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**Translation and Bibliotherapy as Healing:
A Comparative Approach to Reparation**

Translation and bibliotherapy, though they are cost – effective and versatile, can be deemed as a supplementary treatment to support the good mental health. This paper examines translation and bibliotherapy as healing with a comparison of uses in terms of their approach and effect to reparation for ensuring a good mental health. Their differences lie in that translation is vertical and output – based, whereas bibliotherapy is horizontal and input – based with the similarity of the use of mental and cognitive activities, such as translation and reading. The choice of the genres in literature also exerts differences on the effect of translation and bibliotherapy as a means of healing and reparation. Through qualitative research for the findings, it is found that translation and bibliotherapy can be considered as a cost – effective and efficient supplement for supporting the good mental health.

Key words: Translation, Bibliotherapy, Healing, Reparation.

Short bio of Stephen Zhongqing Wu

He is a CATTI – certified, published, and professional translator, researcher, and writer based in Hainan, PRC. He is also a part – time lecturer in English at Haikou University of Economics, Hainan, PRC, and a member of the Translation Committee at International Comparative Literature Association. Moreover, he is also a member of the Translators Association of China. He is currently a PhD applicant in Comparative Literature to graduate schools in the US. He has published Chinese and English papers, translated articles, and essays in the PRC and the US, along with the publication of two translated Chinese books in the PRC in 2012 and 2013, namely *Eating Women Telling Tales*, a collection of Indian English Short Stories by Bulbul Sharma, and *the Lion Companion to Church Architecture* by David Stancliffe (from the UK), co – translated, and second translator.