



READING LISTS AND VIDEOS

ABUSE

Bruises Anke De Vries

Childhood's Thief Rose Mary Evans M.S.W. (1994)

The Emotionally Abused Woman Beverly Engel (1990)

First Do No Harm: The Sexual Abuse Industry Felicity Goodyear-Smith

From Generation to Generation: Understanding Sexual Attraction to Children
Anne Stirling Hastings

The Invisible Wound Wayne Kritsberg (1993)

It's O.K. To Say No! Robin Lenett and Bob Crane (1985)

Male Survivors: A 12 Step Recovery Program for Survivors of Childhood Sexual Abuse Timothy L. Sanders

No More Secrets For Me Oralee Wachter (1983)

Sexual Abuse of Children and Adolescents: A Preventive Guide for Parents, Teachers and Counselors William E. Prendergast

Surviving Sexual Assault Forward by Patty Duke Astin (booklet)

Thorns Have Roses: Understanding and Coping With the Effects of Childhood Abuse and Neglect Jan F. Gilgun

The Verbally Abusive Relationship Patricia Evans (1992)

What Parents Need to Know About Dating Violence Barrie Levy, et. al.

When I Was Little Like You Jane Porett

ANGER

101 Things We Can Do About Anger and Violence Betty Doty (1994)

The Angry Teenager Dr. William Lee Carter (1994)

Cry Anger Dr. Jack Birnbaum (1973)

Of Course You're Angry Rosellini and Worden (1985)

Straight Talk About Anger Christine Dentemaro and Rachel Kranz (1995)

ANXIETY DISORDERS

The Anxiety & Phobia Workbook Edmund Bourne, Ph. D. (1990)

Anxiety, Phobias & Panic Reneau Peurifoy (1995)

Beyond Fear Robert Handley and Paul Neff (1988)

Breaking the Panic Cycle Reid Wilson, Ph. D. (booklet)

Embracing the Fear Bennis and Barrada (1994)

Panic Disorders American Psychiatric Association (booklet)

Triumph Over Fear: A Book of Help and Hope for People With Anxiety, Panic Attacks, and Phobias Jerilyn Ross (Bantam, 1994)

Videos: *Faces of Anxiety--Let's Talk About Mental Illness*

Panic Disorder: Stories of Hope Narrated by Willard Scott (1994)

ATTENTION DEFICIT DISORDER (A. D. D.)

Answers to Distraction Dr. Edward M. Hallowell, M. D. and Dr. John Ratey, M. D.

Attention Deficit Disorder in Adults Lynn Weiss, Ph. D.

The Attention Deficit Disorder in Adults Workbook Lynn Weiss

Driven to Distraction Dr. Edward M. Hallowell, M. D. and Dr. John Ratey, M. D. (1994)

How to Own and Operate an Attention Deficit Kid (1989)

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

You Mean I'm not Lazy, Stupid or Crazy?! Kate Kelly and Peggy Ramundo

Videos *ADHD--What Can We Do?* Russell A. Barkley (1992)

Mike Has ADD

BIPOLAR

A Brilliant Madness Patty Duke and Gloria Hochman (1992)

An Unquiet Mind: A Memoir of Needs and Madness Kay Redfield Jamison (Knopf, 1995)

Bipolar Puzzle Solution Bryan L. Court and Gerald E. Nelson, M. D. (Accelerated Development, Taylor and Francis, 1996)

Call Me Anna An Autobiography by Patty Duke (1988)

Darkness Visible: A Memoir of Madness William Styron (Vintage, 1990)

Lithium Treatment of Manic Depressive Illness Mogen-Shaw

Living Without Depression & Manic Depression Copeland (1994)

Manic Depression Illness Goodwin and Jameson

Manic Depressive Illness Thompson, M. W. W. and Stancer, M. D. Ph. D. (booklet)

Overcoming Depression: The Definitive Resource for Patients and Families Who Live with Depression and Manic Depression Demetri Papolos, M. D. and Janice Papolos (Harper Perennial 1997)

Practical Clinical Guidelines for the Management of Bipolar Disorder Bowden/Nemeroff/Potter

Schizophrenia and Manic Depressive Disorder Torrey/Bowle/Taylor/Gottesman (1994)

Stress & the Family of Manic Depressives Dean Rosen (booklet)

Touched With Fire Kay Jamison

We Heard the Angels of Madness: A Family Guide to Coping With Manic Depression Diane and Lisa Berger

