

Teens and Younger People (TY) (Y)

The Anger Workbook for Teens

TY/AV Impacts

Activities to Help You Deal with Anger and Frustration

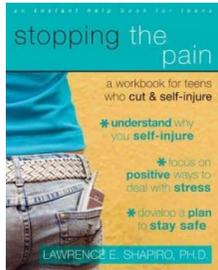


By [Raychelle Lohmann](#)

"The Anger Workbook for Teens" offers a step-by-step approach to helping teens who need to control their anger. This workbook is designed to help teens learn about their anger, understand how anger affects their lives, and learn constructive communication skills to help express their feelings. Readers work through a series of exercises and worksheets to explore why they react the way they do, then learn skills and techniques to help them get their anger under control. They will assess their anger to develop a personal anger profile and learn to notice the physical symptoms they feel when they become enraged. Once readers fully understand their anger, they will be better able to target their symptoms in the moment and put new anger management strategies, such as relaxation techniques and active listening, into practice. [New Harbinger Publications, U.S.](#) **10-14 years**

Stopping the Pain

TY/Impacts



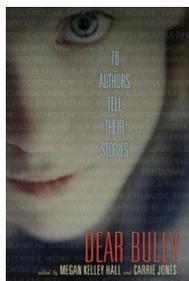
A Workbook for Teens Who Self-injure

By [Lawrence Shapiro](#)

Some 14 percent of high-school aged adolescents and 12 percent of college students practice cutting or other forms of self-injury. The problem also seems to affect mostly girls. There are all sorts of other unpleasant aspects to this phenomenon. For example there is also the contagion effect of such addictive behavior within the tight communities such as schools. Self-injury behaviors are very often co-morbid with other problems such as sexual abuse trauma, post-traumatic stress disorder (PTSD), eating disorders like anorexia, bulimia, and bipolar and borderline personality disorders. This workbook is comprehensive and helps teens explore the reasons behind their need to hurt and focuses on more positive ways to deal with issues of stress and control. It is written by an internationally recognized child psychologist, Dr. Shapiro. Finally, this book respects the privacy of teens who self-injure, giving them proven skills to help them regain control of their feelings and communicate their needs to parents and counsellors. **15+ years**

Dear Bully – Seventy Authors Tell Their Stories

TY/Css



By [Megan Kelley Hall](#)

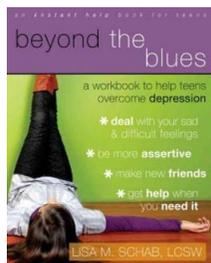
As more and more teen suicides dominate the news, a generation's favorite authors--as varied as Alyson Nel, Jon Scieszka, and Mo Willems--come together to share their stories about bullying in a first-rate, deeply personal collection. [HarperCollins](#) 10-14 years



Anxiety disorders typically relate to other problems, including school failure and depressive disorders. Most young people don't look for and never get help with these problems. So this is an absolutely essential text and a vital resource for teens and their parents. It includes all sorts of activities for teens. There are exercises that help to control anxiety in the face of everyday challenges and that develop a positive self-image. There are also resources for seeking additional help and support. Working in their own home at their own pace, this book will teach teens to change their anxious thoughts. The author Lisa Schab is a licensed clinical social worker with a private counselling practice in a suburb of Chicago. She teaches workshops on self-help and relaxation for the general public and professional training courses for therapists. [15+ years New Harbinger Publications,U.S.](#)

Beyond the Blues

A Workbook to Help Teens Overcome Depression By [Lisa M. Schab](#)



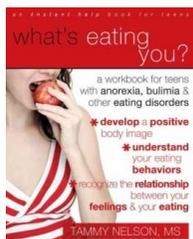
Despite what you might have been told, the feelings of sadness and hopelessness you may be struggling with are probably not 'just a phase' or 'something you'll grow out of.' As many as 20 percent of people your age have symptoms of serious depression, yet many teens and even many adults don't recognize the signs. Only half of depressed teens get the help they need to overcome these feelings. If you're feeling depressed, this workbook offers things you can do, both on your own and with a counselor, to feel better.

