

First Call for Help Lending Library

LISTED BY CATEGORY

ADHD

- **8 Keys to Parenting Children with ADHD**
Cindy Goldrich

Parenting children with ADHD, whether diagnosed or undiagnosed, can be challenging and complex. But just as a child who struggles with reading can learn to decode words, children with ADHD can learn patience, communication, and solution-seeking skills to become more confident, independent and capable. This book rich with optimism, tips and action plans, offers science-based insights and systems for parents to cultivate these skills.

Anger

- **The Anger Workbook for Teens: Activities to help you deal with anger and frustration**
Raychelle Cassada Lohmann MS

Control anger and feel calm in the face of everyday problems. Find healthy ways to express your feelings. Get help when you need it. Worksheets to figure out what is triggering anger and ways that you react. Develop a personal anger profile and learn to notice the physical symptoms you feel when you become enraged, then find out how to calm those feelings and respond more sensitively to others.

Anxiety

- **The Anxiety & Phobia Workbook: A Practical, Step-by-step guide to Relaxation, exercise, coping with panic, new research on Exposure, Overcoming Negative Self-Talk, Changing Mistaken Beliefs, Mastering Specific Phobias, Nutrition, Medication, Meditation Techniques, Easing Health-related Anxiety**
Edmund Bourne PhD

Packed with the most effective techniques for assessing and treating anxiety

- **The Chemistry of Calm: A Powerful, Drug-Free Plan to Quiet Your Fears and Overcome Your Anxiety**
Henry Emmons M.D.

The debilitating effects of anxiety can affect your sense of well-being, health, longevity, productivity, and relationships. In The Chemistry of Calm Emmons presents his Resilience

Training Program - designed to relieve anxiety and restore physical and mental strength. This step-by-step plan for mental calmness and emotional wisdom focusses on ways to create resilience as a key to resolving anxiety in everyday life, incorporating the latest science on diet, exercise, nutritional supplements, and mindfulness.

- What You Must Think of Me: A Firsthand Account of One Teenager's Experience with Social Anxiety Disorder
Emily Ford

First-person account of Emily's struggle with social anxiety disorder. Now an adult, Ford candidly reveals how she struggled with -and eventually overcame- the obstacles of social anxiety disorder as a young person. With the help of medical advisor and science writer she couples her own story with the latest medical and scientific information about social anxiety disorder.

Assessments

- Where To Start And What To Ask An Assessment Handbook
Susan Lukas

Offers all the necessary tools for formulating a thorough client assessment. Includes a CD.

- Building Motivational Interviewing Skills a Practitioner Workbook
David B. Rosengren

Developing expertise in MI takes practice, which is exactly the point of this engaging, user-friendly workbook. The volume is packed with real-world examples from a range of clinical settings, as well as sample interactions and hands-on learning activities. The reader is taken step by step through practicing core MI skills: raising the importance of behavior change, enhancing the client's confidence, resolving ambivalence, solidifying commitment to change, and negotiating a change plan.

- The Practical Art of Suicide Assessment: A Guide for Mental Health Professionals and Substance Abuse Counselors.
Shawn Christopher Shea

Covers all the critical elements of suicide assessment from risk factor analysis to evaluating clients with borderline personality disorders or psychotic process. Provides mental health professionals with the tools they need to assess a client's suicide risk and assign appropriate levels of care using the highly acclaimed interview strategy for eliciting suicidal

ideation- the chronological assessment of suicide events (CASE).

- Psychiatric Interviewing: The Art of understanding
Shawn Christopher Shea MD

Clinical interviewing: the principles behind the art. The interview and psychopathology: From differential Diagnosis to Understanding. Mastering complex Interviewing tasks demanded in everyday clinical practice.

- DSM-5 Pocket Guide for Child and Adolescent Mental Health
Robert J Hilt M.D. and Abraham M. Nussbaum

- Adolescent Suicide Assessment and Intervention
Alan Berman PhD, David Jobes, and Morton M. Silverman

Rich in empirical science and clinical wisdom. Provides seamless integration of the most recent research and a distillation of practical and easy to understand recommendations for clinical practice.

Autism

- The Autistic Brain: Helping Different Kinds of Minds Succeed
Temple Grandin and Richard Panek,

Weaving her own experience with remarkable new discoveries, Grandin introduces the advances in neuroimaging and genetic research that link brain science to behavior, even sharing her own brain scan to show which anomalies might explain common symptoms. Most excitingly, she argues that parents and teachers of kids on the autism spectrum must focus on their long-overlooked strengths to foster their unique contributions. The Autistic Brain brings Grandin's singular perspective into the heart of the autism revolution.

