

Work Life Stop – Trauma-informed Biblio/Poetry Therapy Group

Supporting Workplace Wellbeing

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Why?

There is a need for new tools to improve wellbeing at work:

- Societal challenges: changing worklife, global uncertainty
- 25 % of working Finns are at risk of occupational burnout (The Finnish Institute of Occupational Health 2025)
- my own background: broad work history, two burnouts, bibliotherapy facilitation



How?

- a biblio/poetry therapeutic group 9/24-4/25
- total of 16 sessions, both face-to-face in Jyväskylä and online
- participants (9) engaged in people-oriented work → trauma-informed approach
- *A preventive intervention, not therapy!*
→ I interviewed potential participants beforehand to ensure their suitability
- Data: writings and discussions during the group, enquiries, my own research diary
- Method of analysis: dialogical thematization



What is biblio/poetry therapy?

- a form of creative art therapy that utilizes writing and different kinds of texts to support mental healing and to enhance self-awareness
- *interactivity* guided by a therapist or a facilitator (in a group or individually)
- inherently trauma sensitive

“Promoting growth and healing through language, symbol, and story.” (NAPT 2023)



What does trauma-informed mean?

- A therapist or an instructor using a trauma-informed approach can recognize clients' possible trauma history and prevent retraumatization.

- Changing the way of thinking:
~~What is your problem?~~ →

What has happened to you?

- A trauma-informed approach is NOT the same as trauma treatment, which requires trauma-specific services.

Research Questions:

- How does trauma-informed biblio/poetry therapy help identify and manage work-related stressors?
- What is the role of the group and facilitation in supporting (occupational) wellbeing?