

Bibliotherapy with prisoners?

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Abstract: *The problem of crime and prison is becoming an increasingly question, and the effects of this lot of discipline and speciality had started to deal with this theme, in order to give assistance to preventing and windup of crime. The root of the current essay is modelled by a professional experience, what I got hold of in the Regional Penalty Institution of Youthfuls in Pécs, where as an expectant librarian I lead on therapy for the prisoners.*

Bibliotherapy has got many targets: healing of psychical problems, expansion of personality, developement of self-knowledge, social talents, empathy and tolerance, construction of community and recreation. The principle of bibliotherapy is that reading could help in, can help the reader begin to investigate and explore aspects of themselves, to listen to their peers, to increase their ability to communicate ideas and feelings to men of authority who they thought would never listen to them, and to engage in dialogue in a democratic agent where all ideas are valid.

My conviction is, this method has an increasingly justification in space of profession, social and education. In my essay I tried to set out and present what role could the bibliotherapy have in the services of library on strength of my experiences and non-fiction, and what positive effects could the bibliotherapy have, in my case in an expecially and closed clime, like the prison.

Keywords: Bibliotherapy, Hungary, prison, library

Introduction

The term paper topic is *Bibliotherapy with prisoners*. The aim of the present study through some experiences of an occupation series continued with prisoners with Pécs youth to introduce the bibliotherapy carrying out product development view law relating to prisons the opportunities of applying in institution environment, bars and morals. International practice, that the bibliotherapy carrying out product development method the librarians, educators and mental-hygienic specialists apply it the mostly.

The concept of bibliotherapy in mirror of prison

The basic mental-hygienic role of the reading well-known, the readings may procure to finding of the intellectual and emotional balance, and to conservation them for the reader. The basic idea is, that the reading may offer the reader help from an exterior visual angle to see his problems, shows an example or a counterexample onto certain situations. All this from the visual of the prisoners of the angle of resocialization feature carrying an important and serious potential indisputably.

The bibliotherapy is an loosly structured therapy method, which works with narrativums. The primary therapeutic aim is the general personality development. Between the secondary aims owes for example the reading the development of his popularisation, the vernacular education, and the increase of the education and the aesthetic sense. The bibliotherapy may be good device for the central elements of the self-image and the identity clarifying, that may provide important informations for the occupation leader and/or the prison psychologist to additional work to be made with the prisoners. We do not make a work analysis with the participants, we are not looking for fixed meanings, but just the listed accross onto influenced individual interpretations, concerned they we are curious about these reasons.

The adaptation of bibliotherapy in the prison

In the modern prisons the emphasis – instead of the exclusion – is put onto the convicts fitting in into a society, therefore in these institutes they are struggling along to organize group activities like sport, education, library, which ones may have a therapeutic and developing effects.

The lifting of the bibliotherapy into the prison programmes is based on the recognition, that in the social defeat of convict may be a key factor his backwardness, concerned his perception, perceptual ability in his personality. What could be hope from a method like this, that with the help of bibliotherapy we could to repair in the part or on totally absent skills and on abilities. We may can't make a miracle with these people, because the evolved personality is hardly changeable, we believe in it, that the emphases of the personality structure can be rearranged, what is good enough to the individual may be normal (not deviant) his conduct, and to the aims which can be socially accepted to the forming of the trend of future. I mean we mediate values, behavioural sample and a view in the course of the therapeutic process towards the prisoners, with which they may become capable that way let them make changes in their own fate getting to release in a positive direction. Mostly it depends on them, whether they can avail of this opportunity.

Cultural programmes at the prisoners

In the Regional Penalty Institution of Youthful in Pécs had done bibliotherapy groupware's major background factor is the participant young prisoners are fighting with social integration disturbances and they attesting a deviant behaviour. The fundamental peculiarity of their behaviour and their personality the deficiency of the adaptability, the disturbance of the self-evaluation, the restraintment of the connection-establishing ability, the low set-backtolerating ability, the emotionality and aggressiveness. Namely this target group needs the development of those skills and abilities especially, that in the previous ones between the aims of the bibliotherapy emphasized. At this group to the reading and the library visit truth relation is problematic from the beginning. The single social strata's reading habits influence largely their social circumstances, their educational level and their social and cultural relations.

In the institute of Pécs the majority of the prisoners have romany extraction and heavy to find the suitable motivational strength that they should be persuaded to reading. In the background of the participation on the programmes may consist more reasons. The prisoners are motivating the consciousness, that they may get to know new persons, and they could communicating informally. Apart from this important factor is the search of the new experiences and that chance, that the could step out the strictly circumscribed opportunities of the cells.

