

Recommended Book List

For patients who want help or information about mental health

Depression / Self-Esteem

For parents:

- *Freeing Your Child From Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility and Happiness*, by Tamar Chansky, Ph.D. (2008)

For preteens/younger adolescents:

- *Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life*, by Joseph Ciarrochi, Ph.D., Louise Hayes, Ph.D. and Ann Bailey, M.A. (2012)
- *The Self Esteem Companion: Simple Exercises to Help You Challenge Your Inner Critic and Celebrate Your Personal Strengths*, by Matthew McKay, et al (2005)

For older adolescents/adults:

- *Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy*, by Steven Hayes, Ph.D. (2005)
- *The Mindfulness and Acceptance Workbook for Depression*, by Kirk D. Strassahl, Ph.D. and Patricia J. Robinson, Ph.D. (2008)
- *The Feeling Good Handbook*, by David Burns, M.D. (1999)
- *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness*, by Mark Williams, Ph.D., John Teasdale, Ph.D., Zindel Segal, Ph.D. and Jon Kabat-Zinn, Ph.D. (2007)
- *Self Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self Esteem*, 3rd Edition, by Matthew McKay, Ph.D. and Patrick Fanning (2000)
- *The Self Esteem Companion: Simple Exercises to Help You Challenge Your Inner Critic and Celebrate Your Personal Strengths*, by Matthew McKay, et al (2005)

Anxiety

For parents:

- *Freeing Your Child From Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias*, by Tamar Chansky, Ph.D. (2004)
- *Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress and Anxiety*, by Donna Pincus, Ph.D. (2012)
- *I Can Relax! A Relaxation CD for Children*, by Donna Pincus, Ph.D. (2012)
*This is an audio CD

- *Parenting Your Anxious Child with Mindfulness and Acceptance: A Powerful New Approach to Overcoming Fear, Panic and Worry Using Acceptance and Commitment Therapy*, by Christopher McCurry, Ph.D. (2009)

- *The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transition*, by Lawrence Shapiro, Ph.D. and Robin Sprague, LCPC (2009)

For children:

- *The Worry Glasses: Overcoming Anxiety*, by Donnalisa Helsley (2012)
- *What to do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety*, by Dawn Huebner, Ph.D. (2005)
- *The Most Unique Anxiety Relief Workbook For Your Child in the Universe*, by Renee Jain, M.A. (2013)

For adolescents/adults:

- *The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence*, by Jennifer Shannon, LMFT (2012)
- *The Mindfulness and acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life*, by Jan Fleming, M.D. and Nancy Kocovsky, Ph.D. (2013)
- *The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias and Worry Using Acceptance and Commitment Therapy*, by John Forsyth, Ph.D. and Georg Eifert, Ph.D. (2008)

Obsessive-Compulsive Disorder

For parents:

- *Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" – and Parents Say "Way to Go,"* by John March (2006)
- *Freeing Your Child From Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents*, by Tamar Chansky, Ph.D. (2001)

For children:

- *Mr. Worry: A Story About OCD*, by Holly Niner (2003)

For adolescents/adults:

- *The OCD Workbook: Your Guide to Breaking Free From Obsessive-Compulsive Disorder*, 3rd Edition, by Bruce Hyman, Ph.D. and Cherlene Pedrick, R.N. (2010)



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**OLYMPIC
PSYCHOLOGY
SERVICES**



Autism Spectrum

For parents:

- *Autism Spectrum Disorder: What Every Parent Needs to Know*, editors: Alan Rosenblatt, M.D. and Paul Carbone, M.D. (2012)
- *Everybody Is Different: A Book For Young People Who Have Brothers or Sisters With Autism*, by Fiona Bleach (2002).
- *Asperger Syndrome and Adolescence: Helping Preteens and Teens Get Ready for the Real World*, by Teresa Bolick, Ph.D. (2001).
- *The Curious Incident of the Dog in the Night-Time*, by Mark Haddon (2003).
*This is fiction, but it is an engaging story and may give parents and other family members some useful insight into the ways in which individuals with high functioning forms of autism think and react differently. CAUTION: There is some language in this book that might be considered offensive and/or may not be appropriate for younger readers.

For children:

- *When My Autism Gets Too Big! A Relaxation Book for Children with Autism Spectrum Disorders*, by Kari Dunn Buron and Brenda Smith Myles (2004).
*Helpful strategies for teaching/learning frustration management strategies.
- *Of Mice and Aliens: An Asperger Adventure*, by Kathy Hoopman (2001)
*An engaging fictional children's story in which the main character has Aspergers. Also other books in the series: *The Blue Bottle Mystery*, *Lisa and The Lacemaker*.
- *Asperger's Huh?*, by Rosina G. Schnurr, Ph.D. (1999).
*This is a great book to read with youngsters who are just receiving a diagnosis of autism spectrum disorder, or are just beginning to process and/or come to terms with such diagnosis. Best for 9-13 year-olds.
- *Freaks, Geeks and Asperger Syndrome*, by Luke Jackson (2002).
*Written by an adolescent diagnosed with Asperger Syndrome. Best for 12-17 year-olds.
- *Different Like Me: My Book of Autism Heroes*, by Jennifer Elder and Marc Thomas (2005).
*A nice way to help remind youngsters that there are unique strengths that come with autism spectrum diagnoses...a nice reminder when feeling frustrated by being "different."

For older adolescents/adults:

- *Preparing for Life: The Complete Guide for Transitioning to Adulthood for Those with Autism and Asperger Syndrome*, by Jed Baker (2006).
- *Developing Talents: Careers for Individuals with Asperger Syndrome and High Functioning Autism*, by Temple Grandin and Kate Duffy (2004).
- *Asperger Syndrome Employment Workbook: An Employment Workbook for Adults with Asperger Syndrome*, by Roger N. Meyer and Tony Atwood (2001).

Self-Harm Behavior

For adolescents:

- *Stopping the Pain: A Workbook for Teens Who Cut and Self Injure*, by Lawrence Shapiro, Ph.D. (2008)
- *Don't Let Your Emotions Run Your Life For Teens: Dialectical Behavior Therapy Skills for Helping you Manage Mood Swings, Control Angry Outbursts, and Get Along With Others*, by Sheri Van Dijk, M.S.W (2011)

Eating Disorders

For parents:

- *Skills Based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method*, by Janet Treasure, M.D., Graine Smith, and Anna Crane (2007)
*Primarily anorexia oriented
- *The Parents' Guide to Eating Disorders: Supporting Self Esteem, Healthy Eating, and Positive Body Image at Home*, by Marcia Herrin, Ed.D, R.D. and Nancy Matsumoto (2007)

For adolescents/adults:

- *The Mildfulness and Acceptance Workbook for Bulimia: A Guide to Breaking Free from Bulimia Using Acceptance and Commitment Therapy*, by Emily Sandoz, Ph.D., Kelly Wilson, Ph.D., and Troy Dufrene (2011)
- *The Dialectical Behavior Therapy Skills Workbook for Bulimia: Using DBT to Break the Cycle and Regain Control*, by Ellen Astrachan-Fletcher, Ph.D. and Michael Maslar, Psy.D. (2009)
- *The Anorexia Workbook: How to Accept Yourself, Heal Your Suffering, and Reclaim Your Life*, by Michelle Heffner, M.A. and Georg Eifert, Ph.D. (2004)
- *Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food*, by Susan Albers, Psy.D. and Lilian Cheung, R.D. (2012)

Attention Deficit Hyperactivity Disorder

For parents:

- *Taking Charge of ADHD, 3rd Edition: The Complete Authoritative Guide for Parents*, by Russell Barkley, Ph.D. (2013)

For children:

- *Putting on the Brakes Activity Book for Kids with ADD or ADHD, 2nd Edition*, by Patricia Quinn, M.D. and Judith Stern, M.A. (2009)

For older adolescents/adults:

- *Taking Charge of Adult ADHD*, by Russell Barkley, Ph.D. (2010)
- *The Mindfulness Prescription for Adult ADHD*, by Lidia Zylowska, M.D. (2012)

Parenting Advice for Behavior Problems (Oppositional-defiance, intense outbursts/tantrums, etc.)

For parents:

- *Skills Training for Children with Behavior Problems, Revised Edition: A Parent and Practitioner Guidebook*, by Michael Bloomquist, Ph.D. (2005)
- *Your Defiant Child, 2nd Edition: Eight Steps to Better Behavior*, by Russell Barkley, Ph.D. (2013)
- *Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behavior*, by Pat Harvey, LCSW and Jeanine Penzo, LICSW (2009)

General Parenting

- *How to Talk So Kids Will Listen & Listen So Kids Will Talk*, by Adelle Faber and Elaine Mazlish (2012)
- *Getting to CALM: Cool-Headed Strategies for Parenting Teens and Tweens*, by Laura Kastner, Ph.D. and Jennifer Wyatt, Ph.D. (2009)