

## **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 Kraitsberg (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* 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 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* Demetri 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, 6<sup>th</sup> 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. Gormon, M. D. (St. Martin's Press, 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 Coynagi  
(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 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* 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 Chapmen 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)