The activities in Beyond the Blues can help you cope with sad and difficult feelings, find new ways to make friends, and deal with conflicts. Little by little and on your own schedule, you can make small changes in your life that will lead you to a brighter, more enjoyable future.

Publisher: [New Harbinger Publications](#)

Age Range: [15+ years](#)

What's Eating You?



A Workbook for Teens with Anorexia, Bulimia, and Other Eating Disorders

By [Tammy Nelson](#)

Living in a culture obsessed with body size and shape, it can be hard to feel good about the way you look. But eating disorders caused by unrealistic body image ideals create much larger problems-diminished self-confidence, unhealthy eating and exercising habits, and an inability to see yourself as a person rather than a number on the scale.

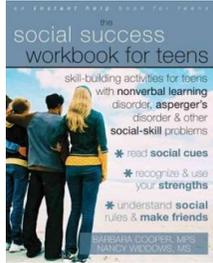
This workbook takes aim at the motivations behind your relationship with food and helps you to better understand how your need to control what you eat can end up controlling you. As you complete the worksheets in What's Eating You, you'll learn more about the beliefs and experiences that contribute to your disorder. Each worksheet includes questions and exercises targeting the cultural myths, perfectionism, stress, and lack of self-confidence that are often at the heart of a dysfunctional relationship with food. Once these issues are addressed, you'll be able to gather the strength you need to make peace with your body, exude confidence, and live a healthy life.

Publisher: [New Harbinger Publications: 15+ years](#)

The Social Success Workbook for Teens

TY/BM/Impacts

By Barbara-Cooper



Skill-building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder, and Other Social-skill Problems

By [Barbara Cooper](#)

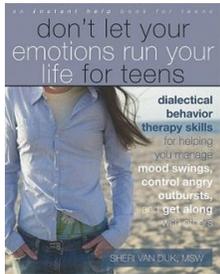
Making friends is a skill like any other—there are rules to follow, ways to measure your progress, and reasons why some people are better at it than others. Although it may seem like this skill comes naturally to those who don't have Asperger's disorder, nonverbal learning disorder (NLD), or other problems relating to others, the reality is that even the most popular people must constantly hone their abilities in order to make new friends and keep the friends they already have. This workbook includes forty activities you can do to recognize and use your unique strengths, understand the unspoken rules behind how people relate to each other, and improve your social skills. After completing the activities in this workbook, you will discover that you can get along with others and build friendships despite the challenges you face. All you need is the confidence to be yourself while still keeping the feelings of others in mind.

Publisher: [New Harbinger Publications](#)

Age Range: [15+ years](#)

Don't Let Your Emotions Run Your Life for Teens

TY/DES Impacts



Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and

By [Sheri Van Dijk](#)

"Van Dijk has written a workbook that any teen struggling with emotions will find very helpful. Using clear and concise language, this workbook offers awareness-enhancing exercises and practical help for recognizing, sorting out, and changing the way painful emotions can be handled. I found this book useful and easy to read, and I will recommend it to my teenage patients."

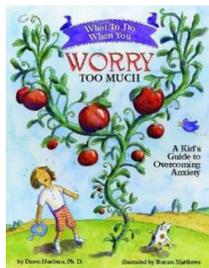
--Mark R. Katz, MD, FRCOP(C), staff psychiatrist at the Southlake Regional Health Centre and assistant professor at the University of Toronto in Canada

Publisher: [Instant Help Books](#)

Age Range: [10-14 years](#)

What to Do When You Worry Too Much

Y/child/AX /SH



A Kid's Guide to Overcoming Anxiety

By [Dawn Huebner](#), [Bonnie Matthews](#) (Illustrated by)

"What to Do When You Worry Too Much" is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents by psychologist and author Dawn Huebner, PhD. [Magination Press, \(American Psychological Association\)](#) **5-9 years**



A Workbook for Teens with Obsessive-compulsive Disorder

By [Timothy Sisemore](#)

