

USEFUL RESOURCES

ADDICTION

100 Questions & Answers about Alcoholism & Drug Addiction
C. Herrick: (2007) Jones & Bartlett

Addiction Workbook: Step by Step Guide to Quitting Alcohol and Drugs
P. Fanning: (1996) New Harbinger

Beautiful Boy: A Father's Journey through His Son's Addiction
D. Sheff: (2009) Mariner Books

Broken: My Story of Addiction and Redemption
W. Moyers: (2007) Penguin

Clapton: The Autobiography
E. Clapton: (2008) Three Rivers Press

Drinking: A Love Story
C. Knapp: (1997) Dial Press Trade

From Binge to Black Out: A Mother and Son's Struggle with Teen Drinking
C. Volkmann & T. Volkmann: (2006) NAL Trade

Living with Alcoholism and Addiction: Teen's Guides
N. Lessa & S. Dulany Gilbert: (2009) facts on File

One Breath at a Time: Buddhism and the Twelve Steps
K. Griffin: (2004) Rodale Books

Spirituality of Imperfection: Story Telling and the Search for Meaning
E. Kurtz: (1993) Bantam

BORDERLINE PERSONALITY DISORDER

Borderline Personality Disorder in Adolescents: A Complete Guide to Understanding and Coping When Your Adolescent Has BPD
B.A. Aguirre: (2007) Fair Winds Press

The Borderline Personality Disorder Survival Guide: Everything You Need to Know About Living With BPD
A.L. Chapman & K.L. Gratz: (2007) New Harbinger Publications

The Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells
R. Kreger: (2008) Hazelden

BORDERLINE PERSONALITY DISORDER (CONT'D)

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

J. Kriesman & H. Straus: (1991) Avon

Stop Walking On Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder

P.T. Mason & R. Kreger: (1998) New Harbinger Publications

Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families

J.G. Gunderson & P.D. Hoffman: (2005) American Psychiatric

CODEPENDENCY

Beyond Codependency: And Getting Better All the Time

M. Beattie: (1989) Hazelden

Codependents' Guide to the Twelve Steps

M. Beattie: (1992) Fireside

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself

M. Beattie: (1986) Hazelden

The Enabler: When Helping Others Hurts the Ones You Love

A. Miller: (2001) Wheatmark

Language of Letting Go: Meditation Series

M. Beattie: (1990) Hazelden

DIALECTICAL BEHAVIOR THERAPY

Cognitive-Behavioral Treatment of Borderline Personality Disorder

M.M. Linehan: (1993) The Guilford Press

Depressed & Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety

T. Marra: (2004) New Harbinger

Dialectical Behavior Therapy with Suicidal Adolescents

A.L. Miller, J.H. Rathus, & M.M. Linehan: (2006) The Guilford Press

Dialectical Behavior Therapy: Children and Adolescents

C. Callahan: (2008) PESI, LLC

DIALECTICAL BEHAVIOR THERAPY (CONT'D)

Don't Let Your Emotions Run Your Life for Teens: DBT Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others

S. Van Dijk: (2011) New Harbinger

The High Conflict Couple: A DBT Guide to Finding Peace, Intimacy, and Validation

A.E. Fruzzetti: (2006) New Harbinger Publications

New Hope for People With Borderline Personality Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions

N.R. Bockian, N.E. Villagran, & V. Porr: (2002) Three Rivers Press

Parenting a Child Who Has Intense Emotions: DBT Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors

P. Harvey: (2009) New Harbinger

Skills Training Manual for Treating Borderline Personality Disorder

M.M. Linehan: (1993) The Guilford Press

EATING DISORDERS: UNDERSTANDING THE STRUGGLE WITH FOOD

8 Keys to Recovery from an Eating Disorder: Effective Strategies from the Therapeutic Practice and Personal Experience

C. Costin: (2011) W.W. Norton & Company

100 Questions & Answers About Eating Disorders

C. Costin: (2007) Jones & Bartlett Learning

Brave Girl Eating: A Family's Struggle with Anorexia

H.Brown: (2011) William Morrow Paperbacks

Eating Disorder Sourcebook, The: A Comprehensive Guide to the Causes, Treatments, and Prevention of eating Disorders

