

# Helper, Therapists (HT) and Models of 'Help' Perspectives and Approaches (M)

## Mauri Ora: The Dynamics of Maori Health

M/NZ



The Dynamics of Maori Health

By [Mason Durie](#)

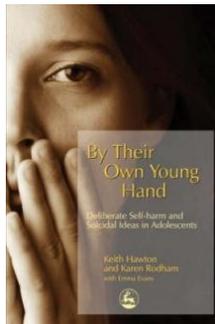
Maori Ora outlines the relevance of culture, identity, and socio-economic factors to Maori health.

[OUP India](#): 15+years

## By Their Own Young Hand

HT/DES

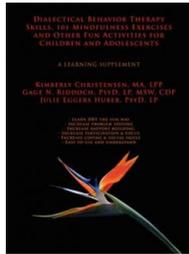
Deliberate Self Harm and Suicidal Ideas in Adolescents



By [Keith Hawton](#), [Karen Rodham](#), [Emma Evans](#)

Self-harm in adolescents is an increasingly recognized problem, and there is growing awareness of the important role schools and health services can play in detecting and supporting those at risk. "By Their Own Young Hand" explores the findings of the first large-scale survey of deliberate self-harm and suicidal thinking in adolescents in the UK, and draws out the implications for prevention strategies and mental health promotion. Six thousand young people were asked about their experiences of self-harm, the coping methods they use, and their attitudes to the help and support available. The authors identify the risk and protective factors for self-harm, exploring why some adolescents with suicidal thoughts go on to harm themselves while others do not, what motivates some young people to seek help, and whether distressed teenagers feel they receive the support they need. "By Their Own Young Hand" offers practical advice on how schools can detect young people at risk, cope with the aftermath of self-harm or attempted suicide, and develop training programmes for teachers. It also examines the roles of self-help, telephone helplines, email counselling, and walk-in crisis centres. ***Packed with adolescents' own personal accounts and perspectives, this accessible overview will be essential reading for teachers, social workers and mental health professionals.***

**Table of Contents** 1. Introduction and overview. Part One: The Nature of Deliberate Self-Harm in Adolescents. 2. Investigating deliberate self-harm in adolescents. 3. The nature, prevalence and impact of deliberate self-harm and other suicidal phenomena in adolescents. 4. How do adolescents who deliberately self-harm or have thoughts of self-harm differ from other adolescents? 5. Adolescents' help seeking, coping strategies and attitudes and their relevance to deliberate self-harm. Part Two: Prevention and Treatment of Deliberate Self-Harm in Adolescents. 6. Schools and deliberate self-harm. 7. The health service and deliberate self-harm. 8. Self-help, crisis lines, the Internet, media and deliberate self-harm. 9. Conclusions. References. Appendix I Guidelines used in the Schools Study for categorising respondents' descriptions of deliberate self-harm. Appendix II Information sheet given to participants after they completed the questionnaire. Appendix III Self-harm: guidelines for school staff. Appendix IV Robson's self concept scale (short version). Appendix V Useful contact addresses in the UK for advice for young people with problems, or their friends or relatives in need of advice. Appendix VI Sources of information about deliberate self-harm, suicide and mental health problems. Appendix VII Further reading. References. Subject index. Author index. [15+ years: Jessica Kingsley Publishers](#)



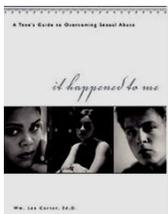
A Learning Supplement- Looking for fun new ways to learn Dialectical Behavior Therapy (DBT) or mindfulness? Would you like to increase your therapy or skills group participation? Or maybe you just want to improve your approach to teaching or learning new coping and social skills that can improve your 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 [Riddoch & Eggers Huber Christensen](#)

Publisher: [AuthorHouse](#)  
 Age Range: [15+ years](#)

**It Happened to Me: A Teen's Guide to**

TY/DES/ HT



**Overcoming Sexual Abuse (workbook)**

by [William Lee Carter](#)

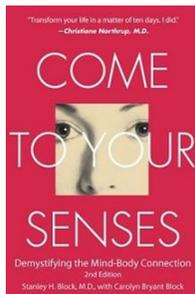
Publisher: New Harbinger Publications; 1 edition 2002)

**Reading level: Young Adult**

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. "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.."

**Come to Your Senses**

BM/SH/M



**Demystifying the Mind Body Connection**

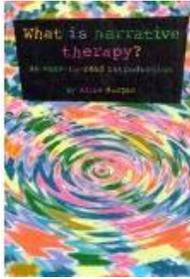
By [Stanley Block](#), [Carolyn Bryant Block](#), [Joko Beck](#)

Come To Your Senses is revelatory in its simplicity: though rare, there IS such a thing as a quick fix. This book offers readers an elegantly simple and powerful way of achieving a more joyful, natural existence. Instead of trying to discover the deep-seated rationale for our behaviour through undergoing years of psychoanalysis or counselling, Dr. Block, a former Beverly Hills psychoanalyst, has discovered and demystified the Identity System (I-System). He shows readers how easy it can be to free themselves from their own limitations and allow their natural self room to thrive, simply by "coming to our senses" (taste, smell, touch, sight, and sound) and recognising the self-defeating mental tug-of-war that exists in us all.

Publisher: [Beyond Words Publishing](#)  
 Age Range: [15+ years](#)

## What is Narrative Therapy?

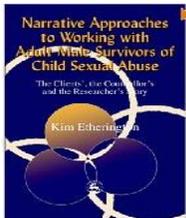
HT/M



by Alice Morgan (Dec 31, 2000)

This easy-to-read introduction seeks to answer this question through the use of accessible language, a concise structure and a wide range of practical examples. This book covers a broad spectrum of narrative practices including externalisation, re-remembering, therapeutic letter writing, the use of rituals, leagues, reflecting teams and much more. If you are a therapist, health worker or community worker who is trying to or wanting to apply narrative ideas in your own work context, this book has been written with you in mind.'

### [Narrative Approaches to Working with Adult Male Survivors of Child Sexual Abuse: The Clients', the Counsellor's and the Researcher's Story](#)



[Abuse: The Clients', the Counsellor's and the Researcher's Story](#)

by Kim Etherington 2000

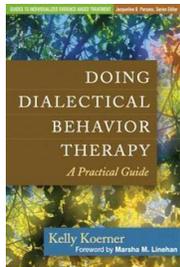
This book will encourage counsellors and therapists to reflect on how their self-awareness can enrich their relationships with clients, while students and academics across a wide range of disciplines will find it challenges and inspires their methods of working.

Presents first-hand accounts from two male survivors of childhood sexual abuse and from the counsellor who worked with them. The two brothers suffered severe sexual abuse from their father and were each unaware of the other's ordeal. The author describes the counsellor's perspective, and draws out the implications for counselling practice. She discusses the client-counsellor relationship, the techniques and approaches she used and makes links with her other work.

HT/M

## Doing Dialectical Behavior Therapy

M/HT



A Practical Guide (Guides to Individualized Evidence-based Treatment)

By [Kelly Koerner](#)

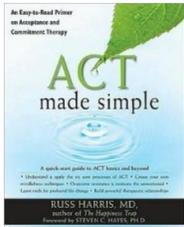
Filled with vivid clinical vignettes and step-by-step descriptions, this book demonstrates the nuts and bolts of dialectical behavior therapy (DBT). DBT is expressly designed for--and proven effective with--clients with serious, multiple problems and a history of treatment failure. The book provides an accessible introduction to DBT while showing therapists of any orientation how to integrate elements of this evidence-based approach into their work with emotionally dysregulated clients. Experienced DBT clinician and trainer Kelly Koerner clearly explains how to formulate individual cases; prioritize treatment goals; and implement a skillfully orchestrated blend of behavioral change strategies, validation strategies, and dialectical strategies.

