

Shared reading

Methodology by Mette Steenberg (Aarhus University)

Mission of shared reading is bringing people disregarding backgrounds and situations together by way of shared reading

Shared Reading is the praxis of reading together (prose and poetry) based on a facilitator-lead reading aloud model; pausing, pointing and sharing immediate responses and reflections in a group setting.

As such it is an in-situ collaborative meaning-making process.

A group normally consists of 6-8 participants and the facilitator. The session is divided into two phases; the reading of a short story (lasting one hour) followed by the reading of a poem (lasting thirty minutes). The facilitator is there to facilitate engagement in the process and ensure that all responses are being valued.

By doing so, the method has a wide array of positive effects in terms of mental wellbeing. Shared reading creates a sense of “empowerment” understood in terms of agency, relations and meaningfulness thus underlining the already well-described notion of literature’s – and other artistic ways of expression’s – potential with regard to increasing mental health.

Shared Reading is as a technology for co-creation and bridging intra-subjective and inter-subjective worlds