C. Costin: (2006) McGraw-Hill

Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food

S. Albers: (2003) New Harbinger Publications

Help Your Teenager Beat an Eating Disorder

J. Lock, D. Le Grange: (2005) The Guilford Press

If Your Adolescent Has an Eating Disorder: An Essential Resource for Parents

B. Timothy Walsh & V.L. Cameron: (2005) Oxford University Press

EATING DISORDERS: UNDERSTANDING THE STRUGGLE WITH FOOD (CONT'D)

Life Without ED: How One Woman Declared Independence from Her Eating Disorder and How You Can Too

J. Schaefer, & T. Rutledge: (2003) McGraw-Hill

Living with Eating Disorders: Teen's Guides

S. Cooperman & S. Dulaney Gilbert: (2009) Checkmark Books

Mindful Eating 101: A Guide to Healthy Eating in College and Beyond

S. Albers: (2006) Routledge

Parent's Guide to Eating Disorders, The: Supporting Self-Esteem, healthy Eating, and Positive Body Image at Home

M. Herrin, & N. Matsumoto: (2007) Gurze Books

Savor: Mindful Eating, Mindful Life

T. Nhat Hanh, L. Cheung: (2010) Harper Collins

Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method

J. Treasure, G. Smith, & A. Crane: (2007) Routledge

Your Dieting Daughter: Antidotes Parents Can Provide for Body Dissatisfaction, Excessive Dieting, and Disordered Eating

C. Costin: (2013) Routledge

MINDFULNESS

Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You From Anxiety, Fear and Panic

J. Brantley: (2007) New Harbinger

Coming to Our Senses: Healing Ourselves and the World Through Mindfulness

J. Kabat-Zinn: (2006) Hyperion

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

J. Kabat-Zinn: (1990) Delta Publishing

The Miracle of Mindfulness

T. Nhat Hanh: (1999) Beacon Press

The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness

M. Williams, J. Teasdale, Z. Segal, & J. Kabat-Zinn: (2007) The Guilford Press

MINDFULNESS (CONT'D)

The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions

C. Germer & S. Saltzberg: (2009) The Guilford Press

The Mindfulness Solution: Everyday Practices for Everyday Problems

R.D. Siegel: (2009) The Guilford Press

The Power of Now: A Guide to Spiritual Enlightenment

E. Tolle: (2004) New World Library

Radical Acceptance: Embracing Your Life With the Heart of a Buddha

T. Brach: (2004) Bantam

Wherever You Go, There You Are

J. Kabat-Zinn: (2005) Hyperion Books

MOOD DISORDERS

100 Questions & Answers about Bipolar (Manic-Depressive) Disorder

A. Albrecht & C. Herrick: (2005) Jones & Bartlett

100 Questions & Answers about Depression

A. Albrecht: (2006) Jones & Bartlett

The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety & Worry

L. Schab: (2008) New Harbinger

Beyond the Blues: A Workbook to Help Teens Overcome Depression

L. Schab: (2008) Instant Help Books

The Bipolar Teen: What You Can Do to Help Your Child and Your Family

D. Miklowitz & E. George: (2007) Guilford Press

Emotions Anonymous

(1990) EA International Services

Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder

R. Federman & J. Anderson: (2010) New Harbinger

Helping Your Anxious Child: A Step-by-Step Guide for Parents

R.M. Rapee, S.H. Spence, V. Cobham, & A. Wignall: (2000) New Harbinger Publishers

More Than Moody: Recognizing and Treating Adolescent Depression

H.S. Koplewicz: (2002) Perigee Books

MOOD DISORDERS (CONT'D)

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic
M. Tompkins & K. Martinez: (2009) Magination

Stop Obsessing!: How to Overcome Your Obsessions and Compulsions
E. Foa & R. Wilson: (2001) Bantam

Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families, and Providers
E. Fuller Torrey & M. Knable: (2005) Basic Books

