

The Reading Room:

A Transformational Literary Practice of Discovery

These sessions are not “bibliotherapy” in the popular sense; they are a revival of reading as a reflective, disciplined practice. Here, the act of reading becomes a companion to thought, a guide to self-education, a conversation rather than a quick fix. You are learning not to use books as manuals, but to think *with* them, letting them challenge, illuminate, and deepen your own reflection.

What emerges is a practice closer to philosophical companionship than conventional therapy or coaching. Each text is a mirror: a space where thought, feeling, and meaning may be tested safely. Reading is not consumption; it is relationship. Books become portals, not products. Each session offers a shared act of reading-as-reflection, where insight is not handed down but discovered, gently, through engagement.

This is a living dialogue between reader, text, and self. Resistance is not failure; it is part of the process, a mirror reflecting the inner terrain. Each book becomes a companion, each reflection a trace of inner movement. It is less bibliotherapy than *bibliophany*: a revelation through the act of reading itself.

These sessions are not reading groups in the casual sense; they are rites of attention. Books are not simply read; they are entered. Excuses, detours, hesitations, and delays all reveal the choreography of the psyche. The literature forms the scaffolding; the coaching draws the arc of growth; the therapeutic awareness attends to the tremors beneath.

What is being shaped is a *pedagogy of interiority*: a guided cultivation of self through reading, reflection, and the gentle confrontation of resistance. Each text becomes a mirror, each hesitation part of the learning.

And here lies the magic: the session itself becomes a living curriculum. Books, journals, hesitations, and reflections intertwine into a single ecosystem of learning. You are not simply acquiring content; you are learning to learn yourself. It is a lived practice, not a checklist. Books, writing, resistance: all are teachers, and this space is held for their dialogue to unfold.

Transformational Reading & Reflection: A 17-Week Journey

What it is

This is a structured, semester-long program designed to bring literature, philosophy, and creative practice into dialogue with your own life. Across 17 sessions, you will explore selected texts, engage in reflective journaling, and participate in coaching exercises that help translate insight into action. This is not “bibliotherapy” or self-help; it is a guided practice in thinking, feeling, and creating with intention.

Why it matters

Books are more than stories or ideas: they are **companions**. They never betray, they invite reflection, and they open pathways for growth. In our fast-paced digital world, reading has

become transactional, often shallow. Here, literature becomes a mirror, a sounding board, and a challenge. Through careful reading, structured reflection, and creative exercises, you develop the capacity to think deeply, act intentionally, and cultivate your inner life.

How it works

- **Literature as the anchor:** Each week, a carefully selected text forms the foundation for reflection and discussion. The selection spans philosophy, fiction, poetry, and applied life wisdom. How did this book speak to you? What did you notice? What about its language, the ideas, the emotions...
- **Coaching integration:** Sessions include prompts and exercises designed to translate reading into practical insights and forward movement. Questions like *“What does this book teach me about my choices?”* or *“How can I apply this insight this week?”* guide reflection.
- **Therapeutic awareness:** A supportive, reflective space allows recognition of emotional responses and patterns, offering grounding without turning the program into therapy. Any emotional material triggered? How does this book connect with your internal landscape?
- **Journaling & Dates-with-Self:** Throughout the 17 weeks, you are requested to journal your reflections and dedicate time to personal creative or contemplative practice. This ongoing engagement ensures that insight becomes lived experience.
- **Formats:** Available as one-to-one sessions for tailored guidance or in a group setting, where dialogue and shared reflection enrich understanding and perspective.

By the end of the 17 weeks, you will have cultivated a habit of reflective reading, applied philosophical inquiry, and creative self-practice: a toolkit for ongoing personal and professional growth.

Session Format: One-to-One and Group

Each session unfolds as a carefully held space, a meeting point between reader, text, and self. In one-to-one sessions, the rhythm is intimate and responsive: the dialogue flows around your reading, your reflections, your hesitations. Coaching prompts illuminate paths forward, while reflective pauses and therapeutic awareness attend to the subtler tremors of thought and emotion. Journaling and “dates-with-self” extend the session into your week, so that insight becomes lived, not merely discussed.