Most children with obsessive-compulsive disorder (OCD) are diagnosed between the ages of ten and twelve-right on the cusp of their adolescent years. Yet, until now, there have been no resources available for the substantial population of teens suffering with the unwanted thoughts (obsessions) and rituals (compulsions) characteristic of OCD. The activities in this book help teens and parents work together to assess the severity of the symptoms and offer teens cognitive behavioural skills to overcome them. Teen readers learn essential information about the biology and dynamics of OCD, then discover a multitude of skills for moving beyond the most common types of obsessions and compulsions: hand washing, checking, counting, ordering, repetition of mental acts, fear of harm to self or family, fear of germs or diseases, fearing of losing something valuable, and perfectionism. The last section explains exposure and response prevention and invites the reader to understand and prepare to undergo this process. Both imagined and real-life exposure and response prevention exercises are included to help teens with OCD make dramatic gains in symptom management and improve their confidence to move forward in treatment.

Publisher: [New Harbinger Publications,U.S.](#)

Age Range: [15+ years](#)

A Safe Place for Caleb

TY/BM Adult/SH/HT

An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma

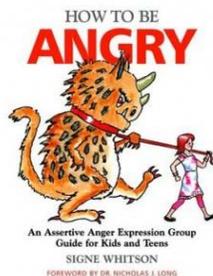
By [Kathleen A. Chara](#), [Paul J. Chara](#), [Joel M. Berns](#) (Illustrated by) A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults. The first half of the book is an interactive story that follows the experiences of Caleb, a young boy who relates his difficulties and frustrations in forming and sustaining healthy relationships. He learns strategies for coping with attachment issues during his journey to the Safe Tree House, where he is introduced to the four "attachment healing keys". These act as therapeutic tools to unlock difficulties with attachment, and are presented using text and illustrations that are easily accessible for readers of all ages, even for young children. The second half of the book presents a summary of current scientific thought on attachment styles and disorders, and provides a wide array of assessment tools, photocopiable material and healing techniques to address attachment difficulties. Lists of helpful organizations and relevant reading materials are also presented. Based on established psychological principles, the book is a unique and imaginative guide for professionals, parents, caregivers, and people of all ages who are dealing with

attachment issues. **Table of Contents**

Acknowledgements. Introduction. A Safe Place for Caleb. Tables, Tools and Techniques: A. Attachment Tables. B. Assessment Tools and Parental Handouts for Professionals. C. Healing Techniques for Family Attachment. Resources.

Publisher: [Jessica Kingsley Publishers](#)

Age Range: [15+ years](#)



An Assertive Anger Expression Group Guide for Kids and Teens

By [Signe Whitson](#)

Children often struggle to cope with anger, and their angry feelings can boil over into aggression and destructive behaviour. This resource provides a 15-session group program designed to teach children and adolescents valuable skills for anger management, effective anger expression and assertive communication. Each detailed session provides step-by-step guidelines for carrying out the lesson plans, group activities and discussions. Suitable for use with children and teenagers aged 5-18, it will help them to overcome self-destructive passive, aggressive, and passive-aggressive patterns of behaviour. Instead of teaching children not to be angry, this engaging resource teaches them how to be angry effectively and constructively. It will be of great use to professionals working with children and teenagers in school and child care settings, counselors, social workers, psychologists and parents.

