

Mental Health Issues

Material Title: **Family Influences on Childhood Behavior and Development: Evidence-Based Prevention and Treatment Approaches**
Author: Thomas, and Gary Blau Gullotta *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: **Fire-Setting: Foster Parent College (DVD)**
Author: DVD *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: **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: **Hearing Equals Behavior**
Author: Guy Berard *Books* 2000 167 pages

The author suggests that even minute distortions and irregularities in hearing can affect how a person acts. He offers treatments for dyslexia, depression, autism, hyperacusis, tinnitus, and stuttering using altered sounds to retrain the hearing. Berard claims a 93 percent cure rate for depression within a 10-day course of treatment.

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.

Material Title: **Lonely, Sad and Angry: A Parent's Guide to Depression in Children and Adolescents**
Author: Barbara Ingersoll *Books* 1995 225 pages

ere is a source of accurate and up-to-date information about depression and depressive disorders in children and adolescents. Parents are at the front line in recognizing signs of depression and anger in their children. This book will give parents the tools to identify when their child is troubled and how to go about finding the right help. Information on psychological treatments, medications, and family relationships will provide the knowledge all parents need to help their unhappy child.

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**
Author: Spaulding for Children *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: **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.

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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: **Raising a Moody Child: How to Cope with Depression and Bipolar Disorder**
Author: Mary and Jill Arnold Fristad *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 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, (www.coaching-forlife.com), 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.

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

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.

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: **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.

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Material Title: **Treating Troubled Children and Their Families**
Author: Ellen 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: **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: **Using Self-Psychology in Child Psychotherapy**
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: **When Love is Not Enough: How Mental Health Professionals Can Help Special Needs Adoptive Families**
Author: Marian Sandmaier *Books* 1988 60 pages

This book focuses on helping professionals work with families to prepare for adoption and to maximize adjustment after adoption, primarily of special-needs children. The complex emotional needs of the entire family must be understood and worked through, often with the help of mental health professionals, to achieve successful integration of the adoptee with all members involved in the dynamics of the family system.

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.