



COLLOQUIUM ARTS MEET SCIENCES  
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**The Psychological Role of Reading and Writing Story & Poetry  
(Prelogomenon for a Bibliotherapy)**

Language is a link between man's consciousness and conscience, between his mind and soul, and between the profane and the sacred world. Both in the epoch of pre-conceptual and oral communication, and in the epoch of conceptual, written and digital communication, people use language for more than ephemeral communication and information exchange. The awareness that language has a psychological role, that it expresses feelings, premonitions and visions, that it encourages creative urges, that it has a cathartic power to purify from passions, a luddite power to entertain, a rhetorical power to celebrate, convince and promise, a perlocutionary power to proclaim, to condemn and to absolve, the negotiating power to reconcile people, the integrative power to unite people into a community with a collective identity, is the cornerstone of culture and religion. The soul and art are mutually connected in a psycho-aesthetic whole. In ancient Greek mythology, Asclepius, the god of health, is the son of the god of art, Apollo, art is the daughter of Psyché, and she is in love with Eros. So, the art has a therapeutic power that embodies the principle of Eros. The art of language has its own psychotherapeutic power. When the soul is trapped in itself (melancholia), then 'good words' help it to free itself from the burden of unconscious contents, from the habit of suffering, from the fear of death, from trauma.

Bibliotherapy includes singing poems, telling stories (myths, parables, Zen stories), reading and writing poems, short stories and novels. Bibliotherapy is a type of 'psychagogy'. It leads the soul from ignorance to knowledge. It is not a substitute for medical forms of psychotherapy. Finally, the language itself, as a shared good of humanity, has even more wide therapeutic use that goes beyond the narrow sphere of literature and includes the so-called pre-literary genres (prayer, confession, jokes, anecdotes, media stories).

*Keywords:* Art of language, myth, poetry & story therapy, bibliotherapy, trauma, catharsis, psychagogy.