When Irish Eyes Are Crying Stephen D. Manning

Videos *Call Me Anna* Narrated by Patty Duke

Four Lives: Portraits of Manic Depression

Overview of Depression and Manic Depression Dr. Antal Solyom (1989)

BURN OUT

Beyond Burnout Chervess

Co-Dependency: Mistreated & Misunderstood Schaef

Growing a Therapist Kottler

Trauma & the Therapist Pearlman and Saakvitne

When Helping You is Hurting Me Berry

CAREGIVERS

Caring and Competent Caregivers Moroney, Dokecki, et. a. (University of Georgia Press)

Caring for You, Caring for Me: Education and Support for Caregivers Haigler, Mims, and Nottingham (University of Georgia Press)

Red The Rose, Sharp The Thorn Elton and Lorene Archer (available from the Caregiver Resource Center at the Rosalynn Carter Institute)

DEPRESSION

The Beast autobiography by Tracy Thompson (1995)

Beyond Prozac Michael J. Norden, M. D. (Harper Collins 1995)

Depression: Causes & Treatment Theodore Irwin (booklet)

Depression and Its Treatment: Help for the Nation's No. 1 Mental Problem John Griest and James Jefferson (Warner Books, 1985)

The Depression Sourcebook Brian P. Quinn, C. S. W., Ph. D. (Lowell House, 1997)

The Depression Workbook-A Guide to Living with Depression and Manic Depression Mary Ellen Copeland (1992)

Do You Have a Depressive Illness? Donald F. Klein and Paul H. Wender (New American Library, 1988)

From Sad to Glad Nathan S. Line, M. D. (1974)

Glad Days, Sad Days (a book for Children)

The Good News About Overcoming Depression Mark S. Gold, M. D.

Have You Felt Like Giving Up Lately? David Wilkerson (1980)

Help Me, I'm Sad David G. Fassler, M. D. and Lynne S. Dumas

How to Cope With Depression J. Raymond Depaulo, J., M. D. and Keith Russell Ablow, M. D. (Fawcett Crest 1989)

I Don't Want to Talk About it: Overcoming the Secret Legacy of Male Depression Terrence Real (Scribner, 1997)

Living without Depression & Manic Depression Copeland (1994)

Mood Swing Ronald R. Rieve M. D. (1975)

On the Edge of Darkness Kathy Cronkite

Overcoming Depression: The Definitive Resource for Patients and Families Who Live With Depression and Manic-Depression Demitri Papolos, M. D. and Janice Papolos (HarperPerennial, 1997)

The Prison of My Mind autobiography by Barbara Field Benziger

The Right to Feel Bad Leslie Hazleton (1984)

Silencing the Self Dana Crowley Jack (1991)

The Skipping Stone-the ripple effects of mental illness of the family by Mona Wasow

Treatment of Depression & Related Moods Daniel Badal (1988)

Up From Depression Leonard Cammer M. D. (1969)

When Feeling Good is Bad McGrath Ph. D. (1992)

When Someone You Love is Depressed: How to Help Your Loved One Without Losing Yourself Laura Epstein Rosen, Ph. D. and Xavier Francisco Amador, Ph. D. (Free Press, 1996)

You Mean I Don't Have to Feel This Way? New Help for Depression, Anxiety and Addiction Colette Dowling (Bantam, 1993)

Videos: *Depression: Beyond the Darkness* ABC News

Depression: The Storm Within
Depression and Women: Dispelling the Myths

Faces of Depression

Moving Back Into the Light

My Claire's Story

Overview of Depression and Manic Depression Dr. Antal Solymon (1989)

The Many Faces of Depression Milestones in Medicine

To Point the Stars--Life & Mind of Vincent Van Gogh

DIVORCE

Children of Divorce Louise J. Desert

How To Break Your Addiction to a Person Howard Halpern Ph. D. (1982)

Life After Divorce: Create a New Beginning Sharon Wegscheider (1994)

When Marriages Succeed or Fail John Gottman (1984)

EATING DISORDERS

The Secret Language of Eating Disorders Peggy Claude-Pierre

Video *Hunger Inside* ABC News

GENERAL

Highland Road Michael Winerip

A Family Affair Abby Van Buren

A Journey to the Me That I Can Be Lonza R. "Bo" Pagans (1995)

A Mind That Found Itself Clifford W. Beers

A Mood Apart Peter Whybrow

Alone in the Crowd Joe Vaughn

Alternatives Mark Russell

American Psychiatric Glossary, 6th Edition Evelyn M. Stone (American Psychiatric Press, 1988)

An Adult Child's Guide to What's "Normal" John & Linda Friel (1990)

