CBT RESOURCES FOR PARENTS

ADHD

Books for Parents


Books for Kids and Teens


Websites


Anger/Intense Emotions

Books for Parents

Books for Kids and Teens


Anxiety and Stress

Books for Parents

• Stressed-out girls (Cohen-Sandler, 2005)
• Anxious Kids, Anxious Parents: 7 ways to stop the worry cycle and raise courageous & independent children. Wilson, R., & Lyons, L. (2013).

Books for Kids and Teens

Websites

• [www.CopingCatParents.com](http://www.CopingCatParents.com) - The CopingCatParents.com website is filled with terrific resources for books for parents and kids and teens. There is also an anxiety "symptom checker" and an excellent referral "map" that gives patients contact information for clinics that offer expert CBT for child anxiety around the world. There are also therapist resources with the latest research articles and manuals for child anxiety disorders.

• Child Anxiety Tales - From the same website, parents can find Child Anxiety Tales, our online parent-training program for parents of children struggling with anxiety. Here's the direct link to the parent-training program: [www.CopingCatParents.Com/Child_Angst_Tales](http://www.CopingCatParents.Com/Child_Angst_Tales)
Books for Parents


Books for Kids


Bed-Wetting

Books


Behavior Problems

Books

- **Kazdin Method for Parenting the Defiant Child** (Kazdin, 2008)

Bipolar Disorder

Books

• Raising a Moody Child (Fristad & Goldberg-Arnold, 2004)

Bullying

Websites

• pacer.org/bullying Stop Bullying Now. Great videos for kids.
• http://www.splcenter.org/?ref=logo Local mental health association student advocates can sometimes influence schools to act when for whatever reason they have not.
• Go to the "Resources" tab on the PREVNet web site: http://www.prevnet.ca/ There is lots of information to be found there.
• https://www.youtube.com/watch?v=NgzdcGE-3Gc
• http://www.kindcampaign.com/

Depression, Sadness, Negativity
Books for Parents


Books for Kids and Teens


Divorce

Books


Fears/Phobias

Books


Hair-Pulling, Nail-Biting, Skin-Picking

Books


Insomnia

Books

Obsessive-Compulsive Disorder

Books for Parents


Books for Kids and Teens

- Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go" (March, 2007).

Parent-Child Relationships

Books

- The essential partnership (Greenspan & Greenspan, 1989)
- First feelings (Greenspan & Greenspan, 1985)

Parental Expectations

Books
• All grown up and no place to go (Elkind, 1984).
• The hurried child (Elkind, 1981)
• What childhood is all about (Vernon & Al-Mabuk, 1995)

Perfectionism

Books


School Refusal

Books for Parents

• Getting your child to say yes to school (Kearney, 2007).

Selective Mutism

Books


Self-Injury

Books

**Sleep**

**Books**


**Websites**

• American Academy of Sleep Medicine: [www.aasmnet.org](http://www.aasmnet.org). This site enables consumers to find an accredited sleep laboratory in their area.
• American Insomnia Association: [www.americaninsomniaassociation.org](http://www.americaninsomniaassociation.org). This website provides information to the public on insomnia, insomnia treatment, and sleep centers.
• American Psychological Association: [www.apa.org](http://www.apa.org). This site has information for the public and professionals on general mental health and sleep topics.
• National Sleep Foundation (NSF). [www.sleepfoundation.org](http://www.sleepfoundation.org). The NSF website provides information to professionals and the public on sleep disorders, sleep hygiene, sleep treatments and other issues.

**Social Anxiety**

**Books for Parents**


**Books for Kids**

Teen Issues

Books for Parents


Books for Teens


Tics/Tourette’s
Books


**Trauma/PTSD**

Books


Websites

- American Professional Society on the Abuse of Children [www.apsac.org](http://www.apsac.org)
- CARES Institute [www.caresinstitute.org](http://www.caresinstitute.org) Child Abuse Research Education Service, Rowan School of Osteopathic Medicine
- Allegheny General Hospital [www.pittsburghchildtrauma.org](http://www.pittsburghchildtrauma.org)
- International Society for Traumatic Stress Studies [www.istss.org](http://www.istss.org)
- National Child Traumatic Stress Network [www.nctsnet.org](http://www.nctsnet.org)
- National Crime Victims Research and Treatment Center
- Medical University of South Carolina [www.musc.edu/cvc](http://www.musc.edu/cvc)

**Treatment**

Websites
• effectivechildtherapy.org Evidence-based treatments for children and adolescents.