

RESOURCES & BOOK LIST

Depression

Books; Understanding Teenage Depression; A Guide to Diagnosis, Treatment, and Management, Nichols Bakalar (2001)

When Nothing Matters Anymore: A Survival Guide for Depressed Teens, Bev Corbain (2007)

Beyond the Blues: A Workbook to Help teens Overcome Depression, Lisa M Schab(2008)

OCD

Books; Talking back to OCD; The Program that Helps Kids and Teens say “No Way” and Parents say “Way to Go” 1st edition- John S Marsh, MD

OCD Sucks! But your life doesn't have to, Jeremy Nickel (kindle version only)

When a Family Member has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder, Jon Hershfield, MFT and Jeff Bell (2015)

CBT

Book; Coping Cat Workbook, Second Edition (child Therapy Workbooks Series)-Philip Kendall and Kristina A Hedtke

Group; Cognitive Behavioral Therapy (CBT) Group for Anxiety at McLean Hospital Child Outpatient Clinic at Sancta Maria 799 Concord Ave Cambridge MA 02138

- Call Diane Poirier, intake coordinator at 617-674-5310

Anxiety

Books; Helping Your Anxious Child (Second Edition) A Step by Step Guide for Parents Ronald M Rapee, PhD, Ann Wignall, D. Psych, Susan H Spence, PhD, Vanessa Cobham, PhD, Heidi Lyneham, PhD

Your Anxious Child, John S Dacey, Martha D Mack, and Lisa B Fiore (1st edition 2000/2nd edition 2016)

Freeing your Child from Anxiety, Revised and Update Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and be Prepared for Life—from Toddlers to Teens, Tamar Chansky, PhD (2014)

When my Worries get too Big! A Relaxation book for Children who live with Anxiety, Kari Dunn Buron (2013)

What to Do when you Worry too much; a Kid's guide to overcoming Anxiety (What to do Guides for kids), Dawn Huebner

Helping Your Anxious Child: A Step-by-Step Guide for Parents, Dr. Ronald Rapee, et al.

Help for Worried Kids: How Your Child Can Conquer Anxiety and Fear, C. Last.

Social skills

More information about how you can help your child develop better social skills can be found in [Raise Your Child's Social I.Q.: Stepping Stones to People Skills for Kids](#), Cathi Cohen.

For your child to learn more about friendship, try [Phoebe's Best Best Friend](#), Barbara Roberts

The Science of Making Friends, Helping Socially Challenged teens and young adults, Elizabeth Laugeson

Freeing your Child from Anxiety, Tamar Chansky (July 2014)

Learning disorders

Program; LEAP Learning & Emotional Assessment Program- a child psychiatry department at MGH that conducts neuropsychological testing/educational testing (to schedule an appointment call 617-643-6010) accepts most insurance

http://www.massgeneral.org/psychiatry/assets/LEAP_parent_referral_form_2013-2014.pdf

Book; Helping a Child with Nonverbal Learning Disorder or Asperger's Disorder, Kathryn Stewart (2007)

Bright Kids who can't Keep Up: Help your Child Overcome Slow Processing Speed and Succeed in a Fast Paced World, Ellen Braaten, Brian Willoughby (2014)

ADHD

Dr. Ned Hallowell (www.drhallowell.com) has a treatment center in Sudbury (To get started call 978-287-0810 or email HallowellReferralsSudbury@gmail.com)

- They do not take insurance. Fee: \$450 for 1 ½ hour evaluation. Also do neuropsychological testing: \$3200. Can usually sign up a new patient w/in 2 weeks.