### [Reviews](#)

"A beautifully written, engaging description of emotional dysregulation and its treatment through DBT. The book is richly illustrated with case material and extensive client-therapist dialogues that truly demonstrate DBT in action." - The material is accessible to both experienced clinicians and therapists in training. This book is an invaluable guide and a handy tool kit for working with patients with pervasive emotion dysregulation." - Stefan G. Hofmann, Boston University, USA

Publisher:

[Guilford Publications](#)



An Easy-to-Read Primer on Acceptance and Commitment Therapy  
By [Dr. Russ Harris](#)

ACT, [Dialectical Behavior Therapy](#), [Functional Analytic Psychotherapy](#), [Mindfulness-based Cognitive Therapy](#) and other acceptance and mindfulness based approaches are commonly grouped under the name *The Third Wave of Behavior Therapy*.

ACT is considered an empirically validated treatment by the American Psychological Association. Grounded in an empirical, principle-focused approach, the third wave of behavioral and cognitive therapy is particularly sensitive to the context and functions of psychological phenomena, not just their form, and thus tends to emphasize contextual and experiential change strategies in addition to more direct and didactic ones. These treatments tend to seek the construction of broad, flexible and effective repertoires over an eliminative approach to narrowly defined problems, and to emphasize the relevance of the issues they examine for clinicians as well as clients. The third wave reformulates and synthesizes previous generations of behavioral and cognitive therapy and carries them forward into questions, issues, and domains previously addressed primarily by other traditions, in hopes of improving both understanding and outcomes.

ACT professionals seeking a refresher course on the model as well as therapists new to ACT will appreciate this practical approach. The book includes conversational responses and questions, but also encourages readers to tailor ACT techniques to their practices and their clients.

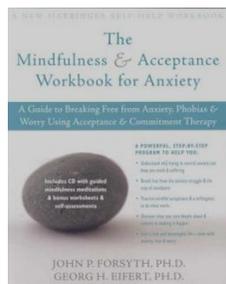
**Reviews** "For those of you who train or supervise nurses, physicians, social workers, or other professionals unfamiliar with psychological lingo, ACT Made Simple is a must. Russ Harris has succeeded in the challenge of translating difficult psychological concepts embedded in ACT into plain, colourful, diverse language that anyone working clinically will understand. Each section is simply organized, easy to follow, and user-friendly. Harris has included highly useful sections of practical tips and common pitfalls that even the trained ACT therapist will find useful." -- JoAnne Dahl, Ph.D., author of *The Art and Science of Valuing in Psychotherapy*

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

Age Range: [15+ years](#)

## The Act on Anxiety Workbook

AX/SH



Mindfulness and Acceptance Workbook for Anxiety By John P. Forsyth, Georg H. Eifert , 2008

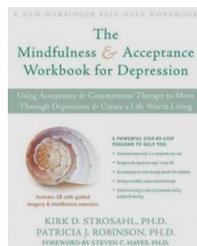
Enough is enough! Many have struggled too long to control the symptoms of anxiety, only to find fear, shyness and worry creeping back into their lives the minute they let down their guard. The bottom line is that most efforts to "control" or "get rid of" anxiety simply don't work. But, fortunately, this book offers another option. Acceptance and commitment therapy (ACT) helps people facing a range of psychological problems learn to accept painful feelings without becoming overwhelmed by or submerged in them. Then it works to help them identify their values and commit to living their lives in ways that make these values come alive. This is the first workbook to offer readers a complete, ACT-based programme for dealing with any anxiety related problem. The techniques in this book are equally effective with of the different manifestations of anxiety: social and specific phobias, agoraphobia, worry and generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and more. The book is divided into weeks, with clear directions and objectives for each. The light, engaging style of the authors make exploring this new approach interesting, accessible, and fun.

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

Age Range: [15+ years](#)

## The Mindfulness and Acceptance Workbook for Depression

DES/SH-A/HT



Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living By [Kirk D. Strosahl](#), [Patricia J. Robinson](#)

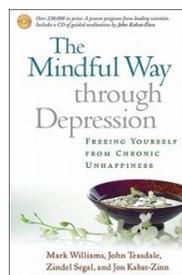
Published In: United States, 01 July 2008

There are hundreds of books on the market that try to help readers 'overcome' or 'put a stop to' depression. But what if depression isn't a 'thing' to be gotten rid of? What if depression is a behaviour that, in the context of the life of someone who is depressed, serves an important function or acts as a signal that something needs to change? Learning to understand the function and interpret the signal of depression would, then, be a much more important goal than finding out how to simply make it go away. Living well even with feelings of depression would be a more productive-and probably more attainable-goal. This workbook marks a major development in the treatment of depression. Based on the acceptance and commitment therapy (ACT), an emerging new model of psychotherapy, "The Mindfulness and Acceptance Workbook for Depression" offers a new approach to depression. The central idea is that feelings of depression are not problems in themselves. What is a serious problem is the avoidance of pleasurable, productive activities. At first depression may set the sufferer up for this avoidance, but sooner or later the process becomes a cycle, and the avoidance behaviours start causing more depressed feelings. When readers use the techniques in this book to evaluate their own experiences of depression, they will find out how to make changes that may or may not decrease their depressed feelings but will most certainly enrich and improve their total life experience.. Strosahl and Robinson invite us to take a wholly new view of what depression is, and how to deal skillfully with it through strategies born of acceptance and self-compassion. Their book shows the pathways into and out of depression and gives us a vital map to see clearly where genuine peace and freedom lie.

[New Harbinger Publications, U.S. 15+ years](#)

## The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness

DES/SH-A/HT



By [Mark Williams](#), [John Teasdale](#), [Zindel V. Segal](#), [Jon Kabat-Zinn](#) June 2007

The Mindful Way through Depression draws on the collective wisdom of four internationally renowned mindfulness experts, including bestselling author Jon Kabat-Zinn, to provide effective relief from the most prevalent psychological disorder. This authoritative, easy-to-use self-help program is based on methods clinically proven to reduce the recurrence of depression. Revealing the hidden psychological mechanisms that cause chronic unhappiness, the authors gently guide readers through a series of exercises designed to break the mental habits that lead to despair. Kabat-Zinn lends his calm, familiar voice to the accompanying CD of guided meditations, making this a complete package for anyone looking to regain a sense of balance and contentment.

### [Table of Contents](#)

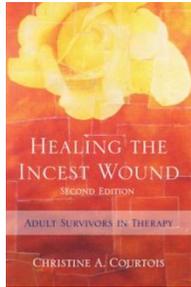
Introduction: Tired of Feeling So Bad for So Long. Part I: Mind, Body, and Emotion. "Oh, No, Here I Go Again": Why Unhappiness Won't Let Go. The Healing Power of Awareness: Making a Shift to Freedom. Part II: Moment by Moment. Cultivating Mindfulness: A First Taste. The Breath: Gateway to Awareness. A Different Kind of Knowing: Sidestepping the Ruminative Mind. Part III: Transforming Unhappiness. Reconnecting with Our Feelings - Those We Like, Those We Don't Like, and Those We Don't Know We

Have. Befriending Our Feelings. Seeing Thoughts as Creations of the Mind. Mindfulness in Everyday Life: Taking a Breathing Space. Part IV: Reclaiming Your Life. From Being Unhappy to Being Fully Alive. The Mindfulness Program and Your Life: Bringing it all Together. Resources and Further Reading. Audio CD: Kabat-Zin: Guided Meditation Practices for The Mindful Way through Depression.

