



# Inside the Book Isl@nd

**Project timeframe:**  
2015.12.15 - 2016.08.31



## Aim of the project

By using interactive bibliotherapy program in virtual space, search and develop proper solutions for socially vulnerable children's and young people's psychosocial problems, strengthen their mental health and assess effects of bibliotherapy.

## Benefits of the project

The participants of experimental group will learn to recognize and talk openly about their problems and find solutions for them. The scientific research paper will evaluate the impact of bibliotherapy.



## What do participants do in libraries?

1. Each participant in the group creates a virtual image of himself - "avatar".
2. "Avatars" meet with the same age participants in a virtual environment.
3. Together with psychologist participants read short, literary texts which reflect related problems of the group members.
4. Discuss and reflect, learn to reveal and share their problems, search for possible solutions.
5. All participants can also spend free time in their personal virtual space playing therapy games or communicating with each other.

Vilniaus miesto savivaldybės  
**centrinė biblioteka**  
Central Library of Vilnius City Municipality

