REVIEW 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


*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)


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)


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


*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*  Demitri 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 Rosalyn Carter Institute)

DEPRESSION

The Beast  autobiography by Tracy Thompson (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.


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


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 Mind That Found Itself  Clifford W. Beers

A Mood Apart  Peter Whybrow

Alone in the Crowd  Joe Vaughn

Alternatives  Mark Russell


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


Confederacy of Dunces  John Kennedy Poole

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.

Dicey's Song  Cynthia Voight


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

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


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)


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  Maulsby/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)
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 Levete (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)

SCHIZOPHRENIASCHIZOAFFECTIVE 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)


Natalie on the Street  Ann Nietzke  (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  Nathanial 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

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)


Women's Network  Carol Kleiman (1980)