*Reviews A tool for guided self-help...Invaluable for all non-professionals and therapist alike, The Mindful Way through Depression takes the reader step-by-step on a journey of exploration. The book is accompanied by a CD with meditations that can help the listener enter the present moment, own more fully their physical context, and stand back from the flow of their thinking and feeling...A practical volume that bears the authority both of contemporary psychology and the age old spiritual practice of meditation." - John Twistleton, New Directions, April 2011*

Publisher: [Guilford Publications](#)

Age Range: [15+ years](#)



**Adult Survivors in Therapy** By [Christine A. Courtois](#) 29 March 2010

Almost twenty years after the publication of the first edition, our knowledge of how to effectively treat incest victims has grown tremendously. Drawing on the latest research, Christine Courtois presents a fully updated treatment manual for therapists. About the Author-: Christine A. Courtois is co-founder and clinical and training director of The Center: Posttraumatic Disorders Program at the Psychiatric Institute of Washington. Reviews  
 Healing the Incest Wound is now the most comprehensive text available on every aspect of incest and child sexual abuse. Courtois reviews and integrates clinical, theoretical, and research sources and survivors' accounts. A significant new contribution to understanding and treatment, it will be an invaluable resource for clinicians and researchers whose work focuses on incest survivors. Drawing on cutting-edge research on incest and other forms of child abuse, it includes attention to their neurological, attachment, affective, and dissociative sequelae. Courtois—a veteran practitioner and an expert in complex traumatic stress disorders resulting from chronic child abuse—presents a comprehensive revision to this classic treatment manual for therapists. This book is a must for therapists new to working with incest survivors and a welcome update to the literature. --Laurie Ann Pearlman, PhD, co-author, Risking Connection

O /Impacts/GC/HT

**Evicting the Perpetrator: A Male Survivor Guide to Recovery From Childhood Sexual Abuse**



Abuse

By Ken Singer 2010

Understanding the perpetrator's 'mode of operating' that makes a victim/survivor feel the way they do and the impacts of the offender's abuse on males over their lives.

A male sex abuse victim will typically spend, not invest, SPEND, WASTE if you will, all of his life trying to eject and literally dispossess himself of his perpetrator and what feels like the perpetrator's irreparable damage. The abuser perpetually lives rent-free in the victim's mind, influencing, controlling, and continuously dulling every last ounce of his life. Childhood sexual abuse truly blurs and discolors every last facet of one's life. Healing seems like an illusion at best.

Ken Singer does this in a logical, concrete, very detailed, and easy-to-understand manner that pretty much anyone can readily comprehend. This book is an eye-opener as it attempts to answer just about any questions or concerns a male victim may have about this issue and its resolution process. Furthermore, this book speaks to EVERYONE: the victim, the survivor, the perpetrator, the therapist, the family, friends, partners, other professionals

**Male victims of same sex abuse**



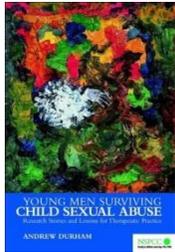
By John M Preble and A Nicholas Groth February 2002

Sexual victimization of boys and men remains a taboo subject, and resources for this neglected population and the professionals that work with them are difficult to find. This book aims at reducing the stigma and increasing the understanding of sexual trauma in men.

Male Victims of Same-Sex Abuse includes a comprehensive assessment tool that brings focus to the treatment strategy. In addition, the tool provides a methodology for disclosure in a non-threatening manner.

HT

## Young Men Surviving Child Sexual Abuse: Research Stories and Lessons for



### Therapeutic Practice

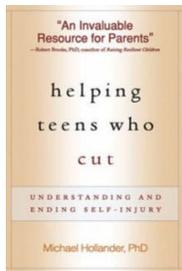
by Andrew Durham  
 Publisher: Wiley (July 7, 2003)

Young Men Surviving Child Sexual Abuse examines a largely neglected area in child protection: the sexual abuse of boys. Andrew Durham, a consultant social work practitioner, describes his original research undertaken with young men close to or in the midst of adolescence. The book features extensive narrative, as the life-story approach taken allows the young men to theorise their own experience and to understand how and why child sexual abuse has had a harmful and long-lasting impact on their day-to-day lives. Alongside the research stories the author presents a theoretical framework for understanding male sexual abuse, as well as a wide range of accessible practice materials. This book will be invaluable to those working with children and young people who are recovering from child sexual abuse.

Contents: PART I. THEORETICAL CONTEXT. The Social Context of Child Sexual Abuse. Male Child Sexual Abuse Facts and Mythology. Developing a Sensitive Approach to Researching Child Sexual Abuse. PART II. THE YOUNG MEN S STORIES. Seven Lives. Being Abused. Trying to Tell. Sexuality, Friendships and Peer Relations. Still Living with the Consequences of Abuse. Being a Participant. PART III. THE IMPLICATIONS FROM PRACTICE. A Framework for Therapeutic Practice. Assistance in Recovery. Conclusions.

## Helping Teens Who Cut : Understanding and Ending Self-injury

PAR/HT



By [Michael R. Hollander](#)

Discovering that their teen 'cuts' is absolutely terrifying for parents. Without a clear understanding of what motivates cutting, many worry their teen may be contemplating suicide. Michael R. Hollander, a leading authority on teen self-injury, gives parents the straight facts about this alarming behavior - and explains what they can do to make it stop. Drawing on years of clinical practice and the latest research, Dr. Hollander shows how overwhelming emotions lead some teens to hurt themselves, and how various treatments - chief among them dialectical behavioral therapy (DBT) - can provide effective routes to wellness. Parents learn what to look for in a therapist, how to talk to their teen about cutting without making it worse, and practical strategies for helping their teen cope with extreme emotions in a healthier way. "Helping Teens Who Cut" also provides much-needed suggestions for reducing stress and improving family communication and problem solving.

### Table of Contents

Introduction: Kids Who Deliberately Hurt Themselves. Part I: Understanding Self-Injury. Fact versus Fiction: Bringing Self-Injury into the Light. What Sets the Stage for Self-Injury? How Does Hurting Themselves Make Some Kids Feel Better? DBT: The Right Therapy for Your Teen. Part II: Helping Your Teen in Treatment and at Home. Making the Most of DBT. Resetting the Stage: How to Help Your Teen Restore Emotion to its Proper Place. Writing a Better Script: New Ways to Discourage Self-Injury. Taking Care of Yourself to Take Care of Your Teen. How to Speak with Siblings, Friends, and the School about Your Child's Troubles. Appendix A: Effectiveness of Adolescent Intensive Dialectical Behavior Therapy Program. Appendix B: Intensive Treatment.

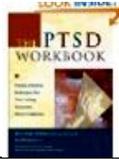
### About the Author

Michael R. Hollander, PhD, is Director of Adolescent Services at Two Brattle Center, a renowned psychiatric facility in Cambridge, Massachusetts. Dr. Hollander has worked with adolescents and their families for more than 30 years and is a recognized expert in the treatment of self-injury. He conducts DBT with adolescents at McLean Hospital in Belmont, Massachusetts, and serves on the psychiatry teaching faculty of Massachusetts General Hospital and Harvard Medical School.