In group sessions, the format shifts to honour the collective. Time is calibrated to the number of participants, balancing discussion, reflection, and shared insight. Ethical and safeguarding considerations shape the depth of personal disclosure; the group decides, moment by moment, what emerges in the circle. Here, the reading becomes a common scaffold, and reflection is enriched by mirrors in one another’s engagement. Yet each participant is invited to enter the book, the exercise, and the reflection on their own terms.

Across both formats, the session is a rhythm of attention: literature provides the frame, coaching guides forward movement, and reflective presence listens to the subtle currents beneath. Whether alone or among others, each meeting becomes a living dialogue, a space where reading, reflection, and action intertwine, and where the act of engaging deeply with a text becomes a practice of self-discovery.

Weekly Structure and Practices

Each session unfolds as a meeting of reader, text, and self. The rhythm of this journey is guided by three inseparable threads: reading, reflection, and engagement. These practices are **mandatory**; they form the scaffolding that allows insight to deepen and growth to take root.

1. Reading as Preparation

Before each session, participants are expected to enter the text fully. You are responsible for sourcing the book yourself: whether purchasing, downloading, borrowing from a library, or finding second-hand. Searching for the book is part of the learning process; finding it, engaging with it, and reflecting on it are integral to your development. Absence of the text is not an excuse: the act of seeking and preparing is itself a practice of attentiveness and responsibility.

2. Journaling and Reflection

A journal is your companion throughout the journey. Each week, you will record thoughts, emotions, reactions, questions, and insights sparked by your reading. Reflection is active and disciplined: hesitation, resistance, or distraction are not failures but signals to be explored. Your journal is the primary vessel for dialogue between the text and yourself, and it is **essential** for in-session engagement.

3. In-Session Engagement

- **One-to-One:** The session follows the flow of your reading and reflection. Coaching prompts help translate insight into action, while reflective awareness attends to the subtler currents of thought and feeling. The session adapts to your rhythm, responding to what the book and your journal have revealed.
- **Group:** Sessions balance collective dialogue with individual reflection. Depth of personal disclosure is shaped by ethical and safeguarding frameworks, and the group collectively negotiates what emerges. Each participant remains responsible for their own preparation, reflection, and engagement.

4. Dates-with-Self and Ongoing Practice

Outside the sessions, participants are invited to dedicate time to contemplative, creative, or reflective practices: walks, drawing, writing, or other exercises that resonate personally. These ongoing engagements transform weekly reading into living practice and extend insight beyond the session.

Across all formats, sessions are a living dialogue. Literature provides the frame; coaching guides forward movement; reflective practice allows the subtler currents of thought and emotion to surface. Reading, journaling, and active engagement are **non-negotiable**: they are the soil in which transformation grows.

The Journey of a Session

Each session is an invitation: to meet a book, to meet yourself, and to meet what emerges in the space between. It is a journey that moves at the pace of attention, curiosity, and insight, rather than a timetable or formula. Throughout, the session is held within a therapeutic frame, guided by the ethical principles and safeguarding standards of the BACP and NCPS, ensuring a space of respect, safety, and professional care.

Arrival and Grounding

We begin by entering the session fully present. In one-to-one work, this is a quiet settling into reflection; in group sessions, a collective pause that allows everyone to arrive in their own rhythm. The act of noticing [your body, your thoughts, your emotional temperature] sets the stage for the dialogue to come.

Engagement with the Text

The book of the week becomes your companion. You share what has struck you, puzzled you, or unsettled you. Resistance, distraction, or hesitation are treated as signposts, not failures; they reveal the contours of your inner landscape. The session is shaped by what you bring from the page and from your journal, and the conversation unfolds around the insights, questions, and reflections that arise. Reading, isn't consumption, it's consecration. It's a way of returning to reflection, to silence, to language as an act of being. You're not just reading a books: you're learning *to be read* by them.