The edifications of bibliotherapy in Pécs

I worked in In the Regional Penalty Institution of Youthful in Pécs as a volunteer through a year. I made the group therapies in nine or ten times, closed small groups. In the primary therapeutic aims of the program was included the development of the self-knowledge, the patience and it opposite of each other the development of tolerance, the development of the communicational skill, the problem-solving ability and the creative thinking. In the look of the expected results guided me that assumption, talking about the literature provides an opportunity for the high-standard talks, what has got developer, motivator effects for the prisoners with lower education too. In the participant may realized, that in connection with the same topic a number of different opinion exists, what could strengthen the tolerance to the different points of view. The participant could confront with it, that their reactions tell of their

own personality, ideology and value ordering. Later, when I got to know the learning, behaviour and reading problems, social and cognitive ready deficiencies of the prisoners, I realised that the general aims of bibliotherapy could setting, but I must changing on the methods of therapy, on the exercises and texts compared to the participants' current bars.

We examine it as a first step, what kind of challenges the bibliotherapist confronts by this special target group. The knowledge and information passing particularly big challenge in an environment like this, where the participants' majority is not getting used to the learning, the reading to itself. The bibliotherapy is good method for that let us talk with the young persons about the lesser or greater problems and questions of the life. Entering on this road it is possible to arouse their curiosity, they may secure new informations and they can see alternative solutions for different situations. The participants considerable part are functionally illiterate. Therefore I had to rethink the devices.

The other important educational psychology factor was the participants' hyperactivity, what entails attention disturbance and impulsivity. The person does not pay attention to the details, avoids the tasks that demand a lasting intellectual effort. Belongs to this scope of problems, bibliotherapy is not a pedagogical situation. The leader has to make an appearance as fellow. But in this special agent unescapable, that the bibliotherapist put in order as an educator in certain cases. And added to this, the prisoner in the institutes get used to daydevison, to the commands and orders. If the therapist treat them as an adult, they take advantage of it often.

The bibliotherapist has to know the subcultural, unwritten rules, because keeping these before an eye we can affect on the convicts. One of the heaviest things were the findings of the common sound. But with some humour and common field of interest I attained it, the young persons were disposed towards me more openly.

My gender emerged a problem too. Traditionally the women play a subordinated role at the Gypsies. Opposite this, I appeared like outsider, official prison worker. so it was necessary to develop the confidence and appreciation toward to me.

There was a problem with electing of the working method too: the behaviour disturbance group members' attention can't be tied up just with texts. I recognised that there is need activating tasks, for example games, listen to music.

Comparison of two groups

Behind of the accomplishment of the participants stands combined reasons. Seven persons took a part in the first group. The crimes what committed by them were theft, robbery, nuisance, blackmail and bodily harm. The highest educational level was 9. class. They grew up in one-parent family and one of them has own child already. In this group the convicts were a dominant personality with strong individuality. The power struggles were frequent, what expressed in oral offensives.

In the second group took a part six persons, one of them went in line with both of groups. Into this group got person like that, who are withdrawn, difficultly opening personalities, giving an opportunity and let them be allowed to express their thoughts. The typical crimes were rape, robbery, blackmail and roguery. The educational levels were the same as in the first group. Two of the group's members came increasingly more confident in time. It consisted in the background of this, that they had the largest knowledge.

The works what I used to in the first group were poems, novels and lyrics. We started working after the fourth occasion with lyrics. The first and most important normative principle, let the selected texts be suitable for the discussion of specific situation, problems of the target group. We lend our other basic principle because of the art therapy: primarily not aesthetic, but we mediate therapeutic values. In this connection a rap text may supply a good basis at least like a literary work of art, what having a classic, aesthetic value, if the given text is suitable for activating the participants anyway.

In our case the reason of the preference of the lyrics was that the participants understand with difficulty the deeper contexts of the literary works of art and salient from their previous learning experiences, they offered resistance opposite to the works like this. The musical repertoire (mostly rap and gypsy music) was defined by the group what provided a very good basis for the talks. With this we managed to create an atmosphere, in which the young persons could and dared to open, undertaking their thoughts and their earlier experiences in the topics like racism, prejudice, partnership and drug problems.

The works what I used to in the first group were poems and novels. They were more susceptible to the literature, what made possible a more personal talks. The personal contrasts and the power fight arose as an aggravating factor at the same time between the group members. My primer aim was the group's members learn to hear it through and to accept the opinion of others and let their thoughts dare to be shared with each other.

For summary can be related, the occupations fulfilled the hopes bound to them. The bibliotherapy proved to be a good method for the young prisoner's personality development and to the promotion of resocialization. But there are a lot of potential factor, what is an additional designer and an analyst work is needed pull over after itself.

Arises as a problem, whether the therapeutic time long enough. After a few weekly occupation, returning into the original environment how much could preserved the accomplished change. Although nine weeks does not long enough that we could change the juvenile's fixed behaviours and mentality. But on the grounds of the behaviour and feedbacks of the participants seems the set aims managed to attain an effect adequately. The prisoners reprimanded each other many times, let the other one be heard through, they were pestered much more rarely each other. From among the worded aims a lot came true: the development of the tolerance and empathy, the rising of the interest, the development of the communication.

Questionable, how the new outlooks recognised by the occupations affects to the participants' personality. To the change is necessary the participants volition of developing and their openness for towards the novelties.

Naturally neither the bibliotherapy, nor some else social- and art therapies may not mean an overall solution on all of them emerging problem, but they come as an additional therapy.

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