Asylums Goffman

Be Not Afraid Robin White

Be Positive Miriam Moss (1992)

Behind Closed Doors Murtiashaw (1993)

The Bell Jar Sylvia Plath

Black Rage William Grier and Price Cobbs

Blackberry Winter Margaret Mead

The Broken Brain: The Biological Revolution in Psychiatry Nancy C. Andreasen (Harper & Row, 1984)

Caring for People with Severe Mental Disorders NAMI

Children and Adolescents with Mental Illness: A Parent's Guide Evelyn McElroy (Woodbin House, 1988)

Confederacy of Dunces John Kennedy Poole

Control Theory William Glasser, M. D. (1984)

Coping with Mental Illness in the Family: A Family Guide Agnes B. Hatfield (NAMI)

The Cracker Factory J. Rebeta-Burditt

Criminalizing the Seriously Mentally Ill Torrey, Stieber, et. al.

Dacey's Song Cynthia Voight

"Did I Do Something Wrong?" A Supportive Guide for Parents and Loved Ones of People in Therapy Heidi H. Spencer, Ph. D. (New Horizons Press, 1995)

Disability and the Family: A Guide to Decisions for Adulthood Rutherford J. Turnbull (Paul H. Brooks Publishing Co., 1989)

The Essential Guide to Psychiatric Drugs Jack M. Gorman (St. Martins's Press, 1990)

Families as Allies in Treatment of the Mentally Ill Lefley/Johnson

Feeling Good David Burns (1980)

The Geranium on the Windowsill Just Die But, Teacher, You Went Right On Albert Cullun

The Glass Menagerie Tennessee Williams

The Growth and Development of Mothers Angela B. McBride

Home Coming Cynthia Voight

He Was Still My Daddy Laurie Olson

I Never Promised You a Rosegarden Hannah Green

I Wish I Were A Butterfly James Howe

In The Prison of My Mind Barbara F. Benziger

Insanity Inside Out Kennet Donaldson

Introductory Textbook of Psychiatry Nancy C. Andreasen and Donald W. Black (American Psychiatric Press, 1991)

Journey of Storms Palla Bramsen Cullen

Journey out of Nowhere Nancy Covert Smith (1973)

The Last April Dancers Thesman (for Teens)

The Life Planning Workbook Russell/Grant

Listening to Prozac Peter D. Kramer M. D. (Penguin Books, 1993)

Mad House: Growing up in the Shadow of Mentally Ill Siblings Clea Simon

The Making of a Psychiatrist David Viscott

The Man Who Mistook His Wife for a Hat Oliver Sacks

Manchild in the Promised Land Claude Brown

Manifesto for a New Medicine: Your Guide to Healing Partnerships and the Wise Use of Alternative Therapies James S. Gordon, M. D. (Addison-Wesley, 1996)

Media Madness: Public Images of Mental Illness Otto Wahl (Rutgers University Press)

The Mentally Ill in Jail Steadman/McCarty/Morrissey

Momo Emily Ajar

My Mother, Myself Nancy Friday

My Sister's Keeper M. Moorman

Neurobiological Disorders in Children and Adolescents Peschel/Howe

The New Psychiatry Jack M. Gorman, M. D. (St. Partin's Pjress, 1996)

Of Pebbles and Pearls Nancy Covert Smith (1974)

One Flew Over The Cuckoo's Nest Ken Kesey

Only My Mouth Is Smiling Jacelyn Riley (for teens)

Operation Help: A Mental Health Advocate's Guide to Medicaid Chris Coyanagi (National Mental Health Association, 1988)

Over and Over Again Neziroglu/Yaryura/Tobias

Planning for the Future Russell/Grant/Joseph/Fee

Psychoactive Drugs and Their Effects on the Mentally Ill NAMI

Searching for Mercy Street Linda Sexton

The Skipping Stone Mona Wasow

Stigma and Mental Illness Paul Fink and Alan Tasman (American Psychiatric Press)

Stranger in the Family Claire Burch

Stuck In Time Lee Gutkind (1993)

The Talking Cure: The Science Behind Psychotherapy Sarah C. Vaughan, M. D. (Grosset/Putnam, 1997)

This Stranger My Son Louise Wilson

When Madness Comes Home Victoria Secunda

When Someone You Love Has a Mental Illness Rebecca Woolis

When Your Parents Grow Old J. Otten and F. Shelley

Widow Lynne Caine

You and Your Aging Parent H. Hyman

You and Your Emotions Maultsby/Hendricks

Videos *After the Tears: Teens Talk About Mental Illness in Their Families* (1986)

