

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Mental Health Issues

Material Title: **2, 4, 6, 8 This is How We Regulate!; 75 Play Therapy Activities to Increase Mindfulness in Children**
 Author: Tracy Turner-Bumberry *Books* 2018 192

Learning verbal mindfulness strategies can be difficult for children and adolescents, let alone when kids have autism, anxiety, ADHD or other emotional regulation issues. That's why play therapist and counselor, Tracy Turner-Bumberry, LPC, RPT-S, CAS, has created 75 simple, playful and on-point interventions that combines mindfulness, expressive arts and play to help kids achieve greater self-regulation, focus more and stress less.

Material Title: **Adolescent Suicide: A School-Based Approach to Assessment and Intervention**
 Author: William Kirk and George M. Batsche *Books* 1997 175 pages

This book provides the information required to accurately identify potentially suicidal adolescents and provides the skills necessary for appropriate and effective intervention.

Material Title: **Adoption Resources for Mental Health Professionals**
 Author: Pamela Grabe *Books* 1990 348 pages

This revised edition is a valuable resource for professionals who find their diagnoses, assessment, and counseling of foster children misleading because they employ criteria based on experiences of non-adoptive children. The 23 contributors include professionals with extensive teaching and practical experience in the field.

Material Title: **An Activity-Based Approach to Developing Young Children's Social Emotional Competence**
 Author: Jane Squires and Diane Bricker *Books* 2007 ges + 1 CD

From the creators of ASQ and ASQ:SE, this practical guidebook gives non-mental health professionals exactly what they need: a ready-to-use, start-to-finish linked system for identifying concerns and improving young children's social-emotional health. This book walks readers through the five-step intervention process called Activity-Based Intervention: Social Emotional (ABI:SE).

Material Title: **Are We There Yet? The Ultimate Road Trip: Adopting & Raising 22 Kids!**
 Author: Hector & Sue Badeau *Books* 04/2013 416

Come along with Hector and Sue Badeau on their ultimate road trip adopting and raising 22 children, from diverse backgrounds with many special needs. Like any road trip, their story has twists and turns, detours and surprises. You'll be inspired, laugh out loud and shed tears as you share their experiences in foster care and adoption, coping with teenage pregnancies, additions, unimaginable accomplishments and raw moments of grief after the untimely deaths of three beloved sons. Are We There Yet is an entertaining story which also imparts nuggets of parenting wisdom for any parent or grandparent. It is packed with spiritual truths and life lessons for teachers, social workers, pastors and others who care about vulnerable children and families in our world today.

Material Title: **Assessing Youth Behavior Using the Child Behavior Checklist in Family and Children's Services**
 Author: CWLA *Books* 199 pages

A key tool that is available to child welfare agencies is the Child Behavior Checklist (CBCL), which has been used for several years in mental health settings. This book provides many examples of how the CBCL may be used in practice and research, including chapters that highlight different statistical techniques for analyzing data and presenting results. The various chapters discuss the implications of using the CBCL for practice, policy, and administration of child welfare programs. Chapters include: (1) Introduction (N. S. Le Prohn, E. R. Lamont, P. J. Pecora, and K. M. Wetherbee); (2) Using the Child Behavior Checklist 4-18, Teacher's Report Form, Youth Self-Report, and Related Measures in Child and Family Services (T. M. Achenbach, P. J. Pecora, and G. Armsden); (3) The Clinical Status of Children in State Custody (C. A. Heflinger and C. G. Simpkins); (4) Demographic Differences in Children's Residential Treatment Progress (W. A. Shennum, D. C. Moreno, and J. C. Caywood); (5) Use of the Achenbach Child Behavior Checklist in a Longitudinal Study of Treatment Foster Care Outcomes (M. E. Courtney and A. Zinn); (6) Follow-Up of Youth Returned to Home after Treatment in Residential Care (D. B. Hickel); (7) Children Born to Drug-Using Mothers: A Longitudinal Perspective on Maternal Care and Child Adjustment (S. Hans, V. Bernstein, and L. Henson); (8) Professor Achenbach Meets Mick Jagger: Using the Child Behavior Checklist in Foster Care (R. D. Phillips); (9) A Profile of Youth Placed with Casey Family Programs Using the Child Behavior Checklist/4-18 and the Teacher's Report Form (G. Armsden, P. J. Pecora, V. Payne, and C. Joyce); (10) Using the Child Behavior Checklist in Child Welfare Practice: Lessons Learned from One Agency's Experience (K. Lerner); (11) Research with the CBCL: Methodological and Statistical Issues (K. M. Wetherbee and T. M. Achenbach); and (12) Conclusions and Recommendations for Future Research (P. J. Pecora, G. Armsden, N. S. Le Prohn, and T. M. Achenbach). (Each chapter contains references and tables.) (GCP)

Mental Health Issues

Material Title: **Attachment Disorganization**

Author: Judith Solomon and Carol George *Books* 1999 420 pages

Since 1986, when disorganized attachment was first defined by Mary Main and Judith Solomon, a great deal of interest has been shown in this addition to the standard Ainsworth classification system. This groundbreaking volume brings together eminent researchers and clinicians to present current, original theory and data on the nature of disorganized attachment, its etiology, and its sequelae. Contributors report on the social, psychological, and biological contributions to disorganization. Longitudinal findings are presented on developmental outcomes in middle childhood; special populations are examined, including children with disabilities; and new assessment methodologies are described. Advancing our understanding of a significant subgroup of infants and children with attachment-related difficulties, the volume represents an important contribution to the empirical attachment literature.

Material Title: **Attachment-focused Family Therapy**

Author: Daniel A. Hughes *Books* 2007 266 pages

Attachment theory has been limited primarily to the treatment of individuals. Through his empathy-driven model, and using in-depth clinical vignettes, Hughes equips clinicians with the knowledge and tools to apply ideas of attachment, intersubjectivity, and affect regulation in the context of family therapy.

Material Title: **Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology**

Author: Bonnie Badenoch *Books* 2008 384

Neuroscientific discoveries have begun to illuminate the workings of the active brain in intricate detail. In fact, sometimes it seems that in order to be a cutting-edge therapist, not only do you need knowledge of traditional psychotherapeutic models, but a solid understanding of the role the brain plays as well. But theory is never enough. You also need to know how to apply the theories to work with actual clients during sessions.

In easy-to-understand prose, *Being a Brain-Wise Therapist* reviews the basic principles about brain structure, function, and development, and explains the neurobiological correlates of some familiar diagnostic categories. You will learn how to make theory come to life in the midst of clinical work, so that the principles of interpersonal neurobiology can be applied to a range of patients and issues, such as couples, teens, and children, and those dealing with depression, anxiety, and other disorders. Liberal use of exercises and case histories enliven the material and make this an essential guide for seamlessly integrating the latest neuroscientific research into your therapeutic practice.

Material Title: **Beneath the Mask: Understanding Adopted Teens**

Author: Debbie Riley and John Meeks *Books* 2005 207 pages

This book offers parents and professionals a wealth of case histories; and treatment resources and therapy tools. Parents will discover the 6 most common adoption "stuck-spots;" a deeper understanding of identity, abandonment, grief and loss, and relinquishment issues - and how they affect personal and family development; and how therapy may help the adoptive family learn and grow together.

Material Title: **Beneath the Mask: Understanding Adopted Teens (CD)**

Author: Debbie Riley *CDs* 2007 90 minutes

NACAC Conference presenter Debbie Riley addresses complexities of adolescence for the adopted teen - identity, abandonment, grief and loss, relinquishment - and how adolescence affects personal and family development. Discover six common adoption "stuck-spots," a step-by-step assessment on adoption, clinical intervention strategies, and therapy tools.