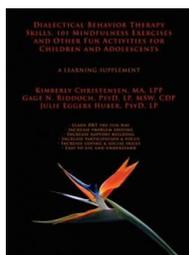
Table of Contents Foreword. Dr Nicholas Long. Introduction.; Part 1. Exploring Anger Behaviors.; 1. That Makes Me So Mad! Identifying Common Anger Triggers.; 2. Decisions, Decisions! Four Choices in Anger Expression.; 3. Sugarcoated Hostility: The Five Levels of Passive Aggressive Behavior.; 4. Behind the Mask: Exploring Public Faces and Private Realities.; 5. More than Words Can Express: How Body Language and Tone of Voice Can Say it All.; Part 2. Developing Assertive Anger Expression Skills.; 6. I Feel Angry: Using I-Messages to Express Anger Assertively.; 7. Yes, No, or Maybe So: Assertive Skills for Disagreeing Without Arguing. 8. Keeping Bullies at Bay, Part 1: The 5 W's of Bullying.; 9. Keeping Bullies at Bay, Part 2: Four Rules for Using Assertive Communication to Stand Up to Bullies.; 10. "May I Please" and "No Can Do": Guidelines for Assertively Making and Refusing Requests.; 11. "That's So Nice of You to Say": Assertive Strategies for Giving and Receiving Compliments.; 12. On the Receiving End: Three Steps for Responding Assertively to Anger. 13. Four Square Problem-Solving: Finding Win-Win Solutions.; Part 3. Committing to Assertive Anger Expression.; 14. What's the Plan? Replacing Self-Defeating Patterns and Committing to Assertive Behaviors.; 15. Putting It All Together: Choosing to Use Assertive Behaviors to Express Anger. References.

Publisher: [Jessica Kingsley Publishers](#)

Age Range: [15+ years](#)

Dialectical Behavior Therapy Skills, 101 Mindfulness Exercises and Other Fun Activities for Children and Adolescents

HT/M/Y

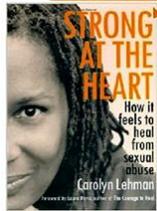


A Learning Supplement—Looking for fun new ways to learn Dialectical Behavior Therapy (DBT) or mindfulness? Would you like to increase your therapy or skills group participation? Or maybe you just want to improve your approach to teaching or learning new coping and social skills that can improve your relationships, emotion regulation, mindfulness, and distress tolerance? If you or someone you know needs that extra boost to get involved in learning new ways to experience healthy emotions and relationships, then this fun workbook can supplement your individual and group DBT skills training experience! This learning supplement has given everyone a new way to look at the DBT skills that have proven helpful for countless individuals struggling with unstable emotions, relationships, and other problematic or stressful behaviors. Learning doesn't have to be hard. In fact, this book shows you how learning new coping skills can be a lot of fun!

By [Ridloch & Eggers Huber Christensen](#)

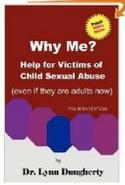
Publisher: [AuthorHouse](#)

Age Range: [15+ years](#)

<p><u>How Long Does It Hurt: A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families</u></p>  <p>by Cynthia L. Mather Publisher: Jossey-Bass; Revised 2004</p>	<p style="text-align: right;">Y/Par/Others</p> <p>The many aspects and complexities of incest and sexual abuse are well covered in this book. Notwithstanding the comprehensive presentation of factual information, its strength lies in its emphasis on empowerment and healing. How Long Does It Hurt? , fully achieves its claim as a guide to recovering from incest and sexual abuse for teenagers, their friends, and their families and will likely fulfill the author's wish that teens will learn that they are not alone and can successfully continue on from the pain." "The most helpful aspects of the book are the case examples and testimonials of victims. Especially useful are the personalized descriptions of possible reactions in self or from others and the accompanying message to have the strength and courage to find a way to recover despite the obstacles."</p>
<p><u>Strong at the Heart: How It Feels to Heal from Sexual Abuse (Hardcover)</u></p>  <p>by Carolyn Lehman (Author), Publisher: Farrar, Straus and Giroux.1st ed: 2005</p>	<p style="text-align: right;">Css/Y Teens –Young Adults</p> <p>Primarily about the experience of healing and recovery, Heart gathers 11 personal stories by young men and women who experienced rape, molestation, or incest and found healing through speaking out about their abuse. Lehman, a child-sexual-abuse survivor herself, emphasizes the importance of consciously choosing to tell what happened and meeting with others who have had similar experiences, and shows the wide variety of ways to express feelings and find community. Clearly and candidly written, the narratives recounted here include sufficient details of abuse to be authentic, but never titillating. The clear message to other victims is that they are not alone and that recovery is possible. An attractive, accessible format and black-and-white portraits throughout personalize the presentation.</p>
<p><u>It Happened to Me: A Teen's Guide to Overcoming Sexual Abuse: (workbook)</u></p>  <p>by <u>William Lee Carter</u> Publisher: New Harbinger Publications; 1 edition, (2002) Reading level: Young Adult</p>	<p style="text-align: right;">TY/DES/ HT</p> <p>At least one in four girls and one in seven boys endure some form of sexual abuse. And most of these sexual trauma survivors find the early adult years are crucial for recovery. During this time they have the best combination of motivation, capacity for insight, and support to begin the process of healing. Written by a psychologist who works with sexually abused teens, It Happened to Me helps young adults reflect on what happened, examine its impact on their lives, and begin to develop healthy relationships.</p> <p>"This workbook is just excellent! I have trouble putting it down! It manages to be relevant to a wide variety of teens, without being too technical, too cutesy, or too preachy. Each exercise is short (2-3 pages) but challenging. There are also quotes from teen survivors and sidebars that point out problem behaviours common in abuse survivors without being judgmental. As a college student, I'm a little too old to be the intended audience of this book (all the teens mentioned in here are between the ages of 13-18), but as someone who still has to deal with her parents on a regular basis, I appreciated that lots of the exercises here dealt with family matters under the assumption that you're still living and dealing with your family, something that's not in many of the adult books. Guys might not like that pretty much all the pronouns are "she" and "her", but otherwise it's still a very relevant book for every teen survivor. It can be completed by yourself, in a group, or as part of therapy. Topics covered include emotions and emotional manipulation, keeping secrets, impulsive behaviours, how to get along with other people, sex, suicide, and commitment to recovery. The emphasis is not on "name your disorder" but on returning to emotional health.."</p>

