

CBT RESOURCES FOR PARENTS

ADHD

Books for Parents

- Taking charge of ADHD: The complete authoritative guide for parents. Barkley, R. A. (2000). New York: Guilford Press.
- Parenting children with ADHD: 10 lessons that medicine cannot teach. Monastra, V. J. (2005). Washington, DC: American Psychological Association

Books for Kids and Teens

- ADD and the college student: A guide for high school and college students with attention deficit disorder. Quinn, P. O. (2001). Washington, DC: Magination Press.
- Putting on the brakes: Understanding and taking control of your ADD or ADHD. Quinn, P. O., & Stern, J. M. (2009). Washington, DC: Magination Press.
- Attention, Girls! A guide to learn all about your AD/HD. Quinn, P. O. (2009). Washington, DC: Magination Press.
- Otto learns about his medicine: A story about medication for children with ADHD. Galvin, M. (2001). Washington, DC: Magination Press.
- On your own: A college readiness guide for teens with ADHD/LD. Quinn, P. O., & Maitland, T. E. L. (2011). Washington, DC: Magination Press.

Websites

- <http://www.chadd.org/>

Anger/Intense Emotions

Books for Parents

- The Uncontrollable Child: Understand and Manage Your Child's Disruptive Moods with Dialectical Behavior Therapy Skills. Miller, M. (2021). Oakland, CA: New Harbinger.
- The explosive child: A new approach for understanding and parenting easily frustrated, chronically inflexible children. Greene, R. W. (2001). New York: HarperCollins Publishers.
- Parenting a child who has intense emotions. Harvey, P., & Penzo, J. A. (2009). Oakland, CA: New Harbinger Publications.

Books for Kids and Teens

- What to do when your temper flares: A kid's guide to overcoming problems with anger. Huebner, D. (2007). Washington, DC: Magination Press.
- The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration. Lohmann, R. (2009). Oakland, Calif.: New Harbinger Publications.
- Chillax! How Ernie learns to chill out, relax, and take charge of his anger. Craver, M. M. (2011). Washington, DC: Magination Press.

Anxiety and Stress

Books for Parents

- Freeing your child from anxiety. Chansky, T. E. (2004). New York: Three Rivers Press.
- Stressed-out girls (Cohen-Sandler, 2005)
- Parenting your anxious child with mindfulness and acceptance. McCurry, C. (2010). Oakland, CA: New Harbinger Publications.
- Helping your anxious child: A step-by-step guide for parents. Rapee, R. M., Spence, S. H., Cobham, V., & Wignall A. (2000). Oakland, CA: New Harbinger Publications.
- Parenting your stressed child. Bailey, M. L. (2011). Oakland, CA: New Harbinger Publications.
- 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

- The relaxation and stress workbook for kids. Shapiro, L. E., & Sprague, R. K. (2010). Oakland, CA: New Harbinger Publications.
- My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic. Tompkins, M. A., and K. Martinez. (2009). Washington, DC: Magination Press.
- The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry. Schab, L. M. (2008). Oakland, Calif.: New Harbinger Publications.
- Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else. Willard, C. (2014). Oakland, Calif.: New Harbinger Publications.
- The Anxiety Survival Guide for Teens. Shannon, J. & D. Shannon. (2015). Oakland, Calif.: New Harbinger Publications.
- What to do when you worry too much: A kids guide to overcoming anxiety. Huebner, D. (2006). Washington, DC: Magination Press.
- The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time. Vo, D. (2015). Oakland, Calif.: New Harbinger Publications.
- Outsmarting Worry: An Older Kid's Guide to Managing Anxiety. Huebner, D. (2017)
- The Relaxation and Stress Reduction Workbook for Teens: CBT Skills to Help You Deal with Worry and Anxiety. Tompkins, M., Barkin, J., McKay, M. (2018). Oakland, CA: New Harbinger Publications.

Websites

- 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 Anxiety Tales](http://www.CopingCatParents.Com/Child_Anxiety_Tales)

Autism Spectrum/Asperger's

Books for Parents

- Helping your child with autism spectrum disorder: A step-by-step workbook for families, Lockshin, S. B., Gillis, J. M., & Romanczyk, R. (2005). Oakland, CA: New Harbinger Publications.
- Helping a child with nonverbal learning disorder or Asperger's syndrome: A parent's guide. Stewart, K. (2002). Oakland, CA: New Harbinger Publications.
- How to find mental health care for your child. Braaten, E. B. (2010). Washington, DC: Magination Press.

Books for Kids

- Russell's world: A story for kids about autism. Amenta, C. A. (2011). Washington, DC: Magination Press.

Bed-Wetting

Books

- Max Archer, kid detective: The case of the wet bed. Bennett, H. J. (2011). Washington, DC: Magination Press.

Behavior Problems

Books

- Kazdin Method for Parenting the Defiant Child (Kazdin, 2008)
- 1-2-3 magic: Effective discipline for children 2-12. Phelan, T. W. (1995). Glen Ellyn, IL: Child Management

- Parenting the strong-willed child: The clinically proven five-week program for parents of two- to six-year olds. Forehand, R., & Long, N. (1996). Chicago, IL: Contemporary Books.
- The power of positive parenting. Latham, G. I. (1990). North Logan, UT: PandT Ink
- Your defiant child: Eight steps to better behavior. Barkley, R. A., & Benton, C. M. (1998). New York: Guilford Press.
- Rewards for Kids! Ready-to-use charts and activities for positive parenting. Shiller, V. M., & Schneider, M. F. (2003). Washington, DC: Magination Press.
- The Uncontrollable Child: Understand and Manage Your Child's Disruptive Moods with Dialectical Behavior Therapy Skills. Miller, M. (2021). Oakland, CA: New Harbinger.

Bipolar Disorder

Books

- Raising a Moody Child (Fristad & Goldberg-Arnold, 2004)
- Parenting a bipolar child. Faedda, G. L., & Austin, N. B. (2006). Oakland, CA: New Harbinger Publications.

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.
- <http://www.prevnet.ca/>, and <http://www.bullyfree.com/>, and <http://www.witsprogram.ca/>. They do a curriculum based on the movie, "Finding Kind"
- <https://www.youtube.com/watch?v=NgzdcGE-3Gc>

- <http://www.kindcampaign.com/>

Depression, Sadness, Negativity

Books for Parents

- Optimistic child: A proven program to safeguard children against depression and build lifelong resilience. Seligman, M. E. P., Reivich, K., Jaycox, L., & Gillham, J. (1995). Boston, MA: Houghton Mifflin.
- Helping your depressed child: A step-by-step guide for parents. Barnard, M. U. (2003). Oakland, CA: New Harbinger Publications.

Books for Kids and Teens

- What to do when you grumble too much: A kid's guide to overcoming negativity. Heubner, D. (2006). Washington, DC: Magination Press.
- Beyond the Blues: A Workbook to Help Teens Overcome Depression. Schab, L. M. (2008). Oakland, Calif.: New Harbinger Publications.
- Mindfulness for Teen Depression. Abblett, M., and C. Willard. 2016. Oakland, Calif.: New Harbinger Publications.
- The grouchies. Wagenbach, D. (2009). Washington, DC: Magination Press.
- Depression is the pits, but I'm getting better: A guide for adolescents. Garland, E. J. (1997). Washington, DC: Magination Press.

Divorce

Books

- The Divorce Workbook for Teens. Schab, L. M. (2008). Oakland, Calif.: New Harbinger Publications.

Fears/Phobias

Books

- Night light: A story for children afraid of the dark. Dutton, J. (1991). Washington, DC: Magination Press.
- Scary night visitors: A story for children with bedtime fears. Wineman, M. I., & Marcus, P. (1990). Washington, DC: Magination Press.
- Into the great forest: A story for children away from parents for the first time. Wineman, M. I., & Marcus, P. (1992). Washington, DC: Magination Press.
- Jessica and the wolf: A story for children who have bad dreams. Lobby, T. (1990). Washington, DC: Magination Press.
- Lions aren't scared of shots: A story for children visiting the doctor. Bennett, H. J. (2007). Washington, DC: Magination Press.
- It hurts when I poop! A story for children who are scared to use the potty. Bennett, H. J. (2007). Washington, DC: Magination Press.
- Conquer Your Fears and Phobias for Teens: How to Build Courage and Stop Fear from Holding You Back. Umbach, A. (2015). Oakland, Calif.: New Harbinger Publications.

Hair-Pulling, Nail-Biting, Skin-Picking

Books

- What to do when your bad habits take hold: A kid's guide to overcoming nail biting and more. Huebner, D. (2008). Washington, DC: Magination Press.
- Help for hairpullers. Keuthen, N. (2001). Oakland, CA: New Harbinger Publications.

Insomnia

Books

- The Insomnia Workbook for Teens. Tompkins, M., & Thompson, M. (2018). Oakland, CA: New Harbinger Publications.

Obsessive-Compulsive Disorder

Books for Parents

- Freeing your child from obsessive-compulsive disorder. Chansky, T. E. (2000). New York: Three Rivers Press.
- Helping your child with OCD. Pedrick, C., & Fitzgibbons, L. (2003). Oakland, CA: New Harbinger Publications.

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).
- Up and down the worry hill: A children's book about Obsessive-Compulsive Disorder and its treatment. Wagner, A. P. (2000). Rochester, NY: Lighthouse Press.
- What to do when your brain gets stuck: A kids guide to overcoming OCD. Huebner, D. (2007). Washington, DC: Magination Press.
- Free from OCD: A workbook for teens with obsessive-compulsive disorder. Sisemore, T. A. (2010). Oakland, CA: New Harbinger Publications.

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

- Nobody's perfect: A story for children about perfectionism. Flanagan Burns, E. (2008). Washington, DC: Magination Press.

School Refusal

Books for Parents

- Getting your child to say yes to school (Kearney, 2007).
- Helping your child overcome separation anxiety or school refusal. Eisen, A. R., Engler, L. B., & Sparrow, J. D. (2006). Oakland, CA: New Harbinger Publications.

Selective Mutism

Books

- Helping your child with selective mutism. McHolm, A. E., Cunningham, C. E., Vanier, M. K., & Rapee, R. M. (2005). Oakland, CA: New Harbinger Publications.

Self-Injury

Books

- Stopping the Pain: A Workbook for Teens Who Cut and Self Injure. Shapiro, L. (2008). Oakland, Calif.: New Harbinger Publications.

Sleep

Books

- What to do when you dread your bed: A kid's guide to overcoming problems with sleep. Huebner, D. (2008). Washington, DC: Magination Press.

Websites

- American Academy of Sleep Medicine: www.aasmnet.org. This site enables consumers to find an accredited sleep laboratory in their area.
- American Insomnia Association: www.americaninsomniaassociation.org. This website provides information to the public on insomnia, insomnia treatment, and sleep centers.
- American Psychological Association: 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. 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

- Helping your socially vulnerable child. Eisen, A. R., & Engler, L. B. (2007). Oakland, CA: New Harbinger Publications.

Books for Kids

- Cat's got your tongue? A story for children afraid to speak. Schaefer, C. E. (1992). Washington, DC: Magination Press.

Teen Issues

Books for Parents

- Ending the Parent-Teen Control Battle. Brown, N., and C. Saposack. (2016). Oakland, Calif.: New Harbinger Publications.
- Parenting Teenagers, Systematic Training for Effective Parenting of Teens. Dinkmeyer, D., G. McKay, and J. McKay. (2016). Oakland, Calif.: New Harbinger Publications.
- Parenting a Teen Girl. Hemmen, L. (2016). Oakland, Calif.: New Harbinger Publications.

Books for Teens

- Communication Skills for Teens. Oakland, Skeen, M., M. McKay, P. Fanning, and Skeen, K. (2016). Calif.: New Harbinger Publications.
- The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress. Biegel, G. (2017). Oakland, Calif.: New Harbinger Publications.
- The Teen Girl's Survival Guide: Ten Tips for Making Friends, Avoiding Drama, and Coping with Social Stress. Hemmen, L. (2014). Oakland, Calif.: New Harbinger Publications.
- Self-Esteem for Teens: Six Principles for Creating the Life You Want. Oakland, Calif.: New Harbinger Publications.
- Overcoming Procrastination for Teens: A CBT Guide for College-Bound Students. Knauss, W. (2016). Oakland, Calif.: New Harbinger Publications.

- The Grit Guide for Teens: A Workbook to Help You Build Perseverance, Self-Control, and a Growth Mindset. Feldman, C., T. Hoerr. (2017). Oakland, Calif.: New Harbinger Publications.

Tics/Tourette's

Books

- Natural Treatments for Tics & Tourette's: A patient and family guide. Rogers, S.J. (2008). New York: North Atlantic Books.
- Tics and Tourette's syndrome: A handbook for parents and professionals. Chowdhury, U., & Heyman, I. (2004). New York: Jessica Kingsley Publications.

Trauma/PTSD

Books

- Why are you so scared? A child's book about parents with PTSD. Andrews, B. (2011). Washington, DC: Magination Press.

Websites

- American Professional Society on the Abuse of Children www.apsac.org
- CARES Institute www.caresinstitute.org Child Abuse Research Education Service, Rowan School of Osteopathic Medicine
- Allegheny General Hospital www.pittsburghchildtrauma.org
- International Society for Traumatic Stress Studies www.istss.org
- National Child Traumatic Stress Network www.nctsn.org
- National Crime Victims Research and Treatment Center
- Medical University of South Carolina www.musc.edu/cvc
- Center for Traumatic Stress in Children and Adolescents: <https://www.ahn.org/specialties/center-traumatic-stress-children-and-adolescents>

Treatment

Websites

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