

Contents

1 The Nature of Aggressive Children	1
The Problem	1
Types of Aggression	3
Bullying	3
Reactive and Proactive Aggression	5
Causes of Aggression	7
Genetic, Biological, and Temperamental Factors	7
Family Factors	8
Social Influences	11
Learning Disabilities	13
Characteristics of Aggressive Children	14
Verbalization of Emotions	14
Empathy	16
Perception Problems: The Endorsement of Power	17
Self-control	18
Summary and Implications for Treatment	18
2 Bibliotherapy as a Method of Treatment	21
Introduction	21
Cognitive Bibliotherapy	22
Studies of Cognitive Bibliotherapy Treatments	23
Drawbacks of Cognitive Bibliotherapy	25
Affective Bibliotherapy	26
Benefits of Affective Bibliotherapy	26
The Need for a Therapist	28
Levels of Projection and Forms of Bibliotherapy Materials	30
Research Supporting the Contribution of Affective Bibliotherapy	32
Summary	36
3 Bibliotherapy and Treatment of Aggression	39
The Rationale for Using Bibliotherapy with Aggressive Children	39
The Theoretical Foundation	42

- Studies Validating the Change Process 47
- Therapist Skills 48
- The Content of Intervention 51
 - Anger 51
 - Empathy 52
 - Power Use and Misuse 54
 - Lack of Self-control 56
- Research Supporting Outcomes 58
- Summary 63

- 4 The Application of Affective Bibliotherapy 67**
 - Selecting the Literature: Literary Quality 67
 - Themes for Discussion 71
 - Anger and Anger Management 72
 - Increasing Empathy 73
 - The Misuse of Power 75
 - Self-control 77
 - Adjusting the Literature to the Change Process 78
 - The Initial Stage 78
 - The Working Stage 80
 - The Action Stage 82
 - Developmental Considerations 83
 - The Bibliotherapy Session: Process and Format 84
 - A Recommended Bibliotherapy Format 84
 - The Role and Skills of the Therapist 88
 - Summary 90

- 5 Groups for Aggressive Children 93**
 - Introduction 93
 - Advantages of the Group Setting 94
 - Demonstration: A Group of Young Children 97
 - Introduction 97
 - The Group Process 97
 - Evaluation 102
 - Demonstration: A Group of Adolescents 103
 - Introduction 103
 - The Group Process 103
 - Evaluation 115
 - Summary 118

- 6 Individual Treatment 121**
 - Introduction 121
 - Treatment of a Young Boy 121
 - Background 121
 - Treatment Process 122

- Evaluation 128
- Treatment of a Young Girl 129
 - Background 129
 - Treatment Process 129
 - Evaluation and Comparison with Barry 131
- Treatment of an Adolescent Boy 132
 - Background 132
 - Treatment Process 132
 - Evaluation 135
- Treatment of a Teenage Girl 136
 - Background 136
 - Treatment Process 136
 - Evaluation 139
- Comparison of the Therapeutic Processes of Boys and Girls 139
- Summary 140

- 7 Treatment in Pairs (Duo-Therapy) 143**
 - Introduction 143
 - Treatment of Two Close Friends 144
 - Background 144
 - Treatment Process 144
 - Evaluation 147
 - Treatment of Two Rival Classmates 148
 - Background 148
 - Treatment Process 148
 - Evaluation 154
 - Treatment of a Young Youth Leader, Paired with Brother and Friend 155
 - Background 155
 - Treatment Process 156
 - Summary 160

- 8 Working with Caregivers 163**
 - Introduction 163
 - Working with Mothers 163
 - Bibliotherapy with Mothers 166
 - A Mother Providing Treatment to Her Child 167
 - Research Supporting the Treatment of Mothers of Aggressive Children 170
 - Working with Teachers of Aggressive Children 172
 - Educating Teachers 175
 - Teachers Applying the Intervention to Students 176
 - Summary 178

9 Using Bibliotherapy as a Preventive Intervention in the Classroom. 181

Introduction 181

The Preventive Program: Classroom Climate Intervention 182

 Meeting Basic Needs 182

 Positive Climate. 183

 Cognitive Exploration. 183

 Developing a Language of Self-expressiveness and Acceptance 185

 Bibliotherapy. 188

 Positive Feedback 189

 Termination. 190

Description of a Complete Program. 190

 Session 1: The Ideal Classroom. 190

 Session 2: Classroom Rules. 190

 Sessions 3–4: “I Wonder Statements” 191

 Session 5: Urgent Disturbing Issue 191

 Session 6: Communication 191

 Session 7: Positive Feedback. 191

 Sessions 8–9: Bibliotherapy. 192

 Session 10: Self-Expression 192

 Session 11: Termination 192

 Outcomes. 192

Evaluations of the Intervention 193

Teachers’ and Counselors’ Feedback 194

Summary 195

10 Summary and Conclusions 197

Introduction 197

Description of Childhood Aggression 197

The Rationale for Using Bibliotherapy 200

The Implementation of Bibliotherapy 203

Treating the Caregivers. 204

The Evidence Base of the Bibliotherapy Intervention 205

Concluding Remarks 207

Appendix A: Translated Stories and Poems 209

 The Present/Y. Sade 209

 The Smiley Face/Itzhak Noy 210

 Yaron Is Angry/Dvora Omer 211

Appendix B: Stories from Teaching Pictures 215

 The Bully/Sylvia Tester 215

 The Underdog/W. E. S. Folsom-Dickerson 216

 He Did Not Come/Sylvia Tester. 218

Contents	xv
References	221
Literature	230
Foreign Literature (Hebrew).	230
Films	231
Index	233