Material Title: **Beyond Healing: The Path to Personal Contentment After Trauma**

Author: David Ziegler *Books* 2009 260

Many individuals have had their dreams and hopes in life shattered by physical or emotional trauma. While healing is critically important, this work explores ways of moving beyond healing in order to experience a truly fulfilling life. It takes a close, critical look at many of our beliefs about human limitations and offers an undeniable message of hope - hope for those individuals who have paid such a high price for past abuse and trauma, and hope for our future and the possibility of reaching both our individual and collective human potential. *Beyond Healing* is an invaluable guide to anyone who has personally experienced trauma or is attempting to help someone else who has.

Material Title: **Bipolar Child, The: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder**

Author: Demetri Papolos *Books* 1999 369 pages

This book balances scientific and clinical knowledge with moving personal accounts of experiences of real families. It is a well-organized, practical and authoritative book that will answer parents' tremendous number of questions and help them find hope.

Material Title: **Carrie Fisher: Her Battle With BIPOLAR DISORDER**

Author: Psychology Today *Journals/Newsletters* December 2011 5 pages

A cover story on Bipolar Disorder.

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Material Title: **Childhood Mental Health Disorders: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes *DVDs* 2012 47 minutes

In this interview, Dr. Federici sheds light on the countless number of children who are being treated with multiple layers of inappropriate care due to multiple and inaccurate diagnoses. Trauma presents itself differently, requiring a closer look at the child's anxiety and fear. This DVD will give you a better understanding of how a child's world needs to be reconstructed with the family being the primary construct, whereby the family becomes the "medication."

Material Title: **Conversation Starters for Direct Work with Children and Young People; Guidance and Activities for Talking About Difficult Subjects**

Author: Audrey Tait *Books*

Conversation Starters for Direct Work with Children and Young People provides guidance and support for any adult who needs to talk to children about difficult issues. The issues covered include domestic abuse and drug use, mental health issues, adoption and fostering, family illness and bereavement, as well as giving evidence in court.

Material Title: **DC:0-3 Casebook : A Guide to the Use of Zero to Three's "Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood" in Assessment and Treatment Planning**

Author: Alicia Lieberman, Serena Wieder, and Emily Fenichel *Books* 1997 393 pages

Helps professionals from various disciplines to put DC:0-3's diagnostic system into practice. Twenty-four detailed case reports, documenting work with children, ages 6 months to 4-1/2 years, and their families, show how highly experienced practitioners from a range of disciplines use Zero to Three's DC:0-3.

Material Title: **Depression; A Teen's Guide to Survive and Thrive**

Author: Jacqueline Toner *Children's Books* 2016 208

Teens get a great deal of information and guidance on many things from study skills to college admissions to test taking...and the list goes on. But many teens get no direct instruction about how to manage difficult emotions. This lack of direction can be hard because teens are at an age vulnerable to depression. While people often use the word "depression" to describe a momentary mood, the same term is also used to label a more serious and long-lasting problem that can interfere with many aspects of a person's life. It's that second definition that is the focus of this book.

Depression: A Teen's Guide to Survive and Thrive is a guidebook for teenagers who are depressed or at risk for depression. This guide discusses depression and provides guidance on cognitive—behavioral therapy principles to help teens take a problem-solving, strategy-based approach to deal with depressed moods, thoughts, and behavior. Intended to serve as an adjunct to therapy, this is a very practical and easy-to-read book that is not overwhelming for teens.

Material Title: **Diagnosis and Treatment of Feeding Disorders in Infants, Toddlers, and Young Children**

Author: Irene Chatoor, MD *Books* 2009 141 pages

Delays in development, as well as in growth, can occur when a feeding disorder arises. Irene Chatoor, MD, a world-renowned specialist in feeding disorders at Children's National Medical Center in Washington, DC, offers clinical guidelines for comprehensive diagnosis and treatment of feeding disorders in infants and toddlers. Grounded in the latest research and contemporary practice, the author discusses the consequences of early feeding problems and reviews relevant terminology, etiological factors, and how to distinguish serious feeding disorders from transient and milder feeding difficulties. The book also includes Parent Information Outlines about the feeding disorders.

Material Title: **Diagnostic Conundrums (2 CDs)**

Author: John Sobraske *CDs* 8/6/2011 2 hours

Presented by John Sobraske, adoption psychotherapist, New York at the 37th NACAC Conference 2011 in Denver, Colorado. Rather than describing specific diagnoses, this session looks at the issue of diagnosis in general. The speaker will cover the use and misuse of labels, such as bipolar and reactive attachment disorder, and the need to understand how various influences interact (like developmental delays, identity issues, and chemical exposure in utero) and to determine, in individual cases, which factors are salient and which are not. Finally, the session will help parents become expert advocates who maintain a whole picture of their child and resist diagnostic fragmentation by specialists.

Material Title: **Diagnostic Interviewing of the Misbehaving Child**

Author: John Taylor *Books* 1989 42 pages

This booklet is intended as a guide for school counselors and mental health professionals to use in analyzing misbehavior patterns in children. Included is a section on ways to gather pertinent information from parents, a description of pathological patterns that can occur between parents, a variety of interviewing strategies to use with children, and suggestions for assessing the relationships between children and adults and children with each other.

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Material Title: **Differently Wired: Raising an Exceptional Child in a Conventional World**
Author: Deborah Reber *Books* 2018 288

Today millions of kids are stuck in a world that doesn't respect, support, or embrace who they really are—these are what Deborah Reber is calling the “differently wired” kids, the one in five children with ADHD, dyslexia, Asperger's, giftedness, anxiety, sensory processing disorder, and other neurodifferences. Their challenges are many. But for the parents who love them, the challenges are just as hard—struggling to find the right school, the right therapist, the right parenting group while feeling isolated and harboring endless internal doubts about what's normal, what's not, and how to handle it all.

But now there's hope. Written by Deborah Reber, a bestselling author and mother in the midst of an eye-opening journey with her son who is twice exceptional (he has ADHD, Asperger's, and is highly gifted), *Differently Wired* is a how-to, a manifesto, a book of wise advice, and the best kind of been-there, done-that companion.

Material Title: **Don't Hit My Mommy! A Manual for Child-Parent Psychotherapy With Young Witnesses of Family Violence**
Author: Alicia F. Lieberman and Patricia Van Horn *Books* 2005 146 pages

This practical handbook offers treatment guidelines to address the behavioral and mental health problems of young children whose most intimate relationships are disrupted by the experience of violence. Practitioners from a variety of disciplines will gain an understanding of the impact of violence and will discover concrete intervention strategies to address the consequences of this experience for young children.

Material Title: **Don't look at Me: A Child's Book about Feeling Different**
Author: Doris Sanford *Children's Books* 1986 28

After being called stupid and fat by the kids at school, Patrick learns that he is special in his own right and does not have to see himself as others do

Material Title: **Early Childhood Mental Health Consultation**
Author: Elena Cohen and Roxane Kaufmann *Books* April 2000 44 pages

This monograph builds upon a two-day roundtable meeting that was funded by the Special Program Development Branch, Center for Mental Health Services, Substance Abuse and Mental Health Services Administration. The meeting brought together key stakeholders from the early education and child care fields with family members, mental health practitioners and administrators, and federal, state, and community agency representatives to share their state-of-the-art thinking on promoting healthy development among infants, toddlers, and preschool-age children, in early childhood settings through mental health consultation. The monograph describes an early childhood mental health perspective, defines types of mental health consultation, and provides examples of the essential features of consultation, including challenges and strategies in the consulting process. A vignette illustrates the nuances of the process, and descriptions of programs implementing early childhood mental health consultation are included.

