

TOPICS

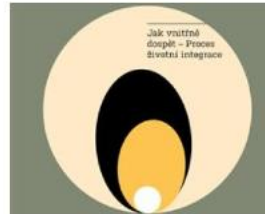
EDUCATION

CONSULTATIONS

CONTACT

## Ripening

- **Adaptation**
- **Anger**
- **Codependency**
- **Competitiveness**
- **Confidence**
- **Cooperation**
- **Encopresis**
- **Falling asleep**
- **Fear**
- **Freedom**
- **Friendship**
- **Healing**
- **Love**
- **Otherness**



Professional reference of literary work

### Embrace your life

Created by • **Viera Diešková** • May 5th 2023



Professional reference of literary piece

### Encounter with a young man

Created by • **Attila Strucz** • May 30th 2023

<https://www.biblioterapia.sk/>

# Contributions

[HOME](#)[PROJECT](#)[PARTNERS](#)[PRODUCT](#)[AUTHORS](#)[EDITORIAL BOARD](#)[TOPICS](#)[EDUCATION](#)[CONSULTATIONS](#)[CONTACT](#)

## Cooperation

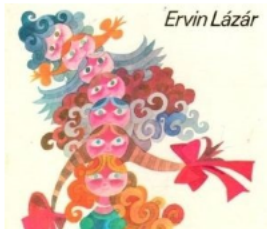
- **Adaptation**
- **Anger**
- **Codependency**
- **Competitiveness**
- **Confidence**
- **Cooperation**
- **Encopresis**
- **Falling asleep**
- **Fear**
- **Freedom**
- **Friendship**



Recommended procedure of literary work

### The blind and the lame

Created by • **Anna Kürthy** • February 9th 2023



Recommended procedure of literary work

### Domdo-domdo-domdodom

Created by • **Attila Sturcz** • **Kvetoslava Kotrbová** • March 19th 2023

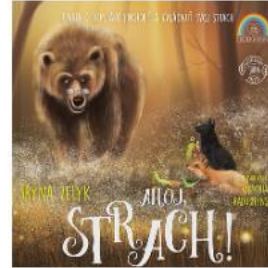
<https://www.biblioterapia.sk/>

# Contributions

[HOME](#)[PROJECT](#)[PARTNERS](#)[PRODUCT](#)[AUTHORS](#)[EDITORIAL BOARD](#)[TOPICS](#)[EDUCATION](#)[CONSULTATIONS](#)[CONTACT](#)

## Fear

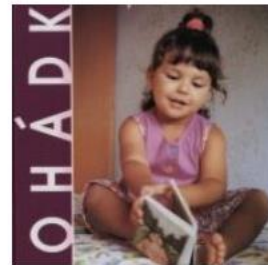
- **Adaptation**
- **Anger**
- **Codependency**
- **Competitiveness**
- **Confidence**
- **Cooperation**
- **Encopresis**
- **Falling asleep**
- **Fear**
- **Freedom**
- **Friendship**



Professional reference of literary work

### Hello fear!

Created by • **Kvetoslava Kotrbová** • February 9th 2023



Proven procedure and case studies of literary work

### The Little Mermaid

Created by • **Vladislav Babka** • October 23th 2022

<https://www.biblioterapia.sk/>



- Fear
- Freedom
- Friendship
- Healing
- Love
- Otherness
- Powerlessness
- Respect
- Ripening
- Sadness
- Self-love
- Sense-of-life

## Recommended professional and scientific literature

BETTELHEIM, Bruno. 1975, 1976. *Za tajemstvím pohádek. [Behind the secret of fairy tales.]* (Translated into Czech by Lucie Lucká 2000, 2016). Prague: Portal, 2017. 416 p. ISBN 9788026211723

ESTÉS, Clarissa Pincola. 1992, 1995. *Ženy, které běhaly s vlky. [Women who ran with the wolves.]* (Translated into Czech by Hana Halamová-Catalano). Hodkovičky: Pragma, 2018. 442 p. ISBN 80-7205-648-4

FRANZ, Marie Louise von. 1986. *Psychologický výklad pohádek. [Psychological interpretation of fairy tales.]* (Translated into Czech by Kristina and Jan Černí 1998, 2011) Prague: Portál, 2015. 184 p. ISBN 978-80-262-0863-1

**More info ...**

## Content and imprint

**Biblioterapia.sk.** Supportive documents for professionals with therapeutic education and students preparing for helping professions providing **Teaching texts** (c) PRO SKIZP – Association to support the development of the Slovak Chamber of Clinical Physicists, Laboratory Diagnosticians, Language Speech Therapists and Therapeutic Pedagogues, cs. Bratislava, 2023. ISBN 978-80-974667-0-1

**PDF version**

<https://www.biblioterapia.sk/>

**In 3 languages available**

# Site traffic



Analytics

Všetky účty > Biblioterapia  
biblioterapia.sk



Skúste vyhľadať dopyt ako uskutočniť export zo služby BigQuery



Prehľad stavu prehľadov



Prehľad stavu prehľadov

predchádzajúcich 28 dní 5. 5. – 1. 6. 2024



V reálnom čase

Používatel' ^

▸ Atribúty používateľa

▸ Technológie

Životný cyklus ^

▸ Akvizícia

▸ Interakcia

▢ Knižnica



Používatelia ?

243

Noví používatelia ?

