



Applied Buddhism in Bibliotherapy: Therapeutic use of Buddhist Texts for Mental Disorders

(Volume 4)

Prof Dipak Kumar Barua, Dr. Ankur Barua

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Bibliotherapy is defined as the use of reading materials as therapeutic adjuncts in medicine and psychiatry; also guidance in the solution of personal problems through directed reading or the employment of books and reading of them in the treatment of mental disorders. Applied Buddhism in Bibliotherapy is a therapeutic technique involving selected reading of Buddhist texts that serve as an adjunct to psychotherapy. It is the conscious and deliberate use of reading materials and or guidance of the patients' use of reading materials for the purpose of furthering or supporting the therapeutic programme.



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