



# MENTAL HEALTH BOOK REFERENCES

*Prepared by Valerie J. Samuel, Ph.D.*

## GOOD BOOKS ABOUT ANXIETY

- Antony, M. M., Craske, M. G., & Barlow, D. H. (1995). Mastery of your specific phobia. San Antonio, TX: The Psychological Corporation.
- Barlow, D. H., & Craske, M. G. (2000). Mastery of your anxiety and panic (3<sup>rd</sup> edition). San Antonio, TX: The Psychological Corporation.
- Bourne, E. (2005). The Anxiety & Phobia Workbook, Fourth Edition. New Harbinger Pub Inc.
- Craske, M. G., Barlow, D. H., & O'Leary, T. A. (1992). Mastery of your anxiety and worry. San Antonio, TX: The Psychological Corporation.
- Dutro, J. (1991). Night light: A story for children afraid of the dark. New York, NY: Magination Press.
- Krasilovsky, P. (1970). The shy little girl. Boston, MA: Houghton Mifflin.
- March, J. (2006). The Program That Helps Kids And Teens Say "No Way" -- And Parents Say "Way to Go". Guilford Press
- Markway, B. G. & Markway, G. P. (2001). Painfully shy: How to overcome social anxiety and reclaim your life. Oakland, CA: New Harbinger Publications.
- Weeks, C. (1977). Agoraphobia. NAL Dutton.
- Wilen, T. E. (1998). Straight talk about psychiatric medications for kids. New York: Guilford.
- Rapee, R., Spense, S., Cobham, V., & Wignall, A. (2000). Helping Your Anxious Child: A Step-By-Step Guide for Parents. San Francisco: New Harbinger.
- Rapee, R., Wignall, A., Hudson, J., & Schniering, C. (2000). Treating Anxious Children and Adolescents: An Evidence Based Approach. San Francisco: New Harbinger.

## GOOD BOOKS ABOUT BIPOLAR DISORDER

- Basco, M. R. and Rush, A. J. (1996). Cognitive-Behavioral Therapy for Bipolar Disorder.
- Burns, D. D. (1999). Feeling Good: The new mood therapy.

- Copeland, M. E. (1994). Living without Depression and Manic-Depression: A workbook for maintaining mood stability.
- Fawcett, J., Golden, B. & Rosenfeld, N. (2000). New hope for people with Bipolar Disorder.
- Goodwin, F., & Redfield Jamison, K. (1990). Manic-Depressive illness.
- Milkowitz, D. and George, E. (2006). The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder.
- Milkowitz, D. and George, E. (2007). The Bipolar Teen: What You Can Do to Help Your Child and Your Family.
- Klein, D. F. & Wender, P. H. (1994). Understanding Depression: A complete guide to its diagnosis and treatment.
- Mondimore, F. M. (1999). Bipolar Disorder: A guide for patients and families.
- Papoulos, D. F. & Papoulos, J. (1997). Overcoming Depression.
- Torrey, E. F. & Knable, M. B. (2002). Surviving Manic Depression: A manual on Bipolar Disorder for patients, families, and providers. Basic Books.
- Wilens, T.E. (1998). Straight talk about psychiatric medications for kids. New York: Guilford. (Telephone: 1-800-365-7006)

## **GOOD BOOKS ABOUT DEPRESSION**

- Beck, A. T. and Rush, J. (1979). Cognitive Therapy for Depression.
- Burns, D. D. (1999). Feeling good: The new mood therapy.
- Cembrowicz, S. and Kingham, D. (2006). Beating Depression: The Complete Guide to Depression and How to Overcome It.
- Dubuque, S. E. (1996). A parent's survival guide to childhood Depression. King of Prussia, PA: The Center for Applied Psychology, Inc.
- Redfield Jamison, K. (1999). Night falls fast: Understanding suicide.
- Klein, D. F. & Wender, P. H. (1994). Understanding Depression: A complete guide to its diagnosis and treatment.
- Papoulos, D. F. & Papoulos, J. (1997). Overcoming Depression.
- Solomon, A. (2001). The noonday demon: An atlas of Depression. Scribner.
- Wilens, T. E. (1998). Straight talk about psychiatric medications for kids. New York: Guilford. (Telephone: 1-800-365-7006)

## **GOOD BOOKS ABOUT OBSESSIVE-COMPULSIVE DISORDER (OCD)**

- Baer, L. (2000). Getting control: Overcoming your obsessions and compulsions. NAL-Dutton.
- Chansky, T. E. (2001). Freeing your child from Obsessive-Compulsive Disorder. Crown.
- DeSilva, P., Rachman, S. & Rachman, J. (1998). Obsessive-Compulsive Disorder: The facts. Oxford.
- Foa, E. & Wilson, R. (2001). Stop obsessing: How to overcome your obsessions and compulsions. Bantam.
- Frost, R. O. and Steketee, G. (2002). Cognitive Approaches to Obsessions and Compulsions: Theory, Assessment and Treatment.
- Neziroglu, F., Bublick, J., Yaryura-Tobias, J. (2004). Overcoming Compulsive Hoarding: Why You Save and How You Can Stop.
- Vavrichek, S. M. and Golomb, R. G. (2000). The Hair Pulling "Habit" and You.
- Leckman, J. & Cohen, D. J. (1999). Tourette's syndrome, tics, obsessions, compulsions. John Wiley and Sons.
- March, J. & Mulle, K. (1998). OCD in children and adolescents. Guilford Press.
- Wilens, T. E. (1998). Straight talk about psychiatric medications for kids. New York: Guilford. (Telephone: 1-800-365-7006)

## **GOOD BOOKS ABOUT OPPOSITIONAL AND DEFIANT PROBLEMS**

- Barkley, R. (1997). Defiant children, (2nd edition). Guilford Press.
- Forehand, R. & Long, N. (1996). Parenting the strong-willed child. NTC Publishing Group.
- Glasser, H. and Easley, J. Transforming the difficult child.
- Greene, R. W. (1998). The explosive child: understanding and helping easily frustrated, "chronically inflexible" children. Harper Collins.
- Hendren, R. L. (editor). (1999). Disruptive behavior disorders in children and adolescents. In Review of Psychiatry, 18, American Psychiatric Press.
- Koplewicz, H. (1997). It's nobody's fault: New hope and help for difficult children and their parents. Random House.
- Peschel, C. W. et. al., (editors)(1992). Neurobiological disorders in children and adolescents. Jossey-Bass.
- Wilens, T. E. (1998). Straight talk about psychiatric medications for kids. New York: Guilford.

## **GOOD BOOKS ABOUT THOUGHT DISORDERS AND SCHIZOPHRENIA**

- Ascher-Svanum, H. & Krause, A. (1991). Psychoeducational groups for patients with Schizophrenia: A guide for practitioners. Gaithersburg, MD: Aspen Publishers.
- Deveson, A. (1991). The me I'm here: One family's experience of Schizophrenia. Penguin Books.
- Kuehnel, T. G., Liberman, R. P., Storzbach, D., & Rose, G. (1990). Resource book for psychiatric rehabilitation. Baltimore, MD: Williams & Wilkins.
- Kuipers, L. (1992). Family work for Schizophrenia: A practical guide. Washington, D.C.: American Psychiatric Press, Inc.
- Liberman, R. P. (1988). Psychiatric rehabilitation of chronic mental patients. Washington, DC: American Psychiatric Press.
- Mendel, W. (1989). Treating Schizophrenia. San Francisco: Jossey-Bass.
- Menninger, W. W. & Hannah, G. (1987). The chronic mental patient. Washington, D.C.: American Psychiatric Press, Inc., 224 pages.
- Schizophrenia: Questions and Answers. (1986). Public Inquiries Branch, National Institute of Mental Health, Room 7C-02, 5600 Fishers Lane, Rockville, MD 20857. Free single copies. (Available in Spanish\_ "Esquizofrenia: Preguntas y Respuestas")
- Torrey, E. F. (1988). Surviving Schizophrenia: A family manual. New York, NY: Harper and Row.
- Wilen, T.E. (1998). Straight talk about psychiatric medications for kids. New York: Guilford.

## **GOOD BOOK ABOUT INTELLECTUAL DISABILITY AND MENTAL HEALTH DISORDERS**

- Fletcher, F., Loschen, E., Stavrakaki, C., First, M. (2007). Diagnostic Manual- Intellectual Disability; A Textbook of Diagnosis of Mental Disorders in Persons with ID. New York: NADD Press.