Dr. Hollander takes the mystery out of this confusing but all-too-prevalent behavior, debunks the many myths surrounding it, and deftly delineates state-of-the-art treatment principles. This is an extremely thoughtful, wise, and empathic guide for the parents of teens caught up in the painful and complex web of self-injury. Both down to earth and practical, the book draws on substantial clinical experience and the latest scientific data. Dr. Hollander takes the mystery out of this confusing but all-too-prevalent behaviour, debunks the many myths surrounding it, and deftly delineates state-of-the-art treatment principles. Dr. Hollander has done us all a great service with this book." - Dr. Hollander writes not only with insight and understanding, but also with empathy, humor, and practical wisdom. Self-injury presents an overwhelming dilemma for both parents and professionals, and this book should be required reading. Empathic, easy to read, and jargon free-"Dr. Hollander's book is a lifeline to parents, offering reassurance and wisdom supported by experience. He seems to really understand how frightening it is to be the parent of a teen who cuts. This book provides relief, hope, and guidelines to follow What I appreciated most about the book were the explanations of the root causes of self-injury and the guidance on how to interact with your child in ways that support recovery." [Guilford Publications](#): 15+ years

### [The PTSD Workbook: Simple, Effective](#)

**PTSD/HT**



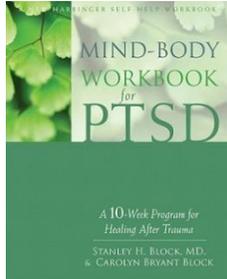
[Techniques for Overcoming Traumatic Stress Symptoms](#) by Mary Beth Williams (Author), Soili Poijula (Author): New Harbinger 2002)

Post-traumatic stress disorder is an extremely debilitating condition that can occur after exposure to a terrifying event or ordeal. In The PTSD Workbook, readers determine the type of trauma they experienced, identify their physical, mental, and emotional symptoms, and learn effective techniques and interventions to overcome them. They start with the exercise best suited to relieve their worst symptom then progress to less troubling symptoms, picking up key information about PTSD along the way.

### [Mind-body Workbook for PTSD](#)

**PTSD/HT**

A 10-Week Program for Healing After Trauma



By [Stanley Block](#), [Carolyn Bryant Block](#)

#### [Reviews](#)

"This scientifically sound and comprehensive "Mind-Body Workbook for PTSD" has broken new ground by offering highly effective strategies for mental health treatment. In my twenty years of clinical experience working with complex PTSD and other mental disorders, I have found mind-body bridging, the method taught in this self-help book, to be the most tolerated and effective treatment approach among other evidence-based models, including cognitive processing therapy, cognitive behavior therapy, dialectical behavior therapy, prolonged exposure, and eye movement desensitization and reprocessing. Results have been impressive compared to the evidence-based treatments used in my practice. This workbook is compelling and instructive in its ability to help clients develop sufficient resources for sustainable self-healing and empowerment. I have been using mind-body bridging for the past three years in individual and group treatments. I have treated over 100 clients using mind-body bridging and have had no clients terminate treatment."

--Lois Waldron, LCSW, Springfield, MA [New Harbinger Publications,U.S.](#) 15+ years

### [Picking Up the Pieces After Domestic Violence](#)

**HT / PAR/ AV**

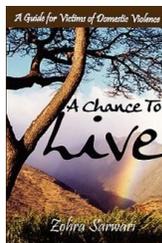
A Practical Resource for Supporting Parenting Skills

By [Kate Iwi](#), [Chris Newman](#)



How does domestic violence affect children and parents, and their relationships with each other? How can a parent who has been abused regain authority over the children? Can a parent who has scared a child in the past engage in child discipline? "Working with Parents and Domestic Violence" includes expert advice and techniques, as well as exercises and worksheets for use with both abusing and non-abusing parents.. Domestic violence can have a powerful and distorting impact on the family.. Children may feel threatened by or protective towards their parents and family power relationships turned upside down. Parents are left struggling with issues of separation, wondering how to discuss what's happened and how to adapt to the changes in the family dynamic. Borrowing from different areas of parenting work to meet the varying needs of both abusing and non-abusing parents, this toolkit offers guidance on risk assessment and provides a framework for assessing parents' needs. This book includes all the materials needed to create a sequence of engaging group or individual sessions, including worksheets, ideas for role plays, safety plans and family agreements. This practical step-by-step guide will benefit children and family social workers, children's centre workers, therapists, counsellors and anyone supporting a family recovering from the trauma of domestic violence. **Table of Contents** Introduction. Needs Assessment and Risk Management. Getting Started. Goal Setting. Agreements and Safety Planning. Techniques for Consistent Non-Abusive Discipline. Working with Parents on the Impact of Domestic Violence on their Children. Helping Parents Make Links With Their Own Experience of Being Parented. Helping Parents Understand their Child's Development. Becoming More Parent Centred. Becoming more Child Centred. Therapeutic Parenting. Domestic Violence and Parental Separation. References. Index. [Jessica Kingsley Publishers](#) 15+ years

A Guide for Victims of Domestic Violence By [Zohra Sarwari](#)



Publisher: [Eman Publishing](#)

Age Range: [15+ years](#)

## But He'll Change: End the Thinking That Keeps You in an Abusive Relationship

By [Joanna V. Hunter](#) - [Hazelden Information & Educational Services](#)



He loves me. He has a really sweet side. I am all he has. If only his boss wouldn't put him under so much stress. At least he doesn't hit me. He won't do it again. I can't do anything right.

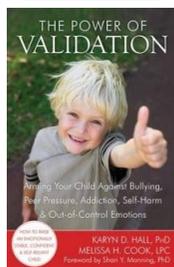
In this compassionate book written for victims of domestic violence, Joanna V. Hunter helps women face, head on, the excuses they tell themselves that keep them in abusive relationships. Using expert advice complemented by her story and the stories of dozens of other women who have survived and turned away from domestic violence, Hunter teaches women to

- ☐ identify the lies they've accepted
  - ☐ understand what healthy thinking sounds like
  - ☐ give themselves permission to stop taking the blame for their partners' behavior
  - ☐ identify power and control plays
  - ☐ stick up for their own needs and plan for their safety
  - ☐ practice forgiveness
- 'Healing from abuse means you've taken back your power . . . My hope is that this book will help you shed labels, transcend the past, and walk into a better life the one you've always hoped for.' Readers will develop the tools to operate not as victims, but as survivors, understanding the power that they hold to change their lives.

## The Power of Validation

Arming Your Child Against Bullying, Peer Pressure, Addiction, Self-Harm & Out-Of-Control Emotions

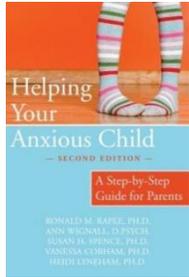
By [Karyn D. Hall](#), [Melissa H. Cook](#), [Shari Y. Manning](#)



### About the Author

Karyn D. Hall, PhD, is a licensed clinical psychologist who has been in practice for over thirty years. Originally trained as a child psychologist, she now specializes in dialectical behavior therapy and is the director of the Dialectical Behavior Therapy Center in Houston, TX. Melissa H. Cook, LPC, is a dialectical behavior therapist in Houston, TX, specializing in eating disorders and borderline personality disorder.

By recognizing and accepting their child's feelings, parents can improve their child's emotional resilience. The Power of Validation is the first book to explain this critical process and offer parents skills they can use to validate and empower children in order to reduce behavioral problems, instill confidence, and increase children's ability to regulate their own emotions. [New Harbinger Publications](#): 15+years



A Step-by-step Guide for Parents

By [Ronald M. Rapee](#), [Ann Wignall](#)

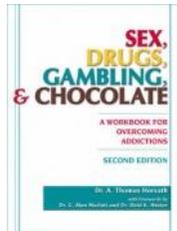
This expanded and updated version of a best-selling classic guides readers to help a child overcome anxiety and fears. It describes in detail strategies and techniques they can combine into a comprehensive self-help programme for a child's particular needs. From separation anxiety to general anxiety, social anxiety, specific phobia and panic disorder, the book describes the common types of childhood anxiety, how anxiety originates, and options for dealing with the problem, with or without a therapist's help. In this updated version, the progression of chapters reflects the authors' clinical programme, in which major skills are introduced early and then are consolidated and built upon in later chapters. Throughout, the book employs a step-by-step approach that is both structured and directive. Written activities are incorporated throughout the chapters, some intended for the child and others for his or her parent to complete.