Touched with Fire: Manic-Depressive Illness and the Artistic Temperament
K. Redfield Jamison: (1996) Free Press

An Unquiet Mind: A Memoir of Moods and Madness
K. Redfield Jamison: (1997) Vintage

SELF-HARM BEHAVIORS

Freedom from Self Harm: Overcoming Self-Injury with Skills from DBT and Other Treatments.
K. Gratz & A. Chapman: (2009) New Harbinger

Helping Teens Who Cut: Understanding and Ending Self-Injury
M. Hollander: (2008) The Guilford Press

Night Falls Fast: Understanding Suicide
K.R. Jamison: (2000) Vintage

Stopping the Pain: A Workbook for Teens Who Cut & Self-Injure
L. Shapiro: (2008) Instant Help Books

When Your Child is Cutting: A Parent's Guide to Helping Children Overcome Self-Injury
M. McVey-Noble, S. Khemlani-petal, & F. Neziroglu: (2006) New Harbinger

TRAUMA

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse 4th edition
E. Bass & L. Davis: (2008) Harper Collins

Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life
J. Cori: (2008) Da Capo Press

How Long Does It Hurt? A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families
C. Mather & J. Wood: (2004) Jossey-Bass

TRAUMA (CONT'D)

In Their Own Words: A Sexual Abuse Workbook for Teenage Girls

L. Munson: (1995) Child Welfare League of America

Prolonged Exposure Therapy for PTSD (Post-Traumatic Stress Disorder)

K.R. Chrestman, E. Gilboa-Schechtman, E.B. Foa: (2009) Oxford University Press

OTHER RESOURCES:

Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom

R. Hanson: (2009) New Harbinger

Man's Search for Meaning

V. Frankl: (2006) Beacon Press

Helping Your Troubled Teen: Learn to Recognize, Understand, and Address Destructive Behavior of Today's Teens and Preteens

C. Kaplan, B. Aguirre, & M. Rater: (2007) Fair Winds Press

How to Talk So Kids Will Listen & Listen So Kids Will Talk

A. Faber & E. Mazlish: (1999) Harper Paperbacks

Parents and Adolescents Living Together: Part 1, The Basics

G.R. Patterson & M.S. Forgatch: (2005) Research Press

Parents and Adolescents Living Together: Part 2, Family Problem Solving

G.R. Patterson & M.S. Forgatch: (2005) Research Press

Suffering Is Optional: Three Keys to Freedom and Joy

C. Huber: (2002) Keep it Simple Books

The Relaxation and Stress Reduction Workbook

M. Davis, M. McKay & E. Robbins Eshelman: (2000) New Harbinger Publications

The School Survival Guide for Teenagers With LD*: *(Learning Disabilities)

R.W. Cummings & G.L. Fisher: (1993) Free Spirit Publishers

Understanding Learning Disabilities: A Parent Guide and Workbook

Learning Disability Council: (2002) York

USEFUL WEBSITES:

Alcoholics Anonymous

www.aa.org

www.ct-aa.org (CT)

www.ny-aa.org (Northeast/Upstate NY, small portion of VT and MA)

www.nyintergroup.org/meetinglist (NY City, Westchester County, NJ, and CT)

www.nnjaa.org (Northern NJ)

www.aasj.org (Southern NJ)

Al – Anon – for family and friends

www.alanon.org

Behavioral Tech

www.behavioraltech.com

Child & Adolescent Bipolar Foundation

www.bpkids.org

Cocaine Anonymous

www.ca.org

Co-Dependents Anonymous

www.codependents.org

Depression and Bipolar Support Alliance

www.dbsalliance.org

Dual Diagnosis Recovery Network

www.dualdiagnosis.org/resource/ddrn

Dual Recovery Anonymous

www.draonline.org

www.draonline.org/meetings_dra/usa/connecticut.html (Meetings in CT)

www.draonline.org/meetings_dra/usa/new_york.html (Meetings in NY)

www.draonline.org/meetings_dra/usa/new_jersey.html (Meetings in NJ)

Eating Disorder Anonymous

www.eatingdisordersanonymous.org/