- The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism
Naoki Higashida

One of a kind book that demonstrates how an autistic mind thinks, feels, perceives, and responds in ways few of us can imagine. Parents and family members who never thought they could get inside the head of their autistic loved one at last have a way to break through to the curious, subtle and complex life within.

Bipolar

- **A Brilliant Madness Living with Manic Depressive Illness**

Patty Duke and Gloria Hochman

Shedding light on this powerful, paradoxical, and destructive illness. From what it's like to live with Bipolar disorder to the latest findings on its probable causes, its wide range of symptoms and its most effective treatments, this compassionate and eloquent book provides profound insight into the challenge of mental illness. And through Patty's story, which ends in a newfound happiness with her cherished family, it offers hope for all those who suffer from mood disorders and for the family, friends, and physicians who love and care for them

- **An Unquiet Mind: A Memoir of Moods and Madness**

Kay Redfield Jamison

Jamison examines bipolar illness from the dual perspectives of the healer and the healed, revealing both its terrors and the cruel allure that at times prompted her to resist taking medication. An Unquiet Mind is a memoir of enormous candor, vividness, and wisdom—a deeply powerful book that has both transformed and saved lives.

Borderline Personality Disorder

- **Dialectical Behavior Therapy Skills, 101 Mindfulness Exercises and Other Fun Activities For Children and Adolescents**

Kimberly Christensen MA LPP, Gage N Riddoch PsyD, Julie Eggers Huber

A new way to look at DBT skills training. Proven helpful for individuals struggling with unstable emotions, relationships, and other problematic or stressful behaviors.

- **Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder** -John G Gunderson M.D. and Perry D. Hoffman PhD

Offers an opportunity for a deeper, more empathetic understanding of BPD from the real experts—individuals living with it. This powerful compilation of true stories reveals the deeply personal, firsthand perspectives of people who suffer with BPD, and offers an overview of the many paths to recovery, including dialectical behavior therapy, mindfulness meditation, and more. With this book you'll gain a deeper understanding of the disorder and learn how to move forward on a path toward healing.

- **I Hate You-Don't Leave Me: Understanding the Borderline Personality**

Jerold J Kreisman MD and Hal Straus

For years BPD was difficult to describe, diagnose, and treat. But with this classic guide, Dr. Kreisman and health writer Hal Straus offer much-needed professional advice, helping victims and their families understand and cope with this troubling, shockingly widespread affliction. Includes information on the most up-to-date research that has opened doors to the neurobiological, genetic, and developmental roots of the disorder, as well as the connections between BPD and substance abuse, sexual abuse, post-traumatic stress disorder, ADHD and eating disorders, making it a vital reference for understanding and living with BPD.

- DBT Skills Training Handouts and Worksheets
Marsha Linehan

This is the most updated training handouts and worksheets book.

- The Monster Inside of Me
Brooke Price

Brooke Price tells you about her battles and the battles of others who are borderline. Immerse yourself in knowledge about BPD as she breaks down borderline personality disorder by the diagnostic criteria in this short book. Lose yourself as you read about the significant others of individuals with BPD and what they go through as they love these warriors.

- 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
Sheri Van Dijk MSW

Workbook that can help. In this book you will find new ways of managing your feelings so that you'll find new ways of managing your feelings so that you'll be ready to handle anything life sends your way. Based on Dialectical behavior therapy.

Chemical Dependency

- Getting Them Sober You can Help
Toby Rice Drews

Hundreds of Practical and Effective Suggestions for Sobriety and Recovery to help family members of an alcoholic.

Codependency

- Beyond Codependency and Getting Better All the Time
Melody Beattie

In simple, straightforward terms. Beattie takes us into the territory beyond codependency into the realm of self-love and emotional maturity. With personal stories, hard won insights, and activities, she teaches us to deal with shame, grow in self-esteem, overcome deprivation, and get beyond our fatal attractions to find relationships that work.

- Codependent No More: How to Stop Controlling Others and Start Caring for Yourself.
Melody Beattie

Compassionate and insightful look into codependency- the concept of losing oneself in the name of helping another- has struck a universal chord among those struggling with a loved one's self-destructive behavior. Helping readers to understand that they are powerless to change anyone but themselves.