Material Title: **EMERGE; Practical Tools to Find Calm in the Chaos (CD)**
Author: Robyn Gobbel *CDs* 2019 20 minutes

Since adoptive parents and (and the professionals who support them!!) often cannot remove themselves from stressful situations, they benefit from learning how to shift their nervous system into a state of regulation even in the midst of chaos. By leaning into the latest brain science on regulation and self-compassion, this webinar will help you identify and harness already existing opportunities to practice moments of rest and regulation in order to strengthen your resilience and decrease burn-out.

Webinar participants will be introduced to the concept of self-compassion (based on Kristin Neff's work). Together, we will discuss how self-compassion is crucial for self-care, as well as the barriers to self-compassion. You will have the opportunity to engage in an experiential activity with self-compassion during the webinar (or you can just listen and then practice it later)...an activity designed to be short enough and easy enough (yet powerful enough) that you can continue to do it whenever and wherever! We will also look at the work of Rick Hanson, PhD, author of "Hardwiring Happiness." We will learn how to track the state of our own nervous system and then how to take SIMPLE concrete steps to teach our brain how to spend more time focusing on the good that already exists. Seriously- they are so easy. The hardest part will be believing that these simple things will actually help.

Mental Health Issues

Material Title: **EMERGE; Practical Tools to Find Calm in the Chaos (DVD)**
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Material Title: **Empowering Children to Cope With Difficulty and Build Muscles for Mental Health**
Author: Eric Dlugokinski *Books* 1997 216 pages

Providing a conceptual understanding and practical suggestions for educating children in skills that can promote their mental health, this text presents principles for effective delivery of suggested intervention techniques. Chapters in the first section of the text focus on helping children to deal with problem situations. The second section provides information to promote emotionally healthy children, including a knowledge of self, a respect for self and others, healthy habit strength, and a balance between work and play. Suggestions are also provided for enhancing intervention efforts and principles proven effective in mental health education.

Material Title: **Family Dynamics in Individual Psychotherapy**
Author: Ellen F. Wachtel *Books* 1986 243 pages

Addressed to clinicians who do insight-oriented therapy, to family therapists who wish to work with individuals, and to students in these fields, this volume presents specific family systems methods that can be adapted to more traditional psychotherapy, and a theoretical perspective that reconciles family systems approaches with individual psychodynamics.

Material Title: **Family Influences on Childhood Behavior and Development: Evidence-Based Prevention and Treatment Approaches**
Author: Thomas Gullotta and Gary M. Blau *Books* 2008 327 pages

This collection of 13 essays intended for clinicians examines factors associated with families in distress and factors that promote healthy coping skills and resilience. The first 5 chapters explore what family means today, circumstances that can make family life challenging or painful, and how prevention and treatment approaches can help. The next 8 chapters focus on potentially distressing events, including adoption, divorce, stepfamilies, lesbian and gay families, foster care, parents with mental illnesses, physical abuse, and sexual abuse.

Material Title: **Feelings Book: The Care & Keeping of your Emotions, The**
Author: Lynda Madison *Children's Books* 2013 104 pages

This invaluable companion to The Care & Keeping of You received its own fresh update! The Feelings Book will help you understand your emotions, and deal with them in positive ways. You'll get tips on how to express your feelings and stay in control, plus get sensitive advice on handling fear, anxiety, jealousy, and grief. Learn how to stay in the driver's seat of your own emotions!

Material Title: **Fighting Invisible Tigers: A Stress Management Guide for Teens**
Author: Earl Hipp *Books* 2019 136 pages

Untempered stress among teens is approaching epidemic status. Prolonged and intense anxiety can feel like being stalked by a tiger, never knowing when it will strike. Helping adolescents cope with day-to-day stressors—like school, friendships, family, and social media—can help curb impulsivity and other risky behaviors.

Now in its fourth edition, the revised and updated Fighting Invisible Tigers teaches teens proven techniques and stress management skills to face the rigors of growing up. Packed with useful information on how stress affects physical and emotional health, readers will learn:

- smart approaches to handle decision-making
- easy steps toward greater assertiveness
- relaxation and mindfulness exercises to focus their minds
- time management skills to avoid feeling pressured
- how to avoid online drama
- positive self-talk techniques
- and more!

Getting rid of stress is impossible, but learning how to control the response to it can help teens develop healthier relationships, make better decisions, and outsmart those tigers.

Mental Health Issues

Material Title: **Fire Setting (DVD)**
Author: Foster Parent College *DVDs* 2003 2 Hrs

In this DVD course, Rick Delaney gives parents a clear understanding of four types of fire-setting problems with children – silent but deadly, impulsive, disturbed, and accidental or curious – and presents some unique and effective ways parents can respond.

Material Title: **Flicker of Hope, A**
Author: Julia Cook *Children's Books*

HOPE is our children's window for a better tomorrow. In terms of resilience and well-being, hope is a critically important predictor of success. This creative story from the best-selling author of *My Mouth is a Volcano!*, and *Bubble Gum Brain*, reminds children that dark clouds can be temporary and asking for help is always okay. We all have times when we need to borrow a little hope from someone else.

Sometimes the dark clouds overhead seem too heavy and you feel like giving up. Little candle knows all about this. Bad grades, blasted on social media, worried about making the team, and wondering who her real friends are so many hard things to deal with! All she can see is darkness. But her story begins to change when someone notices she needs a boost of hope. As little candle is reminded she has purpose and her own unique gifts, and that she isn't the only one with dark clouds, her dim light begins to shine brighter.

This hopeful story emphasizes for children (and adults) the many different ways to ask for help, and their ability to be a hope builder for others, too.

Material Title: **For the Child: Information on Mental Health & Advocacy for Resource Parents**
Author: Parent's Action for Children *DVDs*

Material Title: **Foster Care Therapist Handbook**
Author: Robert E. Lee and Jason B. Whiting *Books* 2008 480 pages

Divided into three parts, "The Culture and Environment of Foster Care," "Family Therapy Approaches," and "Important 'Other' Issues," this book, through 21 essays by experts in the field, focuses on the "relational therapy approach" which considers the whole relational environment for each child and endeavors to get all parts of it to work together for the child's sake.

Material Title: **Freeing Your Child from Anxiety**
Author: Tamar E. Chansky *Books* 2004 298 pages

This book offers practical solutions to overcome your child's fears, worries, and phobias. It examines all manifestations of childhood fears, including social anxiety disorder, Tourette's syndrome, hair-pulling, and obsessive-compulsive disorder. It guides you through a program to help your child back to emotional safety.

Material Title: **Functional Emotional Assessment Scale (FEAS) for Infancy and Early Childhood, The: Clinical and Research Applications**
Author: Stanley I. Greenspan, Georgia DeGangi, and Serena Wieder *Books* 2001 427 pages

The Functional Emotional Assessment Scale by Stanley Greenspan, Georgia DeGangi, & Serena Wieder enables clinicians, educators, and researchers to observe and measure emotional and social functioning in infants, young children, and their families. Historically, the complexity of emotional functioning has been difficult to measure and assess. The FEAS meets this longstanding need of the field. The FEAS conceptualizes, operationalizes, and measures in a reliable and valid manner.

Material Title: **Handbook of Infant, Toddler, and Preschool Mental Health Assessment**
Author: Rebecca Del Carmen-Wiggins and Alice Carter *Books* 2004 538 pages

This book brings together, for the first time, leading clinical researchers to provide empirically based recommendations for assessment of social-emotional and behavior problems and disorders in the earliest years. Each author presents state-of-the-art information on scientifically valid, developmentally based clinical assessments and makes recommendations based on the integration of developmental theory, empirical findings, and clinical experience. The editors of this exciting new work have assembled an extraordinary collection of chapters that thoroughly discuss the conceptualizations of dysfunction in infants and young children, current and new diagnostic criteria, and such specific disorders as sensory modulation dysfunction, sleep disorders, eating and feeding disorders, autistic spectrum disorders, anxiety disorders, posttraumatic stress disorder, and ADHD. Chapters further highlight the importance of incorporating contextual factors such as parent-child relationship functioning and cultural background into the assessment process to increase the validity of findings.

Given the comprehensiveness of this groundbreaking volume in reviewing conceptual, methodological, and research advances on early identification, diagnosis, and clinical assessment of disorders in this young age group, it will be an ideal resource for teachers, researchers, and a wide variety of clinicians including child psychologists, child psychiatrists, early intervention providers, early special educators, social workers, family physicians, and pediatricians.

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Material Title: **Handbook of Training and Practice in Infant and Preschool Mental Health, The**
Author: Karen Moran Finello *Books* 2005 512 pages

This comprehensive and highly useful guide offers students and practicing clinicians who work with infant and preschool populations a much-needed resource for developing and honing their professional skills and clinical experiences. The book contains vital information about general training issues and highlights the skills that are needed to be considered a competent professional. Written by top experts in the field from a wide range of disciplines, the authors address basic areas of training and practice with very young children, including observation, assessment, diagnosis, dyadic therapy, and reflective supervision, in addition to unique areas of clinical work such as reunification and adoption evaluations. The book also offers examples of innovative models of training and practice for the delivery of services in nontraditional settings such as homes, day care centers, and preschools, and special strategies for delivering clinical services and providing supervision in rural and remote settings, including the use of technology.

Material Title: **How To Be A Superhero Called Self-Control!* (Children's Materials)**
Author: Lauren Brukner *Children's Books* 2016 112 pages

Meet Self-Control, a superhero who wants to teach young children his super powers of self-control! Anxiety, frustration, anger, and other difficult feelings won't stand a chance against their new-found powers. Self-Control teaches children with emotional and sensory regulation difficulties aged approximately 4-7 how to calm themselves using self-massage, deep pressure, breathing exercises, and activities such as making an imaginary list and finding their own peaceful place. This illustrated book also features an appendix with photocopyable super power charts, reinforcers, and reminder tools to ensure that parents, teachers, and other professionals can support children in upholding superhero strategies even after the book has been read.

Material Title: **Infant Mental Health Services: Supporting Competencies/Reducing Risks**
Author: Deborah Weatherston and Betty Tableman *Books* 2002 317 pages

This book is a manual for infant mental health service specialists. Chapters include: Identification, Referral and Enrollment, Arrangements for Services, Assessment and Service Planning, Intervention Strategies, Termination or Transfer of Services, Special Circumstances, Issues of the Mental Health Specialist, Administrators and Organizations.

Material Title: **Interpersonal Psychotherapy for Depressed Adolescents**
Author: Laura Mufson *Books* 218 pages

Fully revised and expanded, the second edition of this popular treatment manual incorporates a decade's worth of scientific and practical advances. Provided are step-by-step guidelines for conducting the authors' evidence-based brief intervention, together with up-to-date information on conceptual and empirical underpinnings. Readers learn how to educate adolescents and their families about depression, work with associated relationship difficulties, and help clients manage their symptoms while developing more effective communication and interpersonal problem-solving skills. Invaluable advice is also given on handling the many challenges and crises that may arise in work with teens. Including many additional clinical vignettes and more detailed instructions throughout, the second edition features two new chapters elucidating specific therapeutic techniques and presenting an extended case example. Helpful session checklists and sample assessment tools are provided in the appendices.

Material Title: **It Won't Last Forever; Living with a depressed parent**
Author: Doris Sanford *Children's Books* 1993 28

Kristen finds it hard to care for herself and her baby brother when her mother is too depressed to pay attention to them, but Mrs. Gerhart, the neighbor, and Barbara, the Activities Director at the pool, help, even when Kristen's mother is admitted to the hospital.

Material Title: **Kid Confidence: Help Your Child Make Friends, Build Resilience, and Develop Real Self-Esteem**
Author: Eileen Kennedy-Moore, PhD *Books* 2019 240

As parents, it's heartbreaking to hear children say negative things about themselves. But as children grow older and begin thinking about the world in more complex ways, they also become more self-critical. Alarming, studies show that self-esteem, for many children, takes a sharp drop starting around age eight, and this decline continues into the early teen years. So, how can you turn the tide on this upsetting trend and help your child build genuine self-esteem?

With this guide, you'll learn that self-esteem isn't about telling kids they're "special." It's about helping them embrace the freedom that comes with a quiet ego—a way of being in the world that isn't preoccupied with self-judgment, and instead embraces a compassionate view of oneself and others that allows for both present awareness and personal growth. When kids are less focused on evaluating and comparing themselves with others, they are freer to empathize with others, embrace learning, and connect with the values that are bigger than themselves.

Material Title: **Letting Go of Anger: The Eleven Most Common Anger Styles and What to Do About Them**
Author: Ron Potter-Efron, M.S.W. *Books* 1995 158 pages

This book identifies ten of the most common ways people express their anger and offers methods for changing them. It gives an in-depth description of these types of anger, where they come from, and how to identify them. The helpful techniques they describe are for anyone who wants to learn to express anger in healthy and productive ways.

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Material Title: **Managing Multiple Diagnoses: Strategies to Differentiate, Identify, and Intervene Effectively (2 CDs)**
Author: CD *CDs* 2008 90 minutes

Parents and professionals frequently find themselves perplexed by the number of diagnoses their children have. How do we treat each one, what is primary? What about FASD/RAD? What do we do with a depressed child who is oppositional? This workshop, recorded at the 2008 NACAC Conference in Ottawa, offers a basic understanding of how these labels are viewed, medicated, and managed from a practical perspective.

Material Title: **Mental Health Challenge of Special Needs Adoption, The: A Resource Book for Professionals Working with Adoptive Families**
Author: Children's Psychiatric Day Treatment Center, Orego *Books* 1987 111 pages

This 1987 collection of studies related to post adoption mental health services is intended to aid therapists, counselors, psychiatrists, psychologists and social workers in understanding the differences in children who have experienced adoption.

Material Title: **Mental Health Law in Oregon**
Author: Disability Rights Oregon *Information Packet* 2012 71 pages

This guide was written to provide information about the rights and protections that individuals with mental illness have under the law in Oregon, and includes citations to Oregon Revised Statutes (ORS) and Oregon Administrative Rules (OAR).

Material Title: **Microscope with a Wide-Angle Lens, The: A Complete Look at Your Adopted Child Using a Bio-Psycho-Social Model (2 CDs)**
Author: James Kagan and Richard Delaney *CDs* 8/2011 28 minutes

Presented by James Kagan, pediatrician/psychiatrist, Colorado and Richard Delaney of Hawaii Behavioral Health, Texas at the 37th NACAC Conference 2011 in Denver, Colorado. This workshop will address how the bio-psycho-social assessment of troubled adopted children and youth permits adoptive parents to be better advocates, more informed treatment team members in working with helping professionals, and more knowledgeable observers and caregivers of their children.

Material Title: **Mindful Little Yogis; Self-Regulation Tools to Empower Kids with Special Needs to Breathe and Relax**
Author: Nicola Harvey *Books* 8/21/2018 176

Help children to master emotional self-regulation and improve wellbeing with these activities. Based on traditional yoga breath and mindfulness exercises, each activity is adaptable for a range of abilities and they are also ideal for working with children with autism and other special needs.

The book explains how being conscious of the breath is the key to unlocking calm during busy moments, and shows how this can be taught in a child-friendly way. Including activities such as lion breathing, bubble breathing, and sensory yoga games, children will love to learn self-regulatory techniques they can carry with them for life. Suitable for one-on-one and group work with children aged 4+.

Material Title: **Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time, The (The Instant Help Solutions Series)**
Author: Dzung X. Vo MD FAAP *Books* 2015 248 pages

The Mindful Teen offers a unique program based in mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT) to help you deal with stress. The simple, practical, and easy-to-remember tips in this book can be used every day to help you handle any difficult situation more effectively—whether it's taking a test at school, having a disagreement with your parents, or a problem you are having with friends.

Material Title: **Mindsight: The New Science of Personal Transformation**
Author: Daniel J. Siegel, MD *Books* 2010 261 pages

From anxiety to depression and feelings of shame and inadequacy, from mood swings to addictions, OCD, and traumatic memories, most of us have a mental "trap" that causes recurring conflict in our lives and relationships. Daniel J. Siegel, M.D., a clinical professor of psychiatry at the UCLA School of Medicine and co-director of the UCLA Mindful Awareness Research Center, shows us how to use mindsight to escape these traps. Through his synthesis of a broad range of scientific research with applications to everyday life, Dr. Siegel has developed novel approaches that have helped hundreds of patients free themselves from obstacles blocking their happiness. By cultivating mindsight, all of us can effect positive, lasting changes in our brains—and our lives.

Material Title: **Model Post Adoption Service Programs (2 CDs)**
Author: NACAC Conference 2006 CD *CDs* 2006 3 hours

Panelists representing four states with effective post-adoption programs discuss the services they offer families. Each program model will be discussed, including successes, challenges and lessons learned. The presenters will also explore adoptive families' needs and which services have the most value for families.

Mental Health Issues

Material Title: **Mood Disorders and Trauma: Making Sense of Our Complex Children (DVD)**
Author: Dr. Donald Federici and Heather T. Forbes, LCSW *DVDs* 2012 41 minutes

Dr. Federici clearly explains how trauma induced mood disorders drive much of a child's negative and acting-out behaviors. He gives insight as to how anxiety, depression, mood swings, compulsive behaviors, sleep difficulties, poor social skills, reactivity, and defiance all connect back to a child's inability to regulate themselves. Solutions that center on a parent's ability and the family's ability to provide an end to the child's fear cycle are discussed in this interview.

Material Title: **My Strong Mind; A Story About Developing Mental Strength**
Author: Niels Van Hove *Children's Books* 2017 32

Do you want to teach your children about Confidence, Resilience and a Growth Mindset? With My Strong Mind your children will be introduced to mental strength and learn about techniques to develop their own strong mind.

The story is about Kate, a sporty and happy girl who uses her strong mind to tackle her daily challenges with a positive attitude.

This book aspires to educate children and parents about mental toughness and open a positive dialogue on the subject. Kate solves her every day problems with a positive attitude and hopefully will help 5-8 year old children do the same.

Material Title: **Neurobehavioral and Social-Emotional Development of Infants and Children, The**
Author: Ed Tronick *Books* 2007 571 pages

Tronick has gathered together his most influential writings in a single, essential volume. Organized into five parts—(I) Neurobehavior, (II) Culture, (III) Infant Social-Emotional Interaction, (IV) Perturbations: Natural and Experimental, and (V) Dyadic Expansion of Consciousness and Meaning Making—this book represents his major ideas and studies regarding infant-adult interactions, developmental processes, and mutual regulation.

Material Title: **Neurobiology of Attachment-Focused Therapy, The: Enhancing Connection & Trust in the Treatment of Children & Adolescents**
Author: Jonathan & Daniel Baylin & Hughes *Books* 2016 304 pages

This groundbreaking book explores, for the first time, how the attachment-focused family therapy model can respond to this question at a neural level. It is a rich, accessible investigation of the brain science of early childhood and developmental trauma. Each chapter offers clinicians new insights—and powerful new methods—to help neglected and insecurely attached children regain a sense of safety and security with caring adults. Throughout, vibrant clinical vignettes drawn from the authors' own experience illustrate how informed clinical processes can promote positive change.

Material Title: **New Hope for Children and Teens with Bipolar Disorder**
Author: Boris Birmaher *Books* 2004 290 pages

This guidebook for parents addresses such areas as assessment, causes, biological treatments, psychological treatments, coexisting psychological disorders, recognizing and responding to suicidal behavior, managing your child's behavior problems, solving your child's academic problems, and handling health insurance.

Material Title: **Not Always Happy: An Unusual Parenting Journey**
Author: Kari Wagner-Peck *Books* 2017 256

While most people meet their child for the first time in a delivery room, some parents have to meet their child in the reception area of an administrative building.

Not Always Happy is a humorous and sharp chronicle about adopting and raising a son with Down syndrome from the Maine foster care system. The author quickly learns that life is best lived by expecting the unplanned when she makes the decision to become a parent in her late forties. As her unconventional family moves along in this life, she and her husband are less aware they are raising an atypical child or an adopted child. They are raising their child, and their family struggles with the same universal themes that any family goes through.

Material Title: **One Small Boat: The Story of a Little Girl, Lost Then Found**
Author: Kathy Harrison *Books* 2006 224 pages

From the author of Another Place at the Table, this book focuses on five-year-old Daisy, one of the numerous children the Harrisons have taken in over the years. It is a story of real people, warts and all, who struggle to bring a safe haven to children who have endured extraordinary hardships and of the realities of the systems in place to protect them.

Material Title: **Parenting a Teen Who Has Intense Emotions; DBT Skills to Help Your Teen Navigate Emotional & Behavioral Challenges**
Author: Pat Harvey *Books* 2015 224

Parenting a teen with intense emotions can be extremely difficult. This much-needed book will give you the tools needed to help your teen regulate his or her emotions. In addition, you'll learn the skills for managing your own reactions so you can survive these difficult years and help your teen thrive.

Mental Health Issues

Material Title: **Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach**
Author: Vincent Monastra *Books* 2014 252 pages

Children with ADHD struggle so much with inattention or hyperactivity and impulsivity that they have trouble succeeding at home, at school, with friends, or on the playing field. Arranged in a series of lessons to be taken "one at a time," this book shows how you can become your child's best advocate, helping to improve attention, behavioral control, and social skills. Updates to this edition include information on new diagnostic tests, medications, and treatments; tips to help your school district create a safe for your child; and a new chapter on teaching life values, such as generosity and kindness.

Material Title: **Parenting Your Anxious Child with Mindfulness and Acceptance: A Powerful New Approach to Overcoming Fear, Panic, and Worry Using Acceptance and Commitment Therapy**
Author: Christopher McCurry, PhD *Books* 2009 248

We live in a chaotic and often unpredictable world, so it's only natural for you and your child to have anxieties. But seeing your child cry, cling to you, or even use aggression to avoid his or her own fears and worries may cause you to worry even more, trapping both of you in a cycle of anxiety and fear.

You can interrupt this cycle with the proven-effective mindfulness and acceptance skills taught in this book. Drawn from acceptance and commitment therapy, *Parenting Your Anxious Child with Mindfulness and Acceptance* offers a new way to think about your child's anxiety, as well as a set of techniques used by child psychologists to help children as young as four let go of anxious feelings and focus instead on relationships with friends, learning new things in school, and having fun. You'll learn these techniques, use them when you feel anxious, and teach them to your child. With practice, you both will let go of anxious feelings and your child will find the confidence to enjoy being a kid.

Material Title: **Pediatric Disorders of Regulation in Affect and Behavior: A Therapist's Guide to Assessment and Treatment**
Author: Georgia DeGangi *Books* 2000 334 pages

This book, designed for mental health professionals and occupational therapists working with infants and children, describes in detail, specific treatment approaches for problems of mood regulation, sensory processing, attention, sleep, feeding, and play and social interactions. Comprehensive case presentations are included in each chapter to demonstrate this innovative and integrated treatment approach.

Material Title: **Pediatric Disorders of Regulation in Affect and Behavior: A Therapist's Guide to Assessment and Treatment**
Author: Georgia DeGangi *Books* 2000 371 pages

This book represents state of the art coverage of the latest theory, research and treatment strategies for infants and children with problems of regulation. Designed for mental health professionals and occupational therapists working with infants and children, this comprehensive book provides the most recent advances in addressing disorders of self-regulation. Screening and assessment procedures are described in detail to help the reader evaluate self-regulation, attention, sensory processing, and parent-child interactions in infants and children. This book is the first of its kind to integrate treatment approaches from the fields of infant/child mental health and sensory integration.

Material Title: **Play in Family Therapy**
Author: Eliana Gil *Books* 1994 209 pages

Part one of this book for therapists is entitled "The History of and Rationale for Family Play Therapy." Part Two is entitled, "The application of Play Therapy Techniques and Clinical Examples," and it includes chapters on puppet interviews, family art therapy, story-telling techniques, and additional play techniques.

Material Title: **Pocket Guide to The Polyvagal Theory, The: The Transformative Power of Feeling Safe**
Author: Stephen Porges *Books* 2017 244 pages

Bridging the gap between research, science, and the therapy room.

When *The Polyvagal Theory* was published in 2011, it took the therapeutic world by storm, bringing Stephen Porges's insights about the autonomic nervous system to a clinical audience interested in understanding trauma, anxiety, depression and other mental health issues. The book made accessible to clinicians and other professionals a polyvagal perspective that provided new concepts and insights for understanding human behavior. The perspective placed an emphasis on the important link between psychological experiences and physical manifestations in the body. That book was brilliant but also quite challenging to read for some.

Since publication of that book, Stephen Porges has been urged to make these ideas more accessible and *The Pocket Guide to the Polyvagal Theory* is the result. Constructs and concepts embedded in polyvagal theory are explained conversationally in *The Pocket Guide* and there is an introductory chapter which discusses the science and the scientific culture in which polyvagal theory was originally developed. Publication of this work enables Stephen Porges to expand the meaning and clinical relevance of this groundbreaking theory.

Mental Health Issues

Material Title: **Promoting Successful Adoptions: Practice With Troubled Families**
Author: Susan Livingston Smith and Jeanne Howard *Books* 1999 254 pages

This book, written for social workers and other professionals, focuses on adoptive families after finalization. The authors incorporate the findings of their own unique research project on troubled adoptive families with other empirical research, theory, and practice knowledge. Using case examples, detailed case histories, and various practice strategies, the authors offer a clear and well-documented overview of the topic.

Material Title: **PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma, The**
Author: Libbi Palmer *Books* 2012 160 pages

If you have traumatic memories from an extremely upsetting, stressful, or painful experience in your life, you are not alone. In fact, many young people have been exposed to traumatic events. As a result, you might have lingering flashbacks, trouble sleeping, or a constant feeling that you are in danger. These are common symptoms of post-traumatic stress disorder (PTSD).

Material Title: **Raising a Moody Child: How to Cope with Depression and Bipolar Disorder**
Author: Mary Fristad and Jill Arnold *Books* 2003 246 pages

Bipolar illness and depression can derail a child's normal development at any age. With sage advice to parents (and kids) that "it's not your fault, but it's your challenge," the authors provide a roadmap and a toolkit of strategies for families facing these complicated, heritable, and treatable medical disorders.

Material Title: **Raising a Sensory Smart Child; The Definitive Handbook for Helping Your Child with Sensory Processing Issues**
Author: Lindsey & Nancy Biel & Peske *Books* 8/25/2009 512

For children with sensory difficulties - those who struggle process everyday sensations and exhibit unusual behaviors such as avoiding or seeking out touch, movement, sounds, and sights - this groundbreaking book is an invaluable resource. Sensory processing challenges affect all kinds of kind - from those with developmental delays, learning and attention issues, or autism spectrum disorder to those without any other issues. Now in its third edition, Raising a Sensory Smart Child is even more comprehensive and helpful than ever.

Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 1 (DVD)**
Author: DVD *DVDs* 2010 *rs. 30 min.*

Disk 1 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "Turbulence and Instrument Calibration: Early Childhood Mental Health & Development in Adoption," presented by Kristie Baber, MSW, LICSW; "Sleep and Adoption" presented by Julian Davies, MD.

Material Title: **Raising Your Spirited Child**
Author: Mary Kurcinka *Books* 1991

Spirited kids are, in fact, simply "more"--by temperament, they are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. Distinguished here from hyperactive children, Mary Sheedy Kurcinka offers parents emotional support and proven strategies for handling their spirited child.

Material Title: **Residential Treatment: A Tapestry of Many Therapies**
Author: Vera Fahlberg *Books* 1990 304 pages

This book clearly identifies a framework for professionals and parents considering any residential placement for a child whether the child is with his birth family, foster family, or adoptive family.

Material Title: **Right Fit, The: Finding Effective Help for Families with Attachment Challenged Children (CD)**
Author: CD *CDs* 2008 41 minutes

In this audio program, Juli Alvarado, at Coaching for Life, interviews Jennifer Winkelmann. Juli speaks from her role as a mother to foster and biological children, seeking information for parents on finding the right kind of help for children with attachment challenges. Jen and Juli discuss how to find an effective therapist and equip parents and professionals with the keys to successful treatment.

Mental Health Issues

Material Title: **Sensory Child Gets Organized, The: Proven Systems for Rigid, Anxious, or Distracted Kids**
Author: Carolyn Dalglish *Books* 2013 272

Every year, tens of thousands of young children are diagnosed with disorders that make it difficult for them to absorb the external world. Parents of sensory kids—like those with sensory processing disorder, anxiety disorder, AD/HD, autism, bipolar disorder, and OCD—often feel frustrated and overwhelmed, creating stress in everyday life for the whole family. Now, with *The Sensory Child Gets Organized*, there's help and hope.

As a professional organizer and parent of a sensory child, Carolyn Dalglish knows firsthand the struggles parents face in trying to bring out the best in their rigid, anxious, or distracted children. She provides simple, effective solutions that help these kids thrive at home and in their day-to-day activities, and in this book you'll learn how to:

- Understand what makes your sensory child tick
- Create harmonious spaces through sensory organizing
- Use structure and routines to connect with your child
- Prepare your child for social and school experiences
- Make travel a successful and fun-filled journey

With *The Sensory Child Gets Organized*, parents get an easy-to-follow road map to success that makes life easier—and more fun—for your entire family.

