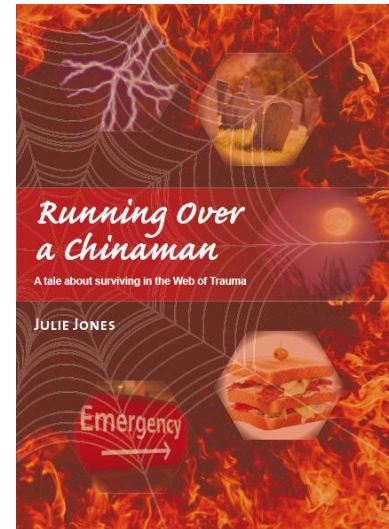


## **A bibliotherapeutic guide to the practical application of *Running Over a Chinaman* by Julie Jones**

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Bibliotherapy, that is, the use of reading in a healing way, is a well established practice in Great Britain. *Running Over a Chinaman* (ROAC) is a unique novel specifically intended for bibliotherapeutic use in the area of mental health.



The purpose of using ROAC as a bibliotherapy tool is simple. It is to promote and create discussion of mental health issues at all levels of society and across the broader community. Its aim is simply to start conversation about mental health in order to assist all potentially affected persons.

The intended audience ranges from consumers, carers, families and friends to health and mental health professionals and even employer organisations. The idea is to extend mental health bibliotherapy beyond a book club use of literature and bring it into a therapeutic realm.

It is important for the user to have clarity of purpose when using ROAC as a bibliotherapeutic tool. It offers the opportunity for discussion of a broad spectrum of scenarios related to mental health. As a book, ROAC cannot cure mental illness. It can, however, demonstrate an inner fullness of individual life and offer an unlimited opportunity to view ourselves and one another more openly and honestly. ROAC can be prescribed to aid in alleviating pain and distress in conjunction with, and alongside, conventional treatment in the context of an ethical framework.

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**If you would like to know more, please feel free to contact me at [juliejones333@gmail.com](mailto:juliejones333@gmail.com)**

**To purchase hard or electronic copies of ROAC, please visit The MoshShop at [www.themoshshop.com.au](http://www.themoshshop.com.au)**