



Mental & Behavioral Health: Recommended Reading Material

Disclaimer: DSP does not promote, endorse, or preview all books.
We are providing only as recommendations for self-help purposes.

ADHD/ADD

Taking Charge of ADHD by Russell Barkley: recommended to better understand the nuances and strategies regarding ADHD management.

The Family ADHD Solution: A Scientific Approach to Maximizing Your Child's Attention and Minimizing Parental Stress by Mark Bertin: balances an expert approach to the science of understanding, managing, and living with ADHD with practical, evidence-based, and sympathetic strategies for the whole family.

Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive by Mark Bertin: includes planning strategies, worksheets and tools for improving motivation, problem solving and goal setting.

The ADD/ADHD Checklist by Sandra Rief: helps parents and teachers to better understand children and teenagers with attention problems and provide the kind of support and intervention that is crucial to kids' success. Presented in a concise, easy to read checklist format.

Attention Difference Disorder: How to Turn Your Child or Teen's Difference into Strengths in 7 Simple Steps by Handelman, K.

ADHD-Living Without Brakes by Martin Kutsher

Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder by Edward Hallowell, MD and John Ratey, MD

Superparenting for ADD: An Innovative Approach to Raising Your Distracted Child by Edward M Hallowell, MD and Peter S Jensen, MD

CHADD Educator's Manual on Attention-Deficit/Hyperactivity (AD/HD): An in-depth look from an educational perspective (2nd Edition) www.chadd.org Support and info for parents and teachers who work with children diagnosed with ADD/ADHD. CHADD is a national organization and has local chapters that run parent support groups.

Understanding Girls with ADHD by Kathleen Nadeau www.additudemag.com-publishers of

ADDtitude Magazine

Anxiety

What To Do When You Worry Too Much - A Kid's Guide to Overcoming Anxiety (What To Do Guide For Kids) by Dawn Huebner and Bonnie Matthews

Helping Your Anxious Child by Ronald Rapee

Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress by Regine Galanti, PhD

Brave: A Teen Girl's Guide to Beating Worry and Anxiety by Sissy Goff: helps understand anxiety's roots and why the brain is often working against calming. Provides teen-friendly information, stories, and selfdiscovery exercises to include journaling and drawing prompts to learn practical ways to fight worry.

Outsmarting Worry (An Older Kid's Guide to Managing Anxiety) by Dawn Huebner: for ages 9 years and up

Helping Your Anxious Teen by Sheila Achar Josephs, PhD

Anxiety Relief for Kids (On-the-Spot Strategies to Help Your Child Overcome Worry, Panic, and Avoidance) by Bridget Flynn Walker

Anxiety and Stress by Regine Glanti PhD

The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence by Jennifer Shannon LMFT

I Bet I Won't Fret by Tim Sisemore

ImaginAction: <http://imaginaction.stanford.edu/> (self-hypnosis to work on anxiety, sleep, pain, etc) **Depression**

Depression: A Teen's Guide to Survive and Thrive by Jacqueline B. Toner and Claire A. B. Freeland

Emotions/Behavior

Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves by NBCT Vanessa Green Allen, M.Ed; for age 7-10 years old

Anger Management Workbook for Kids: 50 Fun Activities to Help Children Stay Calm and Make Better Choices When They Feel Mad by Samantha Snowden MA and Andrew Hill PhD

Mindfulness Affirmations and Activities: A Kid's Guide with 50 Positive Mantras and Activities to Manage Emotions, Grow Mindful, Strong and Confident by Pragma Tomar and Michela Fiori; For ages 0-12 years old

Raising Cain: Protecting the Emotional Life of Boys by Dan Kindlon and Michael Thompson

What Should Danny Do? (The Power to Choose Series) by Adir Levy

Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves by NBCT Vanessa Green Allen, M.Ed

No More Meltdowns by Jed Baker

1-2-3 Magic: Effective Discipline for Children 2-12 by Thomas Phelan

1-2-3 Magic Teen: Communicate, Connect and Guide Your Teen to Adulthood by Thomas Phelan

A Parent's Guide to Gifted Children by James T Webb

The 7 Habits of Highly Effective Teens by Sean Covey

Setting Limits With Your Strong-Willed Child (2nd ed) by Robert Mackenzie

You Can't Make Me (But I Can Be Persuaded): Strategies for Bringing Out the Best in Your Strong-Willed Child by Cynthia Tobias

Self-Harm

Stopping the Pain: A Workbook for Teens Who Cut and Self Injure by Lawrence Shapiro, PhD

Helping Teens Who Cut, 2nd Ed by Michael Hollander

Healing Self-Injury: A Compassionate Guide for Parents and Other Loved Ones by Janis Whitlock and Elizabeth Lloyd-Richardson

Sensory Processing

The Out of Sync Child by Carol Kranowitz