Younger kids' books;

Mrs. Gorski, I Think I Have Wiggle Fidgets, Barbara Esham

My Friend Has ADHD, Amanda Tourville

All Dogs Have ADHD, Kathy Hoopmann (2008)

Taking ADD to School, Ellen Weiner (1999)

Books for older aged children and parents;

Power Parenting for Children with ADD/ADHD-A Practical Parent's Guide for managing difficult behaviors, Grad L Flick, PhD (1996)

ADHD in HD: Brains Gone Wild, Jonathan Chesner (Author is 27 years old diagnosed with ADHD and the book is more interactive and meant for a quick glance) (2012)

ADHD and Me: What I Learned from Lighting Fires at the Dinner Table, Blake Taylor

Positively ADD: Real Success Stories to Inspire Your Dreams, Catherine Corman (2006)

Taking charge of ADHD, 3rd Edition; The Complete Authoritative Guide for Parents, Russell A Barkley, PhD (2013)

Workbooks;

Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook, Ari Tuckman (2012)

The ADHD Workbook for Parents: a Guide for Parents of Children Ages 2-12, Parker, Ph.D.

Executive Functioning

Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Full Potential, Richard Guare, PhD, Peg Dawson PhD and Colin Guare (2012)

Sensory Issues

The Sensory Child Gets Organized: Proven Systems for Rigid, Anxious, or Distracted Kids, Carolyn Dalgliesh (2013)

Autism

Captain Tommy, Abby Ward Messner (1996)

Andy and His Yellow Frisbee, Mary Thompson (1996)

Little Rainman: Autism-Through the Eyes of a Child, Karen Simmons and Karen Sicoli (1996)

The Autism Acceptance Book: Being a Friend to Someone with Autism, Ellen Sabin (2006)

Let's Talk about it! My Brother is Autistic, Jennifer Moore-Mallinos (2008)

General Good Reads

How to talk so kids listen and listen so kids talk, Adele Faber and Elaine Mazlish (2012)

Straight talk about psychiatric medications, Timothy E Wilens, MD and Paul G Hammerness MD (2016)

The explosive child, Ross W Greene (2001)

Treating Explosive Kids: The Collaborative Problem Solving Approach, Ross W Greene, J Stuart Ablon (2006)

The Explosive Child: Understanding and Helping Easily Frustrated, "Chronically Inflexible" Children and The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children both by Ross W. Greene, Ph.D.

Mindful Parenting, Kristen Race, PhD (2013) (simple and powerful solutions for raising creative, engaged, happy kids in today's hectic world)

Calming Stormy Feelings – A Child's Introduction to Psychotherapy, Sarah K Abel and Karen Zilberstein (2014)

How to Be the Parent you always Wanted to Be, Adele Faber

Groups

The Morgens Group (Sherborn and Waltham 781-899-1160)

<http://www.themorgensgroup.com/child%20groups.pdf>

- Depression Groups, Anxiety Groups and Social Skills/Pragmatic Language Groups

The Peter Pan Center (629 Massachusetts Ave Suite 201 Boxborough, MA 01719 978-263-4947)

- Provides social-emotional learning groups for children and teens who experience mild to moderate social challenges (toddler through teens)

Aimee E Folger, LICSW (400 Hunnewell Street Suite 6R Needham MA 02494 781-222-0245)

Offers the following groups;

- Type 1 Diabetes Support Groups
- Sibling Support Group (for siblings of children with medical, developmental or mental health diagnosis)
- Social Skills Groups and Camps
- Music Therapy Groups

CD's;

Focus for Kids and Focus for Teens, Daniel Goleman (He's the Emotional Intelligence guy)

Websites

1. Effective Child Therapy: Evidence-based mental health treatment for children and adolescents (<http://effectivechildtherapy.com>)
2. The National Alliance on Mental Health (<http://www.namimass.org/>)

3. The Depression Alliance website (www.depressionalliance.org)
4. The National Child and Traumatic Stress Network (<http://www.nctsn.org/resources/audiences/parents-caregivers>)
5. The Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD; <http://www.chadd.org>)
6. ADDitude: Strategies and Support for ADHD & LD (<http://www.additudemag.com>)
7. Understood: For Learning and Attention Issues (<https://www.understood.org/en>)