- The Language of Letting Go: Daily Meditations on Codependency
Melody Beattie

Beattie evolves the experiences and expertise that she boldly shared in Codependent No More into 366 moving reflections and prayers to guide us through each day of the year.

- More Language of Letting Go 366 New Daily Meditations
Melody Beattie

Companion to The Language of Letting go 366 fresh essays, meditations and activities to help us let go of Codependent tendencies and cultivate healthy balanced relationships

Depression

- The Chemistry of Joy: A Three-Step Program for Overcoming Depression Through Western Science and Eastern Wisdom
Henry Emmons M.D. and Rachel Kranz

Presents Emmons's natural approach to depression - supplemented by medication if necessary- blending the best of Western science and Eastern philosophy to create your body's own biochemistry of joy. Integrating Western brain chemistry, natural and Ayurvedic medicine, Buddhist psychology, and his own joyful heart techniques, Dr. Emmons creates a practical program for each of the three types of depression: anxious depression, agitated depression, and sluggish depression.

- Furiously Happy: A Funny Book About Horrible Things

Jenny Lawson - books and CD's

Jenny Lawson explores her lifelong battle with mental illness. A hysterical, ridiculous book about crippling depression and anxiety? That sounds like a terrible idea. But terrible ideas are what Jenny does best. This is a book about embracing everything that makes us who we are- the beautiful and the flawed- and then using it to find joy in fantastic and outrageous ways. Because as Jenny's mom says, "Maybe 'crazy' isn't so bad after all." Sometimes crazy is just right.

General Mental Health

- **Self Sabotage: What it is, Why We Do It, When We Do It, How To Overcome It!**
Cris Baker

The title says it all, you have a self-sabotage mechanism along with everybody else! Numerous personal stories illustrate the author's experiences with self-sabotage and its resulting misery. Discover what causes you to choose deceptively attractive self-sabotage and the unavoidable suffering it brings. The path of truth and integrity is immensely rewarding. A tiny sample of the benefits you'll gain by using these cutting-edge strategies: Conquer self-sabotage, eliminating your painful suffering; Improve negative emotionality when you're in a bad mood; Learn how to stop being manipulated- enjoy life more; and Overcome the stress caused by your self-sabotage, and increase your personal power.

- **The Gifts of Imperfection: Let Go of Who You Think You're Supposed To Be and Embrace Who You Are** Your guide to a wholehearted Life
Brene Brown PhD LMSW - books and cd's

Dr. Brene Brown, a research professor and thought leader on vulnerability, courage, worthiness, and shame, shares ten guideposts on the power of Wholehearted living - a way of engaging with the world from a place of worthiness.

- **Understanding Myself: A Kids Guide to Intense Emotions and strong Feelings**
Mary C. Lamia PhD

Chock full of cool psychology and info on emotions real-life stories from kids, interesting facts, and feelings quizzes, understanding Myself will help you notice just what all your emotions and feelings are telling you about yourself, your friends, and your family.

- **My Bucket Has Holes**
Sarah Loucks

From the age of 4, Sarah began having symptoms of a mental illness. Undiagnosed,

she felt alone, blamed herself and felt inadequate. At the age of 29 she sought help for her issues and through therapy, medication, psychiatric hospital admittance and her own life changes, she has begun to take control of her demons that for so long controlled her.

- The Little Book of Letting Go: Cleanse Your Mind, Lift Your Spirit, and replenish Your Soul
Hugh Prather

A simple three-step process for shedding prejudices, preconceptions, and prejudgments so that we can face each moment with openness and enthusiasm. Prather first explains why it is essential to learn to let go and then outlines a thirty-day plan for spiritual renewal. Finally, he offers specific techniques for getting a grip on habitual reactions, the need to control and the addiction to conflict.

- Love Yourself Like Your Life Depends On It
Kamal Ravikant

This is a collection of thoughts on what I learned, what worked, what didn't. Where I succeed and importantly, where I fail daily. The truth is to love yourself with the same intensity you would use to pull yourself up if you were hanging off a cliff with your fingers. As if your life depended upon it. Once you get going, it's not hard to do. Just takes commitment and I'll share how I did it.