Coaching and Forward Movement

From reflection flows action. Coaching prompts emerge organically, guiding you to consider: *"What does this insight demand of me? What step can I take in my life, my work, or my practice?"* The session becomes a bridge between knowing and doing, between thought and lived experience, always attuned to the subtle shifts discovered in reading and reflection.

Therapeutic Awareness

Beneath the surface currents of thought and application, the session remains attentive to what lingers in emotion, hesitation, or doubt. This quiet awareness honours the depth of your inner work and supports the subtle processes of self-understanding, without imposing or rushing.

Integration and Reflection

Each session closes with a pause: a moment to note what has emerged, what questions remain, and what will be carried into the week. Journaling, creative practice, or contemplative "dates-with-self" extend the session beyond the room. The learning continues, alive in daily life, until the next encounter with the text and the self.

Across all sessions, the journey is not linear. It is a living dialogue, shaped by the book, the journal, the participant, and the group where relevant. It is flexible, responsive, and richly attuned: a space where literature, reflection, coaching, and self-discovery intertwine.

Transformational Reading & Reflection: Session Framework

Each session is an invitation: to meet a book, to meet yourself, and to meet what emerges in the space between. It is a journey that moves at the pace of attention, curiosity, and insight, rather than a timetable or formula. Throughout, the session is held within a therapeutic frame, guided by the ethical principles and safeguarding standards of the BACP and NCPS, ensuring a space of respect, safety, and professional care.

Participant Responsibilities

To gain the full benefit of the journey, participants must arrive prepared. This includes:

- **Reading the book of the week** in advance. Finding and sourcing the text is part of the practice; books may be purchased, borrowed, or downloaded, but absence of the book is not an acceptable reason to miss the engagement.

- **Maintaining a physical journal** in which reflections are recorded. Even simple notes [*what you liked, what you didn't, questions, surprises, synchronicities*] form the foundation of in-session dialogue. Pens or pencils and a physical journal are required; digital alternatives are not suitable for the reflective process.
- **Engaging with creative exercises** where suggested, inspired by the *Artist's Way* and *Wreck This Journal*. These are extensions of reflection and are considered integral to the learning process. Both books can be easily found online and in most bookshops.

Session Format

- **One-to-One:** Sessions are typically 90 minutes. The flow is responsive: your reflections guide discussion, coaching prompts encourage application, and reflective awareness attends to subtler emotional currents. Flexibility is possible, with the option to meet every two weeks if needed, alongside normal holiday pauses.
- **Group:** Timing is adjusted to accommodate discussion and shared reflection. Ethical and safeguarding frameworks shape the depth of personal disclosure. Each participant retains responsibility for preparation and engagement, while the group provides a collective mirror for insight. Sharing is guided but always voluntary, respecting each individual's pace.

Logistics and Practical Notes

- Participants are responsible for acquiring the books, tools and journals themselves.
- Sessions follow the same booking, payment, and cancellation terms as for standard counselling.
- Materials required: a physical book, a physical journal, pen or pencil. Tablets, phones, or digital journals are not used.

Across all formats, these sessions are a **living ecosystem**: literature forms the frame, reflective practice provides depth, and coaching guides forward movement. The act of reading, journaling, and engaging is **mandatory**: it is the soil in which transformation takes root.

Participant Expectations & FAQ

These sessions are a journey of reading, reflection, and engagement. To participate fully, the following practices are **mandatory**:

- **Reading the Text:** Each week, participants are expected to have read the book of the session. Sourcing the book [buying, borrowing, or finding second-hand] is part of the learning process. Absence of the book is not an excuse.
- **Journaling:** A physical journal and pen or pencil are required. Entries can be simple [what you liked, didn't like, or questions you noticed] but they are essential for reflection and in-session discussion.
- **Creative Exercises:** Exercises inspired by *The Artist's Way* or *Wreck This Journal* may be suggested; these are part of the reflective practice.