Mental Illness: Awareness and Hope American Health Fund

My Mom Still Loves Me/Good Weather or Not Turtle Creek Valley Mental Health

Prozac Phil Donahue

Shattered Dreams: A Video That Shares the Family's Stories (1993)

GRIEF

The Bereaved Parent H. Schiff

The Grieving Child Helen Firzgerald (1992)

GUILT

Goodbye to Guilt Gerald Jampolsky, M. D. (1985)

Guilt Free Living Robert Jeffress (1995)

When I Say No I Feel Guilty Manuel Smith

LEARNING DISABILITIES

A Parent's Guide to Special Education Virginia Department of Education
(booklet)

Smart But Feeling Dumb Harold Levinson, M. D. (1984)

LONELINESS

Belonging William Brassell, Ph. D. (1994)

Intimate Connections David Burns M. D. (1985)

Letting Go of Loneliness Gina Leveté (1993)

OBSESSIVE COMPULSIVE DISORDER (OCD)

The Boy Who Couldn't Stop Washing Judith Rappaport, M. D. (E.P. Dutton
1989)

Getting Control Lee Baer, Ph. D. (1991)

SCHIZOPHRENIA/SCHIZOAFFECTIVE DISORDER

Breaking Points Jack and Joanna Hinkly (1985)

Conquering Schizophrenia Peter Wyden

Coping With Schizophrenia Kim T. Mueser and Susan Gingerich (New Harbinger Publications 1994)

The Family Face of Schizophrenia Patricia Backlar (1984)

The Girl With The Crazy Brother Betty Hyland

Imagining Robert: My Brother, Madness and Survival Jay Neugeboren

Is There No Place on Earth for Me.? Susan Sheehan

Living with Schizophrenia Alex Hyde, M. D.

Momma One and Momma Two (a book for children)

My Mother's Keeper--A Daughter's Memoir of Growing Up in the Shadow of Schizophrenia Tara Elgin Holley with Joe Holley (William Morrow and Company, Inc. 1997)

Natalie on the Street Ann Nietzsche (Calyx, Inc., 1994)

New Directions in Drug Treatment for Schizophrenia NIMH

Nowhere to Go E. Fuller Torrey (Harper and Row, 1988)

The Outsider: A Journey Into My Father's Struggle With Madness Nathaniel Lachenmeyer (Broadway)

Peaking Out Al Siebert, PH. D. (as told to Sam Kimball, Ph. D.)

The Quiet Room Lori Schiller (1994)

Ricki Frederick Flach, M. D.

Schizophrenia and Manic Depressive Disorder Torrey/Bowle, Taylor/Gottesman (1994)

Schizophrenia--Questions and Answers NIMH (booklet)

Schizophrenia: Straight Talk for Family and Friends Mary E. Fuller

Schizophrenia--Symptoms, Causes & Treatments Bernheim/Lewine

Surviving Schizophrenia--A Manual for Families, Consumers and Providers Dr. E. Fuller Torrey (Harper/Collins 1995)

Tell Me I'm Here Ann Deveson

Trenor's Place Ferrell

Understanding Schizophrenia Keefe and Harvey

The Voices of Robby Wilde Keefe and Harvey

Welcome Silence Carol North

Welcome to My Country Lauren Slater

SELF-ESTEEM

Five Love Languages of Children Gary Chapman and Ross Campbell

Raising Positive Kids in a Negative World Zig Ziglar

Raising Your Spirited Child Mary Sheedy Kurcinka

Self-Esteem: A Family Affair Jeal Illsley Clark

SUICIDE

The Harvard Medical School Guide to Suicide Assessment and Intervention
Douglas G. Jacobs, M. D.

I Want to Kill Myself Shamoo and Patros (1990)

The Savage God: A Study of Suicide A. Alvarez

Suicide & Depressive Illness National Depressive & Manic Depressive
Association (booklet)

Suicide, The Forever Decision Paul G. Quinett

Waking Up Alive Heckler (1994)

Videos *Young People In Crisis/Suicide* Mental Health Association

WOMEN'S ISSUES

The Courage to Be Yourself Sue Patton Thoele (1988)

Men are Just Desserts Sonya Friedman (1983)

PMS and You Miels Laurensen, M. D. and Eileen Stukan (1983)

What Do Women Want? L. Freeman

Women and Love Shere Hite (1987)

The Women's Guide to Zero Stress Sovia (1984)

Women's Network Carol Kleiman (1980)