**Reviews** "In "Helping Your Anxious Child", parents are provided a step-by-step guide for assisting their children in overcoming a panoply of worries, fears, and anxieties. The strategies described are well-established ones, backed by considerable scientific support. Parents will find this book engaging, easy to read, and full of important ideas about how best to help their children." --Thomas H. Ollendick, Ph.D., University Distinguished Professor in the department of psychology, Virginia Tech: [New Harbinger Publications,U.S.:](#) [15+ years](#)

## Sex, Drugs, Gambling, and Chocolate

Ad/I

A Workbook for Overcoming Addictions

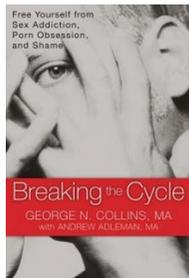


By [Arthur T. Horvath](#)

There is an alternative to 12-step! Eliminate or reduce any type of addictive behavior with the new second edition of this practical and effective workbook. Treats addictions "as a whole," rather than dealing separately with each issue (e.g., drinking, smoking, overeating, gambling...). Dr. Horvath's rational approach is based on scientifically validated methods and emphasizes taking responsibility for your actions, without requiring an allegiance to a "higher power." Teaches readers about consequences (and even possible benefits) of addictive behavior, alternative coping methods, choice, understanding and coping with urges, building a new lifestyle, preventing relapse. Includes dozens of exercises, self-study questions, guidelines for individual change plans. [Impact Publishers Inc.,U.S.](#) [15+ years](#)

## Breaking the Cycle

Ad/CSS



Free Yourself from Sex Addiction, Porn Obsession, and Shame

By [Andrew Adleman](#), [George N. Collins](#)

### About the Author

George N. Collins, MA, is founder and director of Compulsion Solutions, an outpatient counseling service in San Francisco Bay. A former sex addict himself, Collins is a professional member of the Society for the Advancement of Sexual Health and is recognized as an expert on sexually compulsive behavior. Andrew Adleman, MA, is a writer and book editor in the greater Los Angeles area. He has formerly worked in the movie industry and as a psychotherapist.

### Reviews

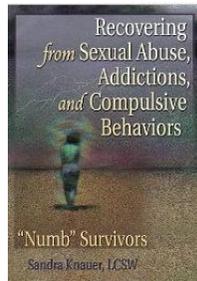
"This is gripping stuff, and a real page-turner of a book. The real-life stories have the ring of truth, and the dialogue is unmistakably real. The use of trenchant, memorable lines, like, 'you can't get enough of what won't satisfy you,' really get the message across." -- Bob, in recovery in California

## Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors: "Numb" Survivors [Hardcover]

Ad/HT/Rel

Explore the connection between sexual victimization, addiction, and compulsive behaviors.

By Sandra Knauer LCSW. 2002



This book demonstrates what lengths survivors of sexual abuse will go to in attempting to avoid dealing with the pain resulting from their sexual abuse. The information in *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* regarding codependency is especially useful to survivors of sexual abuse who now find themselves in abusive relationships.

Survivors of abuse who have gone without treatment sometimes become either sexual perpetrators or sexual addicts and may experience many different types of psychological dysfunction. *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* examines issues that survivors often have regarding:

- \*trust and friendship
- \*sexuality and sexual addiction
- \*marriage and family
- \*religious addiction as opposed to spirituality
- \*alcohol and substance abuse
- \*workaholicism
- \*weight issues and eating disorders
- \*violence as the result of shame, fear, and depression caused by abuse

*Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* is more than a litany of the problems that survivors face. This valuable work will show you:

- HOW the survivor came to employ addictive or compulsive behaviors
- WHY the survivor continues to employ these self-abusive behaviors despite the pain caused by the addiction
- WHAT the survivor needs to do to aid recovery
- WHERE the survivor can turn to obtain the help that is needed to recover from addictive or compulsive behaviors

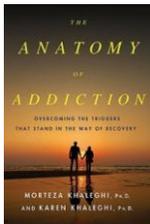
With its complete bibliography on sexual abuse, addictions, and compulsive behaviors, *Recovering from Sexual Abuse, Addictions, and Compulsive Behaviors* will show you the full course of sexual abuse and its aftermath, bringing you from the beginnings of sexual abuse through the steps that lead to addiction and compulsion, and ultimately, recovery.

## The Anatomy of Addictions

Ad/I

Overcoming the Triggers That Stand in the Way of Recovery

By [Morteza Khaleghi](#), [Karen Khaleghi](#)



The relapse rate for addicts in conventional treatment programs is a shocking 70-90%, despite the best efforts of family members, doctors, and the addicts themselves. Drawing on the latest addiction research, Creative Care founders Morteza and Karen Khaleghi argue that the reason so many addicts fail to make headway is because, too often, they focus on the addiction only, and not the many factors that contribute to it.

Readers will learn how to:

- \* recognize what people and situations drive their addiction
- \* peel back the layers of their life to understand the roots of helplessness and dependency
- \* rewrite family dynamics and end the cycle of addiction.

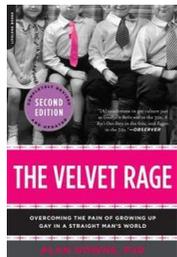
This is an eye-opening look for addicts and family members that will show them how to discover the heart of problem, and overcome it. **Table of Contents**

Introduction: Where the Journey Begins Chapter 1: Reframing the Vocabulary of Addiction Chapter 2: The First Dot Chapter 3: A Fork in the Road Chapter 4: The Story of an Almost Addict Chapter 5: Trauma Survivors Chapter 6: People with Anxiety Disorders Chapter 7: Bipolar Disorder Chapter 8: Depression and Addiction Chapter 9: Children on the Slippery Slope Conclusion: The Tyranny of Now

"Dr. Morteza Khaleghi is one of America's leading experts on addiction and a beacon of hope to addicts everywhere. "Morteza and Karen Khaleghi convincingly demonstrate how psychological issues like depression and trauma can cause relapse. More importantly, they show how to address these issues effectively. Their decades of experience come through brilliantly in this important book."--

Publisher: [Palgrave MacMillan](#)

Age Range: [15+ years](#)



Overcoming the Pain of Growing Up Gay in a Straight Man's World

By [Alan Downs](#)

A groundbreaking examination of the psychology of homosexuality, why it leads to shame over one's identity and how to overcome it

**About the Author**

Alan Downs, PhD is a clinical psychologist practicing in Beverley Hills, California. The former CEO of Michael's House Treatment Center, Downs now maintains a thriving private psychotherapy practice and an intensive outpatient addiction programme.

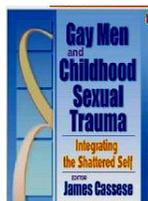
**Reviews** "The Velvet Rage is becoming a touchstone in gay culture just as Christopher Isherwood's Goodbye to Berlin was in the 30s, Edmund White's A Boy's Own Story in the 60s and Larry Kramer's Faggots in the 70s." (Observer Magazine)"

"They know deep down that they are different, but as young people do, they don't view that "difference" in a positive, healthy light. They come to believe that they are inherently flawed, unlovable, second-class citizens. With this incorrect thinking comes shame followed closely by anger, which, in turn, is directed inward." [Da Capo Lifelong](#)

**Books:** 15+ years

**Gay Men and Childhood Sexual Trauma: Integrating the Shattered Self**

by James Cassese



Routledge (December 13, 2000)

"The first book of its kind, Gay Men and Childhood Sexual Trauma: Integrating the Shattered Self addresses the unique emotional and psychological needs of gay male survivors of sexual abuse. All too often, gay men hide their childhood memories of being sexually victimized, because of fear, shame, and the stigma of stereotypes which equate homosexuality with child abuse." "Gay Men and Childhood Sexual Trauma offers new hope by separating the crime of pedophilia from the consensual intimacy of an adult male same-sex relationship. It offers practical treatment suggestions as well as moving insights into the painful conflicts gay men may have accepting their own sexuality and revealing their status as a child survivor of an adult sexual predator. This powerful volume offers sufficient technical detail to be useful for the therapist, yet it is written with enough clarity and compassion to be used as bibliotherapy for men just coming out as gay, as survivor, or as both."--BOOK JACKET.