- The Four Agreements: A Practical Guide to Personal Freedom
Don Miguel Ruiz

In the Four Agreements Don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

- The Untethered Soul The journey beyond yourself
Michael A. Singer

What would it be like to be free from limitations and soar beyond your boundaries? What can you do each day to find this kind of inner peace and freedom? The Untethered Soul offers a simple, profoundly intuitive answer to these questions. Whether this is your first exploration of inner space or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. You'll discover what you can do to free yourself from the habitual thoughts and emotions that limit your consciousness. This book opens the door to a life of self-realization and happiness.

Grief

- **Healing After Loss: Daily Meditations for Working Through Grief**
Martha Whitmore Hickman

For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort.

- **Helping a friend Walk Through Grief**
Lee Joyner

We all know someone who has lost a loved one. Maybe you have commented before that you wish you knew what to say, or what to do to help a friend during their grief. In this small book, Lee Joyner shares some ideas on how you can help your friend with their walk through grief.

- **On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss**
Elisabeth Kubler-Ross MD and David Kessler

Applies the five stages of death - denial, anger, bargaining, depression, and acceptance- to the grieving process and weaves together theory, inspiration, and practical advice, including sections on sadness, hauntings, dreams, isolation, and healing.

- **I Wasn't Ready To Say Goodbye: a companion workbook for surviving, coping, and healing after the sudden death of a loved one**
Brook Noel with Pamela D. Blair

Called a "support group in your hands" by professionals and mourners alike, this companion workbook will comfort, uplift, and console. Exercises guide readers through the gap created by loss, anger, guilt, loss of purpose, and the unique challenges based on the relationship to the loved one. Using a combination of self-exploration questions, visualization activities, and journaling. Shows grieving readers how to endure, survive, and grow from the pain and turmoil surrounding sudden loss.

- **The Unique Grief of Suicide: Questions & Hope**
Tom Smith

With warmth and understanding, Tom Smith draws on his own grief following the suicide of his twenty-six-year-old daughter, Karla, and provides helpful resources and coping strategies to those grieving a suicide. Both practical and comforting, The Unique Grief of Suicide guides and educates those dealing with the different facets of suicide and offers a safe harbor within the storm of grief.

Mental Health System

- **I Am Not Sick I Don't Need Help!** How to Help Someone with Mental Illness Accept Treatment Xavier Amador PhD,

Dr. Amador's research on poor insight was inspired by his attempts to help his brother Henry, who developed schizophrenia, accept treatment. Like tens of millions of others diagnosed with schizophrenia and bipolar disorder, Henry did not believe he was ill. Read and learn as many have to LEAP- Listen, Empathize, Agree, and Partner- and help your clients and loved ones accept the treatment they need.

- **Crazy: A Father's Search Through America's Mental Health Madness**
Pete Earley

Pete offers his own family's emotionally compelling story, as well as thorough and troubling look at the web of bureaucracy, bad judgement, and apathy that results in brutal conditions and little hope of recovery for the countless numbers of people who suffer. Instead of care, they get confinement. Instead of treatment, they get a trip through the "revolving doors" between hospital and jail.

- **Misdiagnosis and Dual Diagnosis of Gifted Children and Adults: ADHD, Bipolar, OCD, Asperger's, Depression, and Other Disorders.**

James T Webb PhD, Edward R Amend PsyD, Paul Beljan PsyD, Nadia E. Webb PsyD, Marianne Kuzujanakis MD MPH, F. Richard Olenchak PhD, Jean Goerss MD MPH

Our brightest most creative children and adults are often overlooked, misunderstood, and misdiagnosed as having ADHD, OCD, ODD, or Autism. Others who truly have a disability find their talents are neglected. Too many gifted children receive inaccurate diagnoses, unneeded medication or inappropriate treatment. This multiple award-winning guidebook helps professionals and parents sort out the often-quirky behaviors to determine whether a true disorder exists, along with practical suggestions.

Parenting

- **Parenting with Love & Logic**

Foster Cline MD and Jim Fay

Raising kids who are self-confident, motivated, and ready for the real world.

- **No-Drama Discipline: The whole-Brain way to calm the chaos and Nurture Your Child's Developing Mind**

Daniel J. Siegel MD, and Tina Payne Bryson PhD

Highlighting the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, No-drama Discipline provides an effective, compassionate road map for dealing with tantrums, tensions, and tears - without causing a scene. Inside this sanity-saving guide you'll discover: strategies that help you identify your own discipline philosophy and master the best methods to communicate the lessons you are trying to impart; Facts on Child Brain development- and what kind of discipline is most appropriate and constructive at all ages and stages; the way to calmly and lovingly connect with a child; tips for navigating your child through a tantrum to achieve insight, empathy, and repair; and Twenty discipline mistakes even great parents make and how to stay focused on principles of whole-brain parenting and discipline techniques

Schizophrenia

- **Marriage and Schizophrenia Eyes on the Prize**

Andrew and Stephanie Downing

Chronicles challenges met and victories realized while living with schizophrenia. Dialogue is included to clearly illustrate the battles faced. Showing that faith in Christ has been the saving grace through it all, is the intention of the authors. Their story can be an inspiration to anyone facing a life challenge.

