

## The Wounded Healer – The Position of Personal Affliction and Therapy among Bibliotherapists at the Beginning of their Career

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The purpose of the current research is to examine the perceptions of beginner bibliotherapists regarding the place of personal afflictions and mental therapy in constructing their professional identity, using a combination of reading responses and a personal interview. The chosen text for this research was of the tale of the centaur Chiron (Shabtay, 2002, p. 80). The main findings include:

1. The reading responses to the text have shed light on the approach of bibliotherapists to their professional identity, beyond the subject of the wounded healer.
2. A connection was found between the participants' reports of their motivations for choosing a career in a therapeutic profession and their past experiences .
3. All participants related therapy solely to their personal growth, and not to their professional one. A difference between participants who underwent therapy and those who did not was found only regarding the question of feeling apprehensive about treating certain cases: while the former said there are cases they will not want to treat in fear of over identification, the latter said there are cases they will not want to treat in of lack of identification with the problem.

The therapeutic implications of this study relate to the importance of researching the construction of professional identity among bibliotherapists at the beginning of their career and to the use of texts as a research tool. Examining their afflictions, past experiences and career motivations is imperative to their learning process and in favor of their future patients, as well as to their personal and professional growth.

### Bibliography:

Shabtay, A. (2000). *Greek Mythology: Myths*. Tel Aviv: Tel Aviv Books, pp. 80.

**Keywords:** Bibliotherapy, bibliotherapists, wounded healer, mental therapy, reading responses, professional identity.

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