

Reading List

Anxiety

Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go" by John March.

If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents
by Edna B. Foa

The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry
by Lisa M. Schab

Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias by Tamar Chansky

Get OFF THE BUS: Depression, Anxiety & Obsession by Steven A. Szykula PhD

Worried No More by Aureen Wagner PhD

Panic Attacks Workbook for Teens by Julia Englund Strait, PhD

Attention Deficit/Hyperactivity Disorder

Children and Adults with Attention Deficit Disorders (CHADD). CHADD is a national organization devoted to advocacy on behalf of persons with AD/HD, and has local chapters that run parent support groups. The national office can be reached at www.chadd.org.

ADHD Living Without Brakes, by Dr. Martin L. Kutscher and and Dr. Douglas Puder

Taking Charge of ADHD, The Complete Authoritative Guide for Parents
by Dr. Russell Barkley

Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias by Tamar Chansky

Academic Success Strategies for Adolescents with Learning Disabilities and ADHD
by Esther Minskoff and David Allsopp.

Reading List

Depression

Adolescent Depression: A Guide for Parents by Francis Mark Mondimore

The Feeling Good Handbook by David Burns

Get OFF THE BUS: Depression, Anxiety & Obsession by Steven A. Szykula PhD

Oppositional Behavior Parent Behavioral Management

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by Ross Greene.

Raising an Emotionally Intelligent Child by John Gottman.

1-2-3 Magic: Effective Discipline for Children 2-12 by Thomas Phelan.

How To Talk So Kids Will Listen & Listen So Kids Will Talk
by Adele Faber and Elaine Mazlish

The Defiant Child: A Parents Guide to Oppositional Defiant Disorder
by Dr. Douglas Riley