- **Swallow the Ocean**

Laura M. Flynn

An unforgettable memoir about growing up in the care of a schizophrenic mother. It is also about enchantment. Beautifully written, the book gains force and momentum in its depiction of an ongoing childhood nightmare that seems, to those experiencing it, almost ordinary. It demonstrates how resilient children can be...and how wonderful the normal can appear to be to a child who has been excluded from it.

- **Schizophrenia: A Blueprint for Recovery**

Milt Greek

Innovative techniques to work with the person in psychosis, move the person into recover, and aid in healing and rejoining mainstream society.

- Me, Myself, and Them: A Firsthand Account of One Young Person's Experience With Schizophrenia
Kurt Snyder with Raquel Gur M.D. PhD, and Linda Wasmer Andrews

An unvarnished look at the challenges of recovering from severe mental illness. Yet his memoir is only half of the story. With help from psychiatrist Raquel E. Gur, a leading authority on schizophrenia and veteran science writer Linda Wasmer Andrews, Snyder offers practical advice on topics of particular interest to young people, such as managing the illness at home, school, and work, and in relationships with family and friends. In easy-to-understand language.

- Surviving Schizophrenia: A Family Manual The Indispensable Guide To Today's Most Misunderstood Illness
E. Fuller Torrey M.D.

In clear language, this much-praised and important book describes the nature, causes, symptoms, treatment, and course of schizophrenia and also explores living with it from both the patient's and the family's point of view.

Self-Injurious Behaviors

- A Bright Red Scream: Self-Mutilation and the Language of Pain
Marilee Strong

Why do some people inflict pain on themselves? At least two million Americans, and millions more worldwide, are cutters—notably, the late Princess Diana. Yet, the reasons behind the need to self-mutilate are profoundly complex and largely misunderstood. Marilee Strong shatters the stereotypes and dispels the myths surrounding the phenomenon of self-mutilation and gets to the heart of the matter by way of her subjects. The voices of cutters themselves, combined with Strong's own astute observations, make for an unparalleled exploration of the disorder that has been called the "addiction of the nineties"

- Hope and Healing for Kids who Cut: Learning to Understand and Help Those Who Self-Injure Marv Penner,

While we may never fully understand the motives behind self-harm and cutting, we can begin to understand why some teenagers cut, and more importantly, we can learn how to help.

Hope and Healing for Kids who Cut will take you into the world of self-injury, defining what it is-and what it is not. You'll hear stories from teenagers and young adults who struggle with the urge to hurt themselves, and you'll learn to recognize the signs of self-injury. In addition, counselor and Professor Marv Penner will help you understand the cycle of addiction that has become everyday life for so many hurting teenagers, and he'll give you the tools and wisdom to help a self-injurer find hope and healing.

Suicide

- **Why People Die By Suicide**

Thomas Joiner

In the wake of a suicide, the most troubling questions are invariably the most difficult to answer: How could we have known? What could we have done? And always, unremittingly: Why? Written by a clinical psychologist whose own life has been touched by suicide, this book offers the clearest account ever given of why some people choose to die.

Trauma

- **The Body Keeps The Score: Brain, Mind, and Body In the Healing of Trauma**

Bessel Van Der Kolk MD - books and CD's

Uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments- from neurofeedback and meditation to sports, drama, and yoga- that offer new paths to recovery by activating the brain's natural neuroplasticity.

Traumatic Brain Disorder

- **Lost In My Mind Recovering from TBI**

Kelly B. Darmfal

Describes her journey from adolescent girl to special education teacher, wife, and mother-despite severe TBI. Spanning 3 decades her journey is unique in its focus on education (or lack thereof) for TBI survivors in America. Her mother's journals fill gaps from forgotten experiences while providing windows into the mind of a caregiver.

DVD With CE Hours

Explosive Noncompliant Disruptive Aggressive Kids - What works, what doesn't & How to Turn it around.
5.75 CE hours