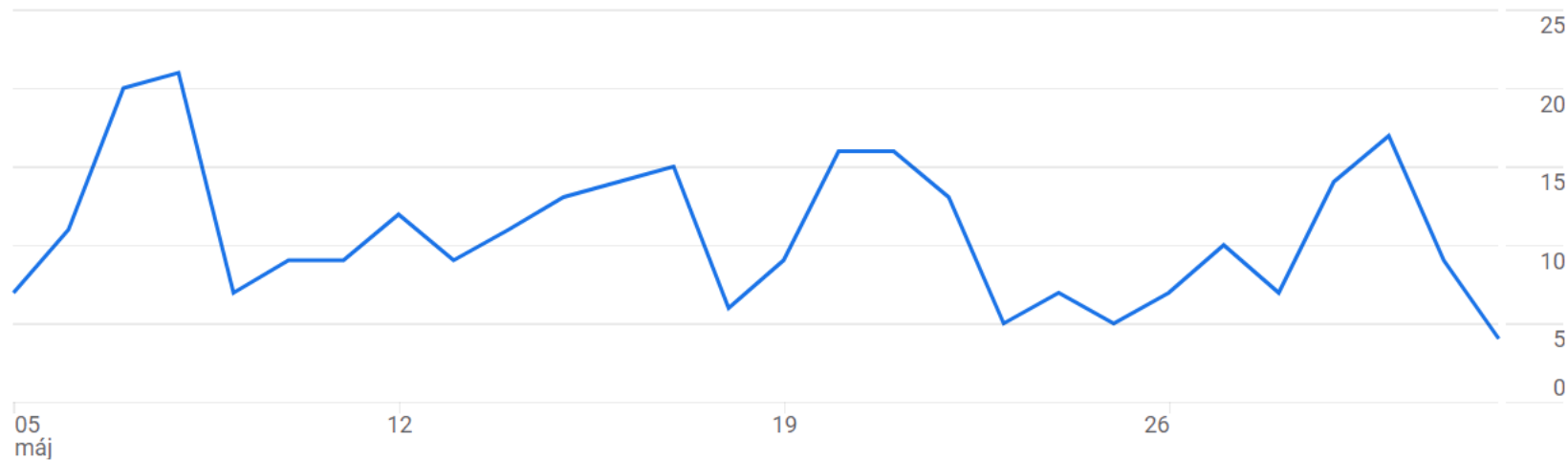
210

Priemerný čas interakcie ?

2 min 43 s

Celkové výnosy ?

0,00 €



# Site traffic



Analytics

Všetky účty > Biblioterapia  
biblioterapia.sk



Skúste vyhľadať dopyt ako uskutočniť export zo služby BigQuery



Prehľad stavu prehľadov



Prehľad stavu prehľadov

predchádzajúcich 28 dní 5. 5. – 1. 6. 2024



V reálnom čase

Používateľ



▸ Atribúty používateľa

▸ Technológie



Životný cyklus

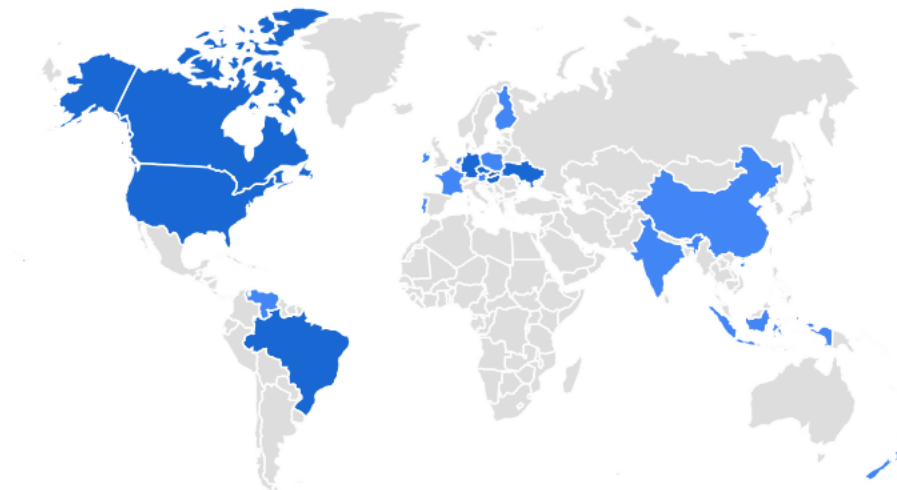


▸ Akvizícia

▸ Interakcia

📁 Knižnica

Používatelia podľa Krajina



KRAJINA

POUŽÍVATELIA

Slovakia

172

Czechia

22

Hungary

22

United States

7

Canada

3

Ukraine

3

Brazil

2

# Close Future

- references to articles from abroad
- continuing in the content creation  
(support of students and practitioners)
- translations
- printed edition of published textbook?
- independent editors of language versions?
- continuing project (?) for support professionals in practice –  
COOPERATION - next partners or language versions???





Everybody can profit from reading and writing  
about his emotions, feelings, ...

So enjoy from your reading and  
writing for support yourself!

# Thank you for your attention!

Contact:

PhDr. Kvetoslava Kotrbová, PhD., MPH

Therapeutic Pedagogy Department

Faculty of Education of the Comenius University Bratislava

[kotrbova@fedu.uniba.sk](mailto:kotrbova@fedu.uniba.sk)



**FACULTY OF EDUCATION**  
Comenius University  
Bratislava