

PATIENT RESOURCE LIST : BOOKS

ADULTS

Depression:

Mind over Mood

Dennis Greenberger and Christine Padesky

Guilford Press 1995

The Feeling Good Handbook

David D. Burns

Plume 1999

The Depression Workbook

Mary Ellen Copeland

New Harbinger Publications 2002

Depression in Context: Strategies for Guided Action

Martell, Addis, and Jacobson

WW Norton 2001

Overcoming Depression One Step at a Time

Addis and Martell

New Harbinger Publications 2004

Bipolar:

Living without Depression and Manic Depression

Mary Ellen Copeland

New Harbinger Publications 1994

The Bipolar Disorder Survival Guide

David Miklowitz

Guilford 2010

The Bipolar Workbook

Monica Ramirex Basco

Guilford 2005

General Anxiety:

The Anxiety and Phobia Workbook

Edmund Bourne

New Harbinger Publications 2005

The Worry Trap: How to Free Yourself From Worry & Anxiety Using Acceptance
& Commitment Therapy

Chad Lejeune

New Harbinger Publications 2007

Mastery of your Anxiety and Worry: Workbooks (treatments that work)

Michelle G. Craske and David H. Barlow

Oxford University Press 2006

OCD: Obsessive Compulsive Disorder

Stop Obsessing

Edna Foa and Reid Wilson

Bantam 2001

The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive
Disorder 2nd ed

Bruce M. Hyman and Cherry Pedrick

New Harbinger Press: 2005

Overcoming Obsessive Thoughts

Christine Purdon and David Clark

New Harbinger Publications 2005

Panic Disorder

Mastering your Panic

Denise Fisher Beckfield

Impact 2003

Social Anxiety

The Shyness and Social Anxiety Workbook: Proven Techniques for Overcoming
Your Fears

Marin M Antony and Richard P Swinson

New Harbinger Publications 2008

PTSD:

Reclaiming your Life after Rape: Cognitive-Behavioral Therapy for Post Traumatic Stress Disorder Client Workbook
Barbara Olasov Rothbaum and Edna Foa
Oxford University 2004

Trauma and Recovery: The Aftermath of Violence—from Domestic Abuse to Political Terror
Judith Herman
Basic Books 1997

Hoarding

Overcoming Compulsive Hoarding: Why You Save and How You Can Stop
Fugen Neziroglu, Jerome Bubrick, and Jose Yaryura Tobas
New Harbinger self-help workbooks 2004

Trichotillomania

Trichotillomania: Help for Hair Pullers
Nancy Keuthen, Dan Stein and Gary Christenson
New Harbinger publications 2001

Mindfulness Based Stress Reduction (coping with depression, anxiety, pain, etc):

[A Mindfulness-Based Stress Reduction Workbook](#)
[Bob Stahl](#) and [Elisha Goldstein](#)
2010

The Mindful Way Through Depression: Freeing yourself from Chronic Unhappiness
Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn
Guildford Press 2007

The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotional Regulation and Distress Tolerance
Matthre McKay, Jeffrey Wood and Jeffrey Brantley
New Harbinger publications 2007

(note: this would also be appropriate to list as a resource for borderline personality disorder)

Full Catastrophe Living

Jon Kabat-Zinn

Delta 1990

Radical Acceptance: Embracing Your Life With The Heart of a Buddha

Tara Brach

Bantam 2004

The Mindfulness and Acceptance Workbook for Anxiety: A Guide for Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy

John P. Forsyth & Georg H. Eifert

New Harbinger Publications 2008

Get Out of Your Mind & Into Your Life: The New Acceptance and Commitment Therapy

Steven C. Hayes

New Harbinger Publications 2005

Stress Reducation:

The Relaxation & Stress Reduction Workbook (6th Ed.)

Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay

New Harbinger Publications 2008

Insomnia:

Turning Nightmares into Dreams Barry Kradow

The New Sleepy Times 2002

Available at <http://sleeptreatment.com/>

The Insomnia Answer

Paul Glovinsky and Art Speilman

Perigee Trade publications 2006

A Good Night's Sleep

Lawrence Epstein with Steven Mardon

McGraw Hill 2006

Schizophrenia:

Wellness Recovery Action Plans (WRAP)

Mary Ellen Copeland
Peach Press 1997

The Complete Family Guide to Schizophrenia

Kim Mueser and Susan Gingerich
Guilford Press 2006

Binge Eating/Anorexia:

Overcoming Binge Eating
Christopher Fairburn

Borderline Disorder:

Skills Training Manual for Treating Borderline Personality Disorder
Marsha Linehan
Guilford Press 1993

Stop Walking on Eggshells: Taking Your Life Back When Someone You Care
about Has Borderline Personality Disorder 2nd ed

Paul T. Mason and Randi Kreger
New Harbinger Press 2010

Adult ADHD:

You Mean I'm Not Lazy, Stupid or Crazy?
Kate Kelly and Peggy Ramundo
Scribner press 2006

Mastering Your Adult ADHD: A Cognitive Behavioral Treatment Program
Client Workbook

Steven Safren, Susan Sprich, Carol Perlmand and Michael Otto
Oxford Press 2005

Dementia

The 36 Hour Day: A Family Guide to Caring for People with Alzheimer Disease,
Other Dementias, and Memory Loss in Later Life 5th ed

Peter Rabins and Nancy Mace
Wellