

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.

Depression

Material Title: **Accessing the Healing Power of the Vagus Nerve; Self-Help Exercises for Anxiety, Depression, Trauma, and Autism**

Author: Stanley Rosenberg *Books* 12/05/2017 296

This practical guide to understanding the cranial nerves as the key to our psychological and physical well-being builds on Stephen Porges's Polyvagal Theory—one of the most important recent developments in human neurobiology. Drawing on more than thirty years of experience as a craniosacral therapist and Rolfer, Stanley Rosenberg explores the crucial role that the vagus nerve plays in determining our psychological and emotional states and explains that a myriad of common psychological and physical symptoms—from anxiety and depression to migraines and back pain—indicates a lack of proper functioning in the vagus nerve.

Through a series of easy self-help exercises, the book illustrates the simple ways we can regulate the vagus nerve in order to initiate deep relaxation, improve sleep, and recover from injury and trauma. Additionally, by exploring the link between a well-regulated vagus nerve and social functioning, Rosenberg's findings and methods offer new hope that by improving social behavior it is possible to alleviate some of the symptoms at the core of many cases of autism spectrum disorders. Useful for psychotherapists, doctors, bodyworkers, and caregivers, as well as anyone who experiences the symptoms of chronic stress and depression, this book shows how we can optimize autonomic functioning in ourselves and others, and bring the body into the state of safety that activates its innate capacity to heal.

Material Title: **Dare to Love Yourself: Music, Meditations and Affirmations for Emotional Wellness (CD)**

Author: Heather T. Forbes, LCSW *CDs* 2010 15 minutes

This 2-part CD set is designed to be your resource for finding peace and happiness in your life. This unique resource will help you move from a place of pain, frustration, and overwhelm to happiness, harmony, and joy. Included are meditations to help distance yourself from negative emotions, affirmations to move you to the next level of thinking positively and an all new soundtrack created specifically to enhance your experience and healing.

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: **Eternal High: A Teenager's Experience with Depression and Suicide that will Change Your Life (DVD)**

Author: Bryce Mackie *DVDs* 2006 30 minutes.

Meet 17-year-old Bryce Mackie, a filmmaker who captured his true-life battle with depression and suicide in an award winning short film. At the time he made the film, Bryce was unaware he was suffering from depression. Eternal High includes this film and a speech he gave to his school after receiving treatment. He describes his experience with depression, thoughts of suicide, self-injury, anxiety, self-medication/substance abuse, and his treatment.

Depression

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: **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: **Issues Facing Adoptive Mothers of Children with Special Needs (CD)**

Author: Heather T. Forbes, LCSW

CD-ROMs

If you're a mother struggling with post-adoption issues, this audio CD is for you! It will speak your language and help you to see that you're really not going crazy! Based on the research of Heather T Forbes, LCSW, which appeared in *Journal of Social Work* in 2003, this CD set will open your eyes to common challenges moms face with post-adoption. The CD set is full of fascinating information, scientifically researched and presented in an interesting and informative manner.

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: **Mermaid Who Couldn't, The**

Author: Ali Redford

Children's Books

5/21/2018

32

Mariana the Mermaid is not like the other mermaids. Abandoned by a careless mother on the ocean floor, she has never laughed or played, and can barely even swim. She feels useless.

Then she meets Muriel the Turtle, who welcomes her into her family and teaches her to sing her own mighty song, making her feel confident and ready to join in with the other mermaids.

Written for children aged 4+, this picture book uses a simple metaphor to show how children who have experienced neglect or who lack confidence can learn to find a sense of self-worth. It will help children explore their feelings and encourage communication.

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: **Night Falls Fast: Understanding Suicide**

Author: Kay R. Jamison

Books

1999

311 pages

Weaving together a psychological and scientific exploration of the subject with personal essays about individual suicides, Dr. Jamison brings not only her compassion and literary skill but all of her knowledge, research and clinical experience to bear on this devastating problem. In tracing the network of reasons underlying suicide, she brings us the critical biological and psychological factors that interact to cause suicide and the powerful treatments available from modern medicine.

Depression

Material Title: **Optimistic Child, The: A Revolutionary Program That Safeguards Children Against Depression & Builds Lifelong Resilience**

Author: Martin E.P. Seligman, Ph.D.

Books

Over the past thirty years, the self-esteem movement has promoted the credo in American homes and classrooms that unconditional positive feedback is what children need to make them feel better about themselves. But even though we are raising our children to feel good, they have never been more depressed.

To examine and reverse this trend, the author, a leading psychologist who has been studying depression for three decades, developed a long-term research study with his colleagues called the Penn Depression Prevention Project. Their startling finds prove that teaching children to challenge their pessimistic thoughts can "immunize" them against depression. The Optimistic Child offers parents and teachers the tools developed in this study to teach children of all ages life skills that transform helplessness into mastery and bolster genuine self-esteem.

Material Title: **Orchid and the Dandelion, The; Why Some Children Struggle and How All Can Thrive**

Author: W. Thomas Boyce

Books

1/29/2019

304

A book that offers hope and a pathway to success for parents, teachers, psychologists, and child development experts coping with difficult children.

In Tom Boyce's extraordinary new book, he explores the "dandelion" child (hardy, resilient, healthy), able to survive and flourish under most circumstances, and the "orchid" child (sensitive, susceptible, fragile), who, given the right support, can thrive as much as, if not more than, other children.

Boyce writes of his pathfinding research as a developmental pediatrician working with troubled children in child-development research for almost four decades, and explores his major discovery that reveals how genetic make-up and environment shape behavior. He writes that certain variant genes can increase a person's susceptibility to depression, anxiety, attention deficit hyperactivity disorder, and antisocial, sociopathic, or violent behaviors. But rather than seeing this "risk" gene as a liability, Boyce, through his daring research, has recast the way we think of human frailty, and has shown that while these "bad" genes can create problems, they can also, in the right setting and the right environment, result in producing children who not only do better than before but far exceed their peers. Orchid children, Boyce makes clear, are not failed dandelions; they are a different category of child, with special sensitivities and strengths, and need to be nurtured and taught in special ways. And in *The Orchid and the Dandelion*, Boyce shows us how to understand these children for their unique sensibilities, their considerable challenges, their remarkable gifts.

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.

Material Title: **Post-Adoption Blues, The: Overcoming the Unforeseen Challenges of Adoption**

Author: Dr. Karen J. Foli and John R. Thompson

Books

2004

225 pages

Drawing on their own experience as adoptive parents as well as interviews with dozens of adoptive families and experts in the field, Drs. Foli and Thompson help parents address the stress and depression that can follow an adoption by focusing on adjusting their expectations of themselves, their child, and others in their world.

Material Title: **When Nothing Matters Anymore: A Survival Guide for Depressed Teens**

Author: Bev Cobain

Children's Books

1998

149 pages

This book, by a cousin of rock star Curt Cobain, is her way of making sense of his suicide and reaching out to teens who are sad, discouraged, or depressed. Part 1 describes the causes and types of depression and the connection between depression, suicide, and drug and alcohol abuse. Part 2 discusses different kinds of professional treatment and how to stay healthy. Throughout the book are personal stories from teens who have dealt with depression, survival tips that can help you now and for the rest of your life, and resources for more information, advice, and support.

Depression

Material Title: **When Sadness is At Your Door**
Author: Eva Eland *Children's Books* 2019 32

A comforting primer in emotional literacy and mindfulness that suggests we approach the feeling of sadness as if it is our guest.

Sadness can be scary and confusing at any age! When we feel sad, especially for long periods of time, it can seem as if the sadness is a part of who we are--an overwhelming, invisible, and scary sensation.

In *When Sadness Is at Your Door*, Eva Eland brilliantly approaches this feeling as if it is a visitor. She gives it a shape and a face, and encourages the reader to give it a name, all of which helps to demystify it and distinguish it from ourselves. She suggests activities to do with it, like sitting quietly, drawing, and going outside for a walk. The beauty of this approach is in the respect the book has for the feeling, and the absence of a narrative that encourages the reader to "get over" it or indicates that it's "bad," both of which are anxiety-producing notions.

Material Title: **When Your Body Gets The Blues: The Clinically Proven Program for Women Who Feel Tired and Stressed and Eat Too Much**
Author: Marie-Annette Brown and Jo Robinson *Books* 2002 191 pages

This book in four parts, "The Problem," "The Science behind the LEVITY Program," "How to Follow the LEVITY Program," and "Resources and References," recommends a therapeutic combination of sunlight, exercise, and vitamins. It claims to help women think clearly, sleep soundly, cope easily with stress, reduce anxiety and depression, and lose weight in eight weeks.

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: **Youth Depression and Suicide Prevention**
Author: ORPARC Staff *Information Packet* 2003

Section One provides facts about prevalence, risks, and treatment options for youth suffering from depression. Section Two offers statistics, facts, warning signs, and prevention and intervention strategies for youth who may be at risk for suicide attempts. The scope is limited to basic information. The "For More Information" section at the end provides further resources. This packet is not a substitute for appropriate mental health interventions. If you suspect your child suffers from depression or is at risk for suicidal thoughts or behaviors, seek professional help immediately.