Provides practical treatment suggestions, as well as valuable insights into the painful conflicts gay men may have in accepting their own sexuality and revealing their status as child survivors of an adult sexual predator. Annotation c. Book News, Inc., Portland,

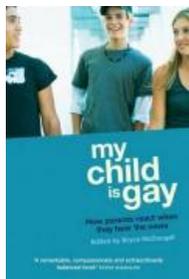
Rel/S/HT

**My Child is Gay**

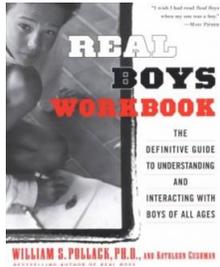
PAR/HT/Css

How Parents React When They Hear the News

By [Bryce McDougall](#)



Each year a number of brave men and women will sit down and tell their parents that they are gay. By the time they tell their parents they will have lived with this knowledge for some time. It is often the parents who have only a split second to react. My Child is Gay is a compilation of letters written by parents who have a gay or lesbian child. The letters have been written to be shared - both to help parents cope with and come to term with their feelings, and for gay men and women who are contemplating sharing the truth. Few parents are accepting from the start and many feel perplexed. They are unsure where to turn to for help and how to deal with their feelings of grief and loss. Here the parents talk about how they dealt with the many emotions they experienced - anger, embarrassment, guilt and confusion. Together these letters reaffirm the regenerative power of love and allow those with first hand experience to outline the important steps on the road to understanding. My Child is Gay shows how ordinary families have found love and happiness again. [Allen & Unwin](#): 15+ years

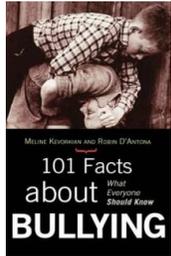


By [William S Pollack](#), [Kathleen Cushman](#), [Kathleen Cushman](#)

**The Real Boys' Workbook** is a unique, instructive workbook, full of advice, exercises, and stories to help parents, professionals, and boys themselves understand boys—and how to make life with them better. How to listen to boys, talk and be with them, exercises to teach you new ways to handle situations, and strategies for coping with problems (drug and alcohol abuse, gender identity, depression, bullies) are addressed, as readers are encouraged to respond to questions and situations, to learn how to think about boys with new understanding, and to react more creatively. Through writing down responses in the workbook, using the charts and summaries, and taking part in the provocative question-and-answer sections, you will gain insight into boys and their problems and be better able to be with them in effective and powerful ways. [Villard Books](#): 15+ years

## 101 Facts About Bullying What Everyone Should Know

PAR/HT/



By [Meline M. Kevorkian](#), [Robin D'Antona](#)

Everyone involved with the care and welfare of children and young adults is confronted with the issue of bullying, which is one of life's major pressures facing children. Bullying behaviours create an uncomfortable, threatening, and even hostile environment that make it difficult for children to learn. 101 Facts about Bullying is designed to break down what the research says about bullying and its effects, offering ideas for what can and should be done to minimize or reduce it. Kevorkian systematically discusses topics ranging from relational bullying to cyber bullying to media and video violence to the legal ramifications of bullying, debunking myth and uncloaking the facts about bullying and its prevention. **Table of Contents:**-Chapter 1 Introduction Chapter 2 Myths and Facts Chapter 3 Bullying Defined Chapter 4 Victims Chapter 5 Bullies Chapter 6 Bystanders Chapter 7 Relational Bullying Chapter 8 Cyberbullying Chapter 9 Media and Video Violence Chapter 10 Consequences and Legal Ramifications Chapter 11 Viable Solutions

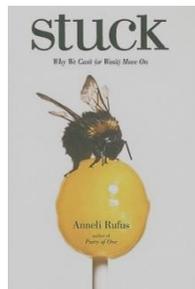
### Reviews

In 101 Facts about Bullying, Dr. Robin D'Antona and Dr. Meline Kevorkian have crafted a down-to-earth and useful guide to a number of basic facts about bullying, its causes, and its consequences.. This book could be useful for parents and for children interested in learning more about bullying and how it is related to issues such as school climate, teaching, interventions, and prevention.

Publisher: [Rowman & Littlefield Education](#) 15+ years

## Stuck Why We Can't (or Won't) Move on

DES/SH



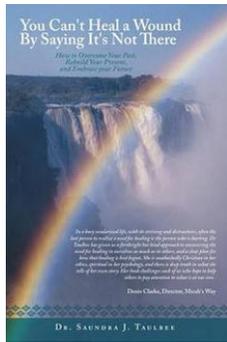
By [Anneli Rufus](#)

The author of "Party of One" identifies a rather striking social trend--many people are stuck in the wrong relationship, career, or town, but are unable to make a change. Drawing on her own experiences, as well as interviews with others, Rufus addresses this problem.

[Jeremy P. Tarcher](#) 15+ years

How to Overcome Your Past, Rebuild Your Present, and Embrace Your Future

By [Dr. Sandra J. Taulbee](#)



What do a high tech, workaholic man addicted to pornography and alcohol, a talented woman who loses her "voice" and struggles with intimacy in marriage, a man who is unable to be sexually faithful to his wife, and, a ten year old depressed boy have in common? Each of them is in desperate need of healing from wounds of the past. But, just what is the nature of the wound? Author Sandra Taulbee explains through actual case examples and vignettes from her own life that we are all in need of healing from wounds that begin in childhood, but, if undealt with, manifest in dysfunctions in family relationships, in marriage, in friendship, in work/career, in the way we see ourselves, and, in the way we relate to God. A quick self-assessment quiz: How many of us know how to find real peace within? Are you at peace with family, and actually love them and like to be around them - especially during the holidays? How many of us experience real relationship with friends where you can be yourself and be accepted? How many of us harbor bitterness and hold grudges against a loved one for past hurts? Are you married but still alone, unable to break through walls of silence or anger? Do you know what are your life-passions; yet, you allow them to go unfulfilled? Why is that? How many of us are really using our God-given gifts and talents to reach out to other people in need, to help them be different? An honest response of "that's me", to any of the above questions suggests you have a wound in need of healing that goes deep within your soul, blocking you from the life that awaits you. So, why read, You Can't Heal a

Wound by Saying It's Not There? Because it walks us through common issues of life that show us repeating negative patterns revealing how we fail to live authentically, how we live double-lives, how we focus on self-satisfaction instead of serving others, how we rely on achievement and success to feel value, how we get caught up with excesses that take our minds off things that matter, how we struggle with addictions of all kinds that we keep secret. Told through the stories of nine real people, You Can't Heal a Wound...helps you think through vicissitudes of your life, determine what really matters in the long run, and, begin to figure out how to use your life - wounds and all - to help turn others' lives around. This book is for you, whether man or woman, married or single, gay or straight, skeptic or far away from God, or a follower of Jesus. Come, wherever you are on your journey, walk along with me through the pages of this book, and, dare to be different by the end of your reading! You Can't Heal a Wound...is about overcoming the wounds of your past. It is a book about hope and healing and living the life you always wanted, but did not know how to find. Chapters outline common issues we struggle with, and practical solutions for recovery. The book concludes with addendum endnotes for further study and a study guide for individual or small group study.

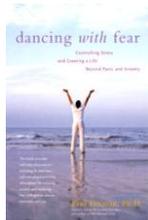
Publisher: [AuthorHouse](#)

Age Range: [15+ years](#)

## Dancing with Fear

AX/DES/SH

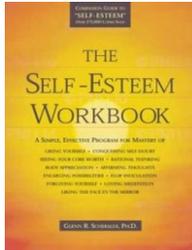
Controlling Stress and Creating a Life Beyond Panic and Anxiety By [Paul Foxman](#)



This book is for everyone who has experienced severe anxiety and wants to be free from abnormal fear. It is also for therapists, counselors, and other helping professionals who treat patients suffering from anxiety disorders. Dancing with Fear, which features a unique cognitive-behavioral approach, is a complete mind-body plan for understanding and overcoming anxiety disorders. Known as the CHANGE program, this specific method has been found to be 80 percent successful in treating anxiety and to have reduced health care expenses by more than 50 percent in the year following treatment.

Dr. Foxman's book, "Dancing with Fear," is a comprehensive and compassionate overview of the most crippling of our 'social diseases'-fear-with a wealth of practical approaches to loosening its hold on us. The work will find a wide and appreciative audience. [15+ years](#)

By [Glenn R. Schiraldi](#)



The Self-Esteem Workbook is based on the author's original new research, which has shown that self-esteem can be significantly improved through the use of self-help materials. Now psychologist and health educator Glenn Schiraldi has shaped these tested resources into a comprehensive, self-directed program that guides readers through twenty essential skill-building activities, each focused on developing a crucial component of healthy self-esteem.

**Reviews**

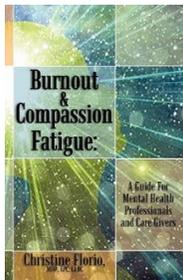
"Leads participants on a purposeful journey that can result in a future of better mental health and well-being."

--Sharlene M. Weiss, Ph.D., Founder & Former Director of Psychosocial Oncology, University of Miami Sylvester Comprehensive Cancer Center; Associate Professor of Medicine, Psychiatry, and Psychology, University of Miami School of Medicine

[15+ years](#)

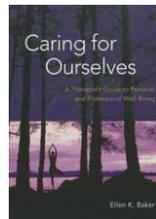
[New Harbinger Publications,U.S.](#)

**Burnout & Compassion Fatigue A Guide for Mental Health Professionals and Care Givers**



Published In:United States, 01 October 2010

**Caring for Ourselves Therapist's Guide to Personal and Professional Well-Being (APA)**



ABY [Ellen K. Baker](#)

Publisher:

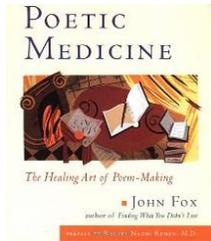
[American Psychological Association \(APA\)](#)

Age Range:

[15+ years](#)

## Poetic Medicine

M/L/SH



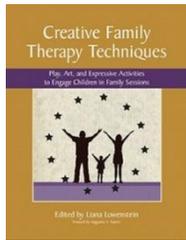
Powerful and exciting, Poetic Medicine illustrates the unique role that poem-making can have in addressing the situations that lead us to renewal in our lives.

John Fox's book is designed for readers wanting to tap their creative energy in order to make a difference in the world, including educators, therapists, parents and their children, writers, couples, and the infirm. As the author demonstrates, we all possess the ability to write. This gift enables us to access unlimited spiritual resources that restore our genuine voices and meaning in our lives, while healing and creatively satisfying us.

Discussed are numerous stories of people from the author's workshops who exemplify how poetry has aided them in becoming more whole. Parents understand how to use poetry to foster their relationships with their children, recognizing magical bonds that they never knew existed; persons who are ill learn how to come to terms with their diseases; and those who feel helpless in the surrounding world discover the freedom to act and affect real change.

## Creative Family Therapy Techniques

M/HT/L



Play, Art & Expressive Activities to Engage Children in Family Sessions

By [Liana Lowenstein](#) (Edited by)

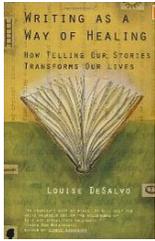
Bringing together an array of highly creative contributors, this comprehensive resource presents a unique collection of assessment and treatment techniques. The contributors illustrate how play, art, drama, and other approaches can effectively engage families and help them resolve complex problems. Practitioners from divergent theoretical orientations, work settings, or client specialisations will find a plethora of stimulating and useable clinical interventions in this book.

## Table of Contents

Foreword; Preface; Theoretical Overview; Section One: Engagement & Assessment Techniques -- Basketball; Beach Ball Game; Boat-Storm-Lighthouse Assessment; Bull's Eye Assessment; Create-A-Family Collage; Family Genograms Using Miniature Objects; Family Strength Genogram; Family Strengths & Needs Game; Family Timeline; Family Trivia Game; First Session Family Card Game; The Flowers & the Weeds; I'm An Animal; My Family As Animals; My Life in the Sandtray; Our Family Life Scavenger Hunt; Our Family Has a Whole World to Play With; Rappin' Family Puppet Interview; Recipe for Success; Thought Bubbles; Video Crew; What is My Role in the Family? Section Two: Treatment Techniques -- Attachment Sandtray; Avoiding Landmines; Beat the Record Routine Race; Behavior Remote; Birthday Celebration; Box of Memories; Building Together-Understanding Together; Chains of Change; Closing Time; Creating a Better World for Our Children; The Doves & the Hunter; Dream-enacting with a Family; Exploding Balloons; Family Jenga; Family Locogram; Family Orchestra; Family Sculpting with Puppets; Family Spectogram; Family-Structured Play; Feeling Body Sculpting; Feeling Checkers; Feelings Hide & Seek; Five Important Things; Follow the Big Leader; Garden of Birds; Hurt Hearts & Healing Hands; Hut! Hut! Hike!; Land of No Rules; Let It Rip!; Love Bug; Make Your Own Board Game; Mapping; Messages in Art; Modified Scribble; Mr. Opposite Man/Miss Opposite Lady; My Story; Nighttime Protection Potion; Piece of the Pie; Pulled From a Hat; Puppet Movie; Red Light, Green Light ... A New Light; Royal Family; Sculpture Musical Chairs; Self-Image; Sibling Rivalry; Silence Ball; Sneaking; Stories Within; Storytelling Card Game; Tiger, Mouse, & Monkey Work Together: An Animal Parts Party for Families; Toss the Ball; W4: Wish, Worry, Why, & Will; Waberjockey Island; Walk a Mile in My Shoes; What Would They Say?; What's the Weather?; When I...; When I Was Your Age: PhotoTherapy Techniques for Families; Wilderness Trail; World Creation; Yuehong Sandplay Encouragement Method. Section Three: Termination Techniques -- Family Shield; Healing Animals; Helping Hands; Last Session; Family Card Game; Thank-You Cards.

## Writing as a Way of Healing: How Telling Our Stories Transforms Our Lives

M/L/SH



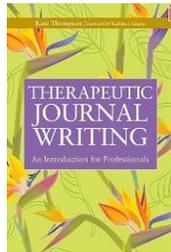
[Louise DeSalvo](#) (Author) In this inspiring book, based on her twenty years of research, highly acclaimed author and teacher Louise DeSalvo reveals the healing power of writing. DeSalvo shows how anyone can use writing as a way to heal the emotional and physical wounds that are an inevitable part of life. Contrary to what most self-help books claim, just writing won't help you; in fact, there's abundant evidence that the wrong kind of writing can be damaging. DeSalvo's program is based on the best available and most recent scientific studies about the efficacy of using writing as a restorative tool. With insight and wit, she illuminates how writers, from Virginia Woolf to Henry Miller to Audre Lorde to Isabel Allende, have been transformed by the writing process. *Writing as a Way of Healing* includes valuable advice and practical techniques to guide and inspire both experienced and beginning writers.

## Therapeutic Journal Writing:

M/HT/L/SH

### An Introduction for Professionals (Writing for Therapy or Personal Development)

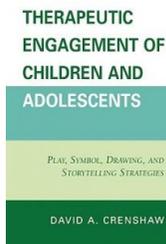
[Kate Thompson](#)



Writing a journal is not just about keeping a record of daily events - journal writing provides a unique therapeutic opportunity for facilitating healing and growth. The author of this book guides the reader through developing journal writing to use as a therapeutic tool. Keeping a journal can help the writer to develop a better understanding of themselves, their relationships and the world around them, as well as improve skills of problem-solving, decision-making and planning. As such, journal writing can be a powerful complement to verbal therapy, offering an effective and affordable way of extending support to troubled clients. The book includes advice on working with individuals, facilitating a therapeutic writing group, proposed clinical applications, practical techniques, useful journal prompts, exercises and case vignettes. This clear guide to the basics of journaling and its development as a therapeutic medium will be a valuable handbook for therapists, health and social care practitioners, teachers, life coaches, writing facilitators and any professional seeking personal development in themselves or their clients.

## Therapeutic Engagement of Children and Adolescents

M/HT/TY/L



Play, Symbol, Drawing, and Storytelling Strategies

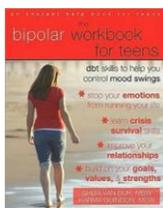
By [David A. Crenshaw](#) Addresses the challenges faced when children who refuse to talk, children who lack psychological mindedness, teens who experience an aversion to the influence of any adult, and children and teens who mask their woundedness by hostility or diffidence show up for therapy. This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

## The Bipolar Workbook for Teens

TY/ BM/ HT



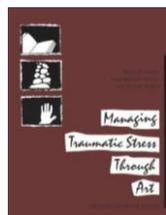
[Sheri Van Dijk](#), [Karma Guindon](#) Review "The authors of this book speak directly to youth in a respectful and genuine manner. There is tremendous value in reading stories of other teens who have shared similar experiences. This book is truly welcome addition to the educational resources available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

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

## Managing Traumatic Stress Through Art: Drawing from the Center

M/HT/L/SH

[Barry M. Cohen](#) (Author), [Mary-Michola Barnes](#) (Author), [Anita B. Rankin](#) (Author)



Three art therapists collaborate to produce this unique workbook. Designed especially for trauma survivors, *Managing Traumatic Stress Through Art* introduces inventive ways to understand, manage, and transform the aftereffects of trauma. This dynamic workbook consists of carefully structured step-by-step art projects, augmented by tearout images, and writing experiences. The book's first section, *Developing Basic Tools For Managing Stress*, is devoted to establishing a safe framework for trauma resolution. The second section, *Acknowledging and Regulating Your Emotions*, helps the trauma survivor to make sense of overwhelming emotional experiences. The final section, *Being and Functioning in the World*, focuses on self and relational development, leading into the future. *Managing Traumatic Stress Through Art* will inspire survivors to explore the aftermath of traumatic stress as it affects self-image, relationships with others, and functioning in the world. The 26 projects in this book encourage creative growth and help to establish a sense of personal safety, while exploring and honoring feelings of anger, fear, shame, and sadness. The art experiences are broad enough to be of value to survivors of a wide variety of traumatic experiences, ranging from childhood abuse to accidents to disabling mental illness. This workbook offers an opportunity to everyone, regardless of previous experience or artistic talent, to manage symptoms of traumatic stress in a creative, life-affirming way.

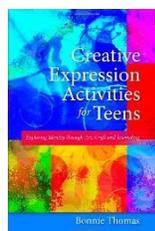
## Creative Expression Activities for Teens:

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.



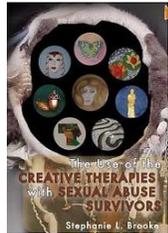


Nina Brown

**Table of Contents** Creative Activities in Group Therapy. Ethical Considerations. The Group Leader's Preparation. Group Dynamics, Group Stages, and Therapeutic Factors. Cultural and Diversity Sensitivity. Procedures and Process for Use of Creative Activities. General Guidelines for Use of Creative Activities. Fairy Tales. Member-Focused Drawing Activities. Group-Focused Drawing Activities. Writing Activities. Poetry, Cinquains, Haiku. Single Session Writing Activities. Journaling. Imagery. Mindfulness and Music. Movement: Dance and Exercise. Movement: Performance Activities. Collage. Melange: ATCs, Flats, Scrapbooking. Applications: Member Concerns. Group Level Challenges. Group Dilemma Cases and Creative Activities.

## The Use of the Creative Therapies With Sexual Abuse Survivors

M/HT/L

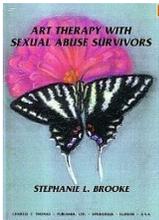


[Stephanie L. Brooke](#) (Editor)

Inspired by Brooke's (1997) work, *Art Therapy with Sexual Abuse Survivors*, *The Use of the Creative Therapies with Sexual Abuse Survivors* is a comprehensive volume examines the use of art, play, dance, music, and drama, to treat trauma related to sexual abuse. The author's primary purpose is to examine treatment approaches which cover the broad spectrum of creative art therapies. The collection of chapters is written by renowned, well credentialed, and professional creative art therapists in the areas of art, play, dance, music, and drama. In addition, the chapters are complimented with photographs of client art work, diagrams, and tables. The reader is provided with a snapshot on how these various creative therapies are used to treat male and female survivors of sexual abuse as well as children, teens, and adults. This informative book will be of special interest to educators, students, therapists, and creative art therapists working with traumatized survivors of sexual abuse.

## Art Therapy With Sexual Abuse Survivors

M/HT/L



[Stephanie L. Brooke](#)

Art expression articulates the layered communication about forgotten or remembered events. Past experience, associated feelings, and references cannot be eliminated from artwork created in the present. Impressions build one upon the other and are influenced by their predecessor. Art reflects and incorporates past experience, its impact on current emotional reactions, and subsequent behavior. The feelings bonded to those events serve as reflectors through form as content. The communication of image in art expression is a silent visual language, translated into linguist form and through retrocognition, examination, and experiencing the art object. Art making functions as a sender, the image as a message, the art maker as a receiver. Images in art expression, like dreams, are rooted in personal history, incorporate current events, and in some form, express a wish for the future.

**Art Therapy With sexual Abuse Survivors** seeks to examine the most basic art therapy approaches to treatment of traumatic conditions due to sexual exploitation or abuse. The book is not structured around new or specialized ideas for treatment. Rather, the focus is a commentary on a collection of publications of art therapist and others who have written on the subject. The book includes general reporting of material to various art therapy approaches and orientations. The theme throughout the book is on the importance of capturing iconographic material, through the use of art therapy, to assess and/or treat individuals who have experienced sexual abuse. I believe the collective content of the book to be especially important to art therapists who are just beginning to work with this victim population. The book provides a compendium and review of a number of historical and controversial areas that are important to art therapists and other disciplines. Table of Contents:- Introduction Chapter 2: Art Therapy Assessments, Graphic Indicators of Sexual Abuse, Memories of Sexual Abuse, Legal Issues, Case work utilizing Art Therapy, Case Example, Group work with Sexual Abuse Survivors, Therapy with a Group of Sexual Abuse Survivors, Art Therapy with Sexually Abusive Families, Family Art Therapy, Conclusion