Why Me? Help for Victims of Child Sexual Abuse (Even if they are adults now),

Y/PAR



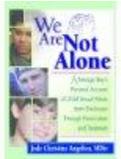
4th Ed. by Lynn, Daugherty
Cleanan Press, Inc.; 4 edition
February 1, 2007)

Adults and adolescents who were sexually abused as children find help and healing in this classic bestseller from a respected Clinical Psychologist. Now in its fourth edition, this warm and personal, beginning guide gives you

- answers to child sexual abuse questions
- stories of male and female victims
- insights into sexual abusers
- explanations of effects on victims
- step-by-step guidance to begin your recovery
- resources for additional assistance

We Are Not Alone: A Teenager Boy's Personal Account of CSA...

Y/Par



by Jade Angelica
Haworth Maltreatment
& Trauma Press, 2002

We are Not Alone: A teenage boy's personal account of child sexual abuse from disclosure through prosecution and treatment. Any teenage boy who discloses sexual abuse is facing an emotional ordeal. This workbook can help him understand and endure the process. As it tells the first-person story of Joe, whose neighbour molested him, it offers an opportunity to discuss emotional issues, learn the fact of the process, and gain the sense of solidarity and support so crucial to the recovery of abused children. This book is also available as a companion volume for therapists, teachers, legal and law enforcement professionals and parents.



David's Sword

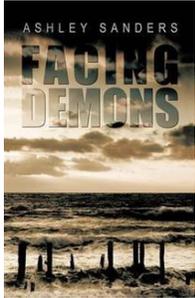
Y- child

By [David Elliot](#), [Lee Elliot](#),
[Marybeth Elliot](#)

January 2009

When Davids world changes forever and his friend traps him, he doesnt know how to escape. Confused by the way his friend is acting and not knowing what to do, he plays their game in silence, day after day. Afraid he will lose his friend, David finds himself stuck in a dangerous and scary situation. And then one day he realizes how his sword can help.

Amidst the darkness of turmoil, there is hope.



The first person views of each of the four main characters - Felicity, Jason, Matthew and Rebecca - gives vital insight into their developing minds and conflicting ideals. One by one they are each able to tell their heart-wrenching stories of lives tainted by drugs, alcohol, self-harm, abuse, gangs, child prostitution and homelessness. Reaching beyond the depths of despair, where all hope seems lost, the four teenagers attempt to find ways to face their demons.

Ashley: “I wanted to show that no matter what problems you are faced with in life, there is always a way through it. By having four main characters with completely diverse histories, I am able to show each of their thoughts about one another and themselves and how it evolves as they begin to make progress. I think it’s important to have more than one character for readers to feel they aren’t alone in their struggles—that there are others out there in situations similar to themselves who may be able to help them. My inspiration for this serious subject comes from my work as a paramedic and the teenagers I often meet. It can be a very confronting thing seeing and hearing the stories of these young people, who are often just seeking a bit of help and support. I felt it necessary to give these kids a voice, and I hope to do so in “Facing Demons.””

I hope readers of “Facing Demons” will find invaluable insight into the lives of those who are perhaps less fortunate, and help to spark some inspiration for doing good to others. I hope readers who are themselves facing tough journeys will also find inspiration in taking steps to seeking appropriate means of assistance.

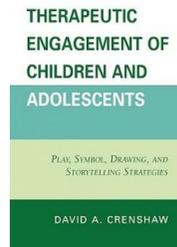
By [Ashley Sanders](#)

Publisher: [Trafford Publishing](#)

Age Range: [15+ years](#)

Therapeutic Engagement of Children and Adolescents

M/HT/TY/L



Play, Symbol, Drawing, and Storytelling Strategies

By [David A. Crenshaw](#) Addresses the challenges faced when children who refuse to talk, children who lack psychological mindedness, teens who experience an aversion to the influence of any adult, and children and teens who mask their woundedness by hostility or diffidence show up for therapy. This book describes tools that can be utilized within a range of approaches.

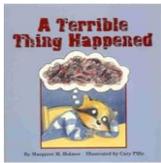
About the Author

David A. Crenshaw, Ph.D., is a licensed psychologist, board certified in clinical psychology by the American Board of Professional Psychology (ABPP), and fellow of the Academy of Clinical Psychology. He is a registered play therapist-supervisor by the Association of Play Therapy and co-founder and current president of the New York Association for Play Therapy.

A Terrible Thing Happened

TY/Child/ PAR/L

- A story for children who have witnessed violence or trauma

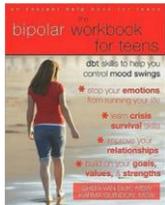


By [Margaret M. Holmes](#)

Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but soon something inside him started to bother him. He felt nervous for no reason. Sometimes his stomach hurt. He had bad dreams. And he started to feel angry and do mean things, which got him in trouble. Then he met Ms. Maple, who helped him talk about the terrible thing that he had tried to forget. Now Sherman is feeling much better. This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers extensive suggestions for helping traumatized children, including a list of other sources that focus on specific events. [5-9 years](#)

The Bipolar Workbook for Teens

TY/ BM/ HT



[Sheri Van Dijk](#), [Karma Guindon](#) Review "The authors of this book speak directly to youth in a respectful and genuine manner. There is tremendous value in reading stories of other teens who have shared similar experiences. This book is truly welcome addition to the educational resources available to adolescents who live with the complex difficulties of bipolar disorder."

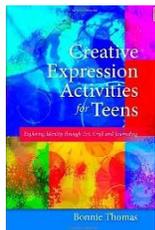
--Janice Phillips, B.Ed., educator and mental health social worker . [10-14 years](#)

Creative Expression Activities for Teens:

M/HT/L/TY

Exploring Identity Through Art, Craft and Journaling

[Bonnie Thomas](#)



Coping with life's stresses is difficult for everybody, but can be especially challenging for teenagers who feel isolated and misunderstood. Creative expression through art, craft and writing is a very natural and effective way of helping young people to explore and communicate personal identity. This book is bursting with art and journal projects, creative challenges, and miniature projects for personal spaces, all of which help teenagers to understand and express who they are and what is important to them. Activities are diverse, can be tailored to suit the individual, and require minimal equipment and even less artistic know-how, so can be enjoyed by all. The book concludes with a useful appendix for counsellors and other professionals who work with young people, which explains how these activities can be incorporated into treatment goals. This imaginative and insightful book will be a useful resource for all therapists, social workers and counsellors who wish to encourage self-expression in teens.