

Children & Adolescents

Axline, Virginia M.

Dibs in Search of Self, Houghton, Mifflin Co., 1964

The author is known for her contributions to the theory and practice of play therapy with children. "This is the story of the emergence of a strong, healthy personality in a previously deeply disturbed child."

220 pgs.

Axline, Virginia M.

Play Therapy, Ballantine Books, 1947

Section titles include: Introduction to Play Therapy, the Non-Directive Play Therapy Situation and Participants, The Principles of Non-Directive Play Therapy, Implications of Education and Annotated Therapy Records.

370 pgs.

Cantor, Sheila

The Schizophrenic Child, Eden Press, 1982

Defines schizophrenia, takes the reader through stages of development: three months through adolescence. The book talks about parent interest groups, also has a section called "To the Physician". Contains reference list / glossary of terms.

109 pgs.

Cobain, Bev

When Nothing Matters Anymore: A Survival Guide for Depressed Teens, Free Spirit Publishing, 1998

Quote from the foreword..." This survival guide is a remarkable and much needed resource for young people with depression. Author Bev Cobain is cousin to Kurt Cobain, who was the lead singer of the rock band Nirvana when he tragically took his own life in 1994. Because popular figures like Kurt Cobain are so important and looked up to by the youth, the question "Why did he do it?" is inevitably raised...." By Peter Jensen, M.D., Associate Director for Child & Adolescent Research, National Institute of Mental Health

164 pgs.

Columbia University & New York State Psychiatric Institute

Helping Troubled Youth: The Columbia Teen Screen Suicide Prevention Program

66 pgs.

Fassler, David, M.D. and Lynn Dumas

Help Me I'm Sad, Viking Press, 1997

Provides parents insight into the many faces of depression in children and adolescents.

210 pgs.

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- Friedman, Robert M. et al
Advocacy on Behalf of Children with Serious Emotional Problems, Charles C. Thomas, 1989
Discusses a range of strategies in different areas with case studies of successful efforts. NAMI members and its executive director, Laurie Flynn, have joined in this effort.
152 pgs.
- Greene, Ross W., Ph.D.
The Explosive Child, Harper Collins Publishers Inc., 2001
A new approach for understanding and parenting easily frustrated, chronically inflexible children.
334 pgs.
- Hanson, Regina
The Face At The Window, Clarion Books, 1997
32 pgs.
- Herskowitz, Joel, M.D.
Is Your Child Depressed?, Pharos Books, 1988 (2 Copies)
Discussion of causes with emphasis on psychotherapy. What depression looks like in children.
224 pgs.
- Hyland, Betty
The Girl with the Crazy Brother, New York, Franklin Watts, 1987
Fiction: A story for teenagers of a girl whose brother is diagnosed as schizophrenic. Teenage siblings will relate to her experiences: her humiliation when her brother “acts crazy” at school, her feelings of isolation, her reluctance to have friends come over to her house, the teasing that reflects stigma, her joy in finding an understanding friend. The book will reassure teenage siblings that they are not alone.
139 pgs.
- Irwin, Cait
Conquering the Beast Within, Random House, 1998
One teenager tells her inspiring story
105 pgs.
- Johnson, Julie Tallard
Understanding Mental Illness, Lerner Publications, 1989
A sympathetic writing for teens.
72 pgs.
- Koplewicz, Harold S., M.D.
It's Nobody's Fault, Times Books, 1996
Features the latest treatments – including medication – for Attention Deficit Disorder, Anxiety, Eating Disorders, School Phobia and more
303 pgs.

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- Laskin, Pamela and Addie Moskowitz
Wish Upon a Star, Magination Press, 1991
A book for children with a mentally ill parent.
30 pgs.
- MacCracken, Mary
Lovey: A Very Special Child, J.B. Lippencott CO., 1976
A compassionate teacher helps a disturbed child into “new life”.
189 pgs.
- MacDonald, Betsey Douglas
Helping Each Other
Helping Each Other is designed to help youngsters understand that many illnesses present challenges which families can overcome by working together.
22 pgs.
- McElroy, Evelyn, Ph.D.
Children and Adolescents with Mental Illness: A Parents’ Guide, Woodbine House, 1988
(2 Copies)
Deals realistically and practically with the problems parents face when mental illness strikes a child. The book provides guidance in decisions about therapists and hospitals, the attitudes of professionals, crisis and emergencies, the educational and legal rights of children, and planning for the future. Encourages parents to learn about mental illness and be assertive in treatment decisions.
221 pgs.
- Miller, Alice
Breaking Down the Wall of Silence, Dutton, 1991
Famous psychotherapist writes of child abuse and its effects.
181 pgs.
- Miller, Alice
The Untouched Key, Doubleday, 1988
The famous psychotherapist traces childhood trauma in creativity and destruction.
170 pgs.
- Myles, Brenda Smith and Jack Southwick
Asperger Syndrome and Difficult Moments, Autism Asperger Publishing Co., 1999
Practical solutions for tantrums, rage and meltdowns
106 pgs.
- Naylor, Phyllis Reynolds
The Keeper, Bantam Books, 1986
Fiction: A supportive book when someone you love is mentally ill. The book relates the struggle a teenage boy and his mother go through to get treatment for a mentally ill father in denial.
212 pgs.

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NIMH

Treating Family Violence in a Pediatric Hospital: A Program of Training and Research Services, NIMH, 1987

Quote from foreword by Salem A. Shah, PhD, Chief, Antisocial and Violent Behavior Branch, National Institute of Mental Health: "This monograph describes an innovative, exemplary program of training, research and services for the treatment of family violence...with a particular focus on child abuse and neglect. The report highlights critical conceptual and procedural issues, the limits of current clinical knowledge and related service needs and various gaps between research and practice..."

90 pgs.

Papolos, Demitri, M.D. and Janice Papolos

The Bipolar Child, Broadway Books, 1999

The definitive and reassuring guide to childhood's most misunderstood disorder.

398 pgs.

Peschel, Enid and Richard and James W. and Carol Howe

Neurobiological Disorders in Children and Adolescents, Jossey-Bass, San Francisco, 1992

This very important book asserts and documents two ideas not widely realized: (1) that serious mental illnesses exist in children and adolescents and (2) that they originate in physical, neurochemical or neuroanatomical disorders. The book will reassure and strengthen family members and provide essential information for mental health professionals, school personnel, insurance managers and lawyers.

140 pgs.

Portland Research & Training Center

Taking Charge: A Handbook for Parents Whose Children Have Emotional Handicaps, Portland State University, 1988

Discusses: Family Impact, Coping, Finding Help, Specialist for Diagnosis and Treatment, Common Conditions Exhibited and Understanding the Law. Each section ends with a question and answer section.

108 pgs.

Riley, Jocelyn

Only My Mouth is Smiling, William Morrow & Co., 1986

Fiction: A powerful story about a girl with a mentally ill mother who learns to act happy in spite of the pain she feels inside.

222 pgs.

Slaby, Andrew, M.D. and Lili Frank Garfinkel

No One Saw My Pain: Why Teens Kill Themselves, W.W. Norton, Co., 1994

An insightful book for parents, teachers and anyone who works with adolescents.

288 pgs.

Sobkiewicz, Tootsie, MSW

Our Special Mom, Our Special Dad, Children of Mentally Ill Parents, 1994

Two interactive story books about mental illness.

26 pgs. each

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Swedo, Susan Anderson, Dr. and Dr. Henrietta L. Leonard
Is It "Just a Phase"?: How to Tell Common Childhood Phases From More Serious Problems, Broadway Books, 1999

When to get help for toddlers to teens and what to do about: Thumb Sucking, Bed-wetting, Separation Problems, Shyness, Hyperactivity, Nighttime Fears, ADHD, School Avoidance, Misbehavior, Eating Problems and Much More.

348 pgs.

Torney, Carrie Lyn
What's Wrong With Nick?, Friends of Nick, 1992

This book helps children feel comfortable enough with the issue of schizophrenia to ask questions.

15 pgs.

Wender, Paul, M.D.
The Hyperactive Child, Adolescent and Adult, Oxford University Press, 1987
(2 Copies)

Discussion of attention deficit disorder, medical treatment, plus psychological and educational management.

162 pgs.

Wood, Robert W., Editor
Journal of Child and Adolescent Psychotherapy, Rivendell Foundation, Nov. 1987

88 pgs.