Please note: Reading and journaling are the bedrocks of this course. Research in phenomenology and cognitive science highlights the importance of material engagement; physically writing and reading on paper deepens reflection, memory, and insight, which is why digital devices are not used in this course. The act of sourcing the book, committing to weekly

reading, and keeping a physical journal is itself a practice of self-work; it embodies commitment, integrity, and the very lessons this course aims to cultivate. If you feel these practices are not possible for you or attuned with you, this course may not be the right fit, or this might not be the right time.

The books are chosen week by week, to guide the journey as it unfolds. The full list isn't given in advance and part of the learning is discovering and approaching each text on its own terms.

Common Questions / “Yes, but...”

Q: What if I can't read every week?

A: Sessions are ideally weekly, but every two weeks is possible if needed. The key is continuity in reflection, not speed.

Q: What if I can't find or afford the book?

A: Seeking and sourcing the text is part of the learning. Consider libraries, borrowing, and second-hand shops. Finding the book is a step in the practice itself.

Q: I don't like to write / journal.

A: Journaling is your dialogue with the text. Even minimal entries [simple reactions or questions] are sufficient. The act of reflection is what matters most.

Q: I'm shy / hesitant to share in the group.

A: Group sharing is guided, voluntary, but highly recommended. Your personal journal and reflections form the core of your practice.

Q: I'm not sure if this will help me personally.

A: These sessions are a practice of dedication, attention, reflection, and engagement. Insight emerges through participation; the outcome is the development of reflective skill and self-understanding.

Q: I may not commit to all 17 sessions.

A: The 17-session structure is a suggested arc, designed for progressive engagement. Flexibility exists in scheduling and entry points.

Q: I have a disability / need accessibility support.

A: Participants with visual impairment, mobility issues, or other accessibility needs are welcome. Adaptations can be discussed. Please contact me to explore how the sessions can be made fully accessible for you.

If you are dyslexic, have reading difficulties, or come from a non-literary background, these sessions are still open to you. The practice is about engagement and reflection, not prior knowledge or speed. Adjustments and support can be discussed individually to ensure the experience is meaningful and inclusive.

Across all formats, these expectations are designed to ensure a safe, ethical, and fully engaging space. Still, reading, journaling, and active engagement are non-negotiable: they are the soil in which insight and transformation grow. This is an exploratory, non-judgmental, lived-practice course: perfection isn't expected, curiosity is.

Some Final Points:

- **Curiosity over background:** Prior literary knowledge is not required; what matters is your willingness to engage, reflect, and explore.
- **Consistency matters:** Even with a two-week reading option, regular participation is essential to maintain the flow and depth of the course.
- **Physical comfort & space:** Choose a quiet, private, comfortable environment for online sessions to allow full attention, presence, and reflection.
- **Reflection on resistance:** Hesitation, distraction, or frustration with reading or journaling is normal and part of the learning process; these moments themselves become a source of insight.

Payment & Pricing: Transformational Reading & Reflection (1-to-1)

Standard Rate: £90 per 90-minute session [**£1,530**]

Phase Packages: Purchase a full phase upfront (Phase 1: 5 weeks; Phase 2: 5 weeks; Phase 3: 3 weeks; Phase 4: 4 weeks) at **£85 per session** [**£425, £425, £255, £340 = £1,445**]

Full-Course Package: Purchase all 17 sessions upfront at **£80 per session** [**£1,360**]

Sliding Scale / Student Rate: Students or early-career participants may apply for a reduced rate of **£75 per session**, applicable whether paying individually, per phase, or for the full course. This applies to undergraduates, postgraduates, Level 4 diploma students in therapy or related fields, or above. [**£1,275**]

Participant Responsibility: Books, journals, and other reflective tools are **not included** in the course fee and must be sourced individually. Engagement, journaling, and preparation are **mandatory components** of the practice.

Payment & Cancellation Terms: All rules regarding payment, booking, and cancellations follow the terms detailed in the counselling contract. Sessions not attended without prior contracted notice are **non-refundable**, in line with the existing policy.

Group Sessions: Pricing and payment for group sessions are to be discussed individually with the facilitator, depending on context, number of participants, location, and institutional arrangements.

Further info:

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