Material Title: **Sexual Trauma Workbook for Teen Girls, The: A Guide to Recovery from Sexual Assault and Abuse**
Author: Raychelle Cassada Lohman, PhD LPC *Children's Books* 2016 200

If you've been sexually abused or experienced sexual trauma, you may feel confused, angry, ashamed, and unable to move forward emotionally. You're not alone. Like many teens who've been abused, you may be tempted to keep the secret locked deep inside and feel uncomfortable discussing your struggles with others. If so, this book can help you find your voice.

This empowering workbook will help you move past your trauma and serve as a comforting reminder that you are strong and resilient. Healing is possible—and with healing, comes victory. In this book, you'll find true stories from other teen survivors, and in reading the stories you'll find reassurance in knowing you aren't alone in your experiences. You'll also find practical and proven-effective strategies and exercises to help promote emotional healing and reclaim your sense of self.

Sexual abuse or trauma may be a part of your past, but it doesn't need to define who you are now. This book will help you as you start on the path toward healing so you can move forward with confidence.

Material Title: **Straight Talk About Psychiatric Medications for Kids (Fourth Edition)**
Author: Timothy & Paul Wilens & Hammerness *Books* 4/22/2016 342

Is medication the right choice for treating your child's emotional or behavioral problems? How can you be confident that he or she has been properly diagnosed? What do you need to know to get the most benefits from medication treatment, with the least risk? From leading child psychiatrists Timothy Wilens and Paul Hammerness, this book has already empowered many tens of thousands of parents to make tough decisions and become active, informed managers of their children's care. With clarity and compassion, it explains how medications work; their impact on kids' emotions, personality, school performance, and health; the pros and cons of specific treatment options; and much more. In addition to parents, teachers and other school professionals will find this book an ideal reference.

New in the Fourth Edition:

Extensively revised to include the latest information about medications and their uses, the fourth edition is even more accessible, and includes pullouts, bulleted lists, and "take home points" highlighting critical facts.

Material Title: **Strength Switch, The: How The New Science of Strength-Based Parenting Can Help Your Child and Your Teen to Flourish**

Author: Lea Waters *Books* 2017 352

Unlock your children's potential by helping them build their strengths.

This game-changing book shows us the extraordinary results of focusing on our children's strengths rather than always trying to correct their weaknesses. Most parents struggle with this shift because they suffer from a negativity bias, thanks to evolutionary development, giving them "strengths-blindness." By showing us how to throw the "strengths switch," Lea Waters demonstrates how we can not only help our children build resilience, optimism, and achievement but we can also help inoculate them against today's pandemic of depression and anxiety.

As a strengths-based scientist for more than twenty years, ten of them spent focusing on strengths-based parenting, Waters has seen how this approach enhances self-esteem and energy in both children and teenagers. Yet more on the plus side: parents find it a particularly exciting and rewarding way to raise children. With many suggestions for specific ways to interact with your kids, Waters demonstrates how to discover strengths and talents in our children, how to use positive emotions as a resource, how to build strong brains, and even how to deal with problem behaviors and talk about difficult situations and emotions. As revolutionary yet simple as Mindset and Grit, *The Strength Switch* will show parents how a small shift can yield enormous results.

Mental Health Issues

Material Title: **Stuff That Sucks; A Teen's Guide to Accepting What You Can't Change and Committing to What You Can**
Author: Ben Sedley *Children's Books* 2017 96

If you struggle with negative thoughts and emotions, you should know that your pain is real. No one should try to diminish it. Sometimes stuff really does suck and we have to acknowledge it. Worry, sadness, loneliness, anger, and shame are big and important, but they can also get in the way of what really matters. What if, instead of fighting your pain, you realized what really matters to you—and put those things first in life? If you did that, maybe your pain wouldn't feel so big anymore. Isn't it worth a try?

Stuff That Sucks offers a compassionate and validating guide to accepting emotions, rather than struggling against them. With this book as your guide, you'll learn to prioritize your thoughts, feelings, and values. You'll figure out what you care about the most, and then start caring some more! The skills you'll learn are based on acceptance and commitment therapy (ACT). Yes, there are a few written exercises, but this isn't a workbook. It's a journey into the stuff that sucks, what makes that sucky stuff suck even more, and how just a few moments each day with the stuff that matters will ultimately transform the stuff that sucks into stuff that is just stuff. Make sense?

Maybe you want to be more creative? Or maybe you simply want to do better in school or be a better friend? This book will show you how to focus on what you really care about, so that all that other sucky stuff doesn't seem so, well, sucky anymore.

Material Title: **Suicide: Why?: 85 Questions and Answers about Suicide**
Author: Adina Wroblewski *Books* 1994 100 pages

Suicide Why? is a book for the general public, caregivers and professionals, and people grieving a suicide death. It is clearly and simply written. And it provides a good resource about suicide.

Material Title: **Tanya and the Tobo Man = Tanya y el Hombre Tobo: A Story in English and Spanish for Children entering Therapy**
Author: Lesley Koplow *Children's Books* 1991 32

Tanya's continuing fear of the Tobo Man leads her mother to start her in therapy at a children's mental health center

Material Title: **Teen Mental Health in an Online World; Supporting Young People Around Their Use of Social Media, Apps, Gaming, Texting, and the Rest**
Author: Victoria Betton *Books* 10/18/2018 296

This essential book shows practitioners how they can engage with teens' online lives to support their mental health. Drawing on interviews with young people it discusses how adults can have open and inquiring conversations with teens about both the positive and negative aspects of their use of online spaces.

Material Title: **That's My Child: Strategies for Parents of Children with Disabilities**
Author: Lizanne Capper *Books* 1996 208

This book explores the different sources of formal and informal support available to parents with children who have all types of disabilities. Includes information on organizations, legal rights, special education, recreational activities, day care, and many other topics.

Material Title: **Therapeutic Communication With Children: The Mutual Storytelling Technique**
Author: Richard Gardner *Books* 1971 970 pages

Learn the techniques to use in storytelling to do therapy with children. Meticulous examples and research in working with children.

Material Title: **Therapeutic Communication: Knowing What to Say When**
Author: Paul Wachtel *Books* 1993 292 pages

This textbook for psychologists, therapists and counselors examines what therapists can say at specific moments to contribute to the process of healing and change. It shows why some communication in therapy may be particularly effective, while others addressing essentially the same content may actually be countertherapeutic.

Material Title: **Therapeutic Metaphors for Children and the Child Within**
Author: Joyce Mills *Books* 1986 261 pages

For clinicians, presents a method of applying Erikson's metaphoric interpersonal technique for child therapy. Incorporates theory, technique, and examples to give the reader a full sense of the 'second generation' Eriksonian method of therapy with children of all ages.

Mental Health Issues

Material Title: **Theraplay: Innovations in Attachment Enhancing Play Therapy**

Author: Evangeline Munn

Books

2000

This structured compilation of essays is aimed at play therapists and other professionals who work with children and families. Theraplay is a form of structured play therapy designed to strengthen the attachment between parents and their child. It is applicable to children of all ages, with a wide range of emotional, social and behavioral problems. It is short term and cost effective. Theraplay techniques are clearly and creatively presented with rich clinical detail in this volume.

Material Title: **Trauma-Proofing Your Kids: A Parents' Guide for Instilling Confidence, Joy and Resilience**

Author: Peter A. Levine Ph.D. & Maggie Kline

Books

2008

248

The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more “ordinary” ordeals such as terrifying medical procedures, accidents, loss and divorce. Trauma-Proofing Your Kids sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them “bounce back” after feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life’s circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. Trauma-Proofing Your Kids is a treasure trove of simple-to-follow “stress-busting,” boundary-setting, sensory/motor-awareness activities that counteract trauma’s effect on a child’s body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this ground-breaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

Material Title: **Treating Traumatized Children: New Insights and Creative Interventions**

Author: Beverly James

Books

1989

223 pages

This book offers innovative, insightful, and compassionate approaches to helping children work through their traumatic experiences regardless of the nature of the event.

Material Title: **Treating Troubled Children and Their Families**

Author: Ellen F. Wachtel

Books

1994

282 pages

Drawing on clinical insights from family systems thinking, psychodynamic play therapy, and cognitive-behavioral perspectives, this work presents an innovative approach to therapeutic work with young children and their families. This book is aimed at clinical and family therapists.

Material Title: **Turtles All the Way Down**

Author: John Green

Books

2019

320

Sixteen-year-old Aza never intended to pursue the mystery of fugitive billionaire Russell Pickett, but there's a hundred-thousand-dollar reward at stake and her Best and Most Fearless Friend, Daisy, is eager to investigate. So together, they navigate the short distance and broad divides that separate them from Russell Pickett's son, Davis.

Aza is trying. She is trying to be a good daughter, a good friend, a good student, and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts as a teen living with Obsessive Compulsive Disorder.

Material Title: **Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls**

Author: Lisa Damour, PhD

Books

2019

288

Though anxiety has risen among young people overall, studies confirm that it has skyrocketed in girls. Research finds that the number of girls who said that they often felt nervous, worried, or fearful jumped 55 percent from 2009 to 2014, while the comparable number for adolescent boys has remained unchanged. As a clinical psychologist who specializes in working with girls, Lisa Damour, Ph.D., has witnessed this rising tide of stress and anxiety in her own research, in private practice, and in the all-girls' school where she consults. She knew this had to be the topic of her new book.

In the engaging, anecdotal style and reassuring tone that won over thousands of readers of her first book, *Untangled*, Damour starts by addressing the facts about psychological pressure. She explains the surprising and underappreciated value of stress and anxiety: that stress can helpfully stretch us beyond our comfort zones, and anxiety can play a key role in keeping girls safe. When we emphasize the benefits of stress and anxiety, we can help our daughters take them in stride.

But no parents want their daughter to suffer from emotional overload, so Damour then turns to the many facets of girls' lives where tension takes hold: their interactions at home, pressures at school, social anxiety among other girls and among boys, and their lives online. As readers move through the layers of girls' lives, they'll learn about the critical steps that adults can take to shield their daughters from the toxic pressures to which our culture—including we, as parents—subjects girls.

Mental Health Issues

Material Title: **Understanding the Defiant Child (DVD)**

Author: DVD *DVDs* 1997 34 min

In this clear and accessible resource for clinicians and school practitioners, parents, students of child behavior, and teachers, Dr. Barkley illuminates the nature of Oppositional Defiant Disorder (ODD), its causes, why it should be dealt with early, and what can be done. Dr. Barkley provides a vivid picture of what we know about ODD and presents real-life scenes of family interactions and commentary from parents. Viewers learn how to distinguish ODD from milder forms of misbehavior, long-term outcomes for defiant children, the relationship between ODD and ADHD, and why parent training can help.

Material Title: **Ups and Downs of Raising a Bipolar Child, The: A Survival Guide for Parents**

Author: Judith & Candida Lederman & Fink *Books* 2003 320 pages

Bipolar disorder has recently been identified as one of the most misunderstood and underdiagnosed conditions affecting children -- and it is dramatically on the rise. The Ups and Downs of Raising a Bipolar Child gives parents the sound advice and expert information they need to cope with this challenging diagnosis, and shows how to provide essential care and support for a bipolar child as well as for the rest of the family.

Material Title: **Using Self Psychology in Child Psychotherapy: The Restoration of the Child**

Author: Jule Miller *Books* 1996 358 pages

Emphasizing the fragility of the developing self and the need for empathic parenting figures, Dr. Miller extends the psychodynamic theories of Heinz Kohut to child psychotherapy. Miller describes the powerful creative forces that push toward healthy self-development and brings Kohut's theory of the self to the treatment of children and adolescents, enabling parents and therapists to apply healing to the child's "self" while it is still in the process of forming.

Material Title: **Visiting Feelings**

Author: Lauren Rubenstein *Children's Books* 2013 32 pages

Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness to help children fully experience the present moment. Rather than labeling or defining specific emotions and feelings, Visiting Feelings invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings. Practicing mindfulness can also enhance many aspects of well-being, help develop insight, empathy, and resiliency.

Material Title: **We Adopted Five Special-Needs Foster Kids: The Inspiring True Story of How an Absolutely Crazy Idea Led to One Very Big, Happy Family**

Author: Ann Ellsworth *Books* 2019 288

In 2008, Ann and Dan made the life-altering decision to start a family. In their mid-forties and inspired by various stories that they had heard, the couple decided to adopt special needs children through foster care. Not wanting to separate siblings, Ann and Dan's family eventually grows to seven, first with the adoption of Jimmy and Ruby, and then Jason, Susie, and Anthony.

But, the transition was not without its challenges. The children, aged five to ten years old, had been neglected, abused, and diagnosed with behavioral, cognitive, medical, and psychiatric conditions, none of which could be treated medically. Their first months in their new home were intense, overwhelming, and on occasion, violent. With numerous outbursts and incidents, Ann and Dan's patience and resolve were constantly tested. But slowly, when surrounded with stability, warmth, compassion, and love, the children settled in and became a family.

Poignant and heartfelt, We Adopted Five Special-Needs Foster Kids is for any reader who has ever been part of a family.

Material Title: **What's Going on in There? How the Brain and Mind Develop in the First Five Years of Life**

Author: Lise Eliot, Ph.D. *Books* 1999 533 pages

Drawing upon the exploding research in this field as well as the stories of real children, What's Going On in There? is a lively and thought-provoking book that charts the brain's development from conception through the critical first five years. In examining the many factors that play crucial roles in that process, What's Going On in There? explores the evolution of the senses, motor skills, social and emotional behaviors, and mental functions such as attention, language, memory, reasoning, and intelligence.

Material Title: **When Your Child Needs Help; A Parent's Guide to Therapy for Children**

Author: Norma Doft *Books* 1994 244

One of America's top child psychologists provides reassuring advice for parents whose children are experiencing emotional or developmental problems. Here is the essential guide for every parent who is struggling to distinguish typical growing pains from more serious problems.

Mental Health Issues

Material Title: **Why Isn't Johnny Crying? Coping with Depression in Children**

Author: Donald H. Jr. McKnew

Books

1983

167 pages

The authors have identified and classified the problems associated with depression in young people and have outlined approaches to help treat and relieve even hopeless feelings.

Material Title: **Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents**

Author: Violet Oaklander, Ph.D.

Professional Materials

1979

324 pages

With over 300 pages of methods, materials, techniques for working with children and adolescents, transcripts, case examples and discussion, this book more than fills a void in the child therapy literature. Counselors and therapists, in schools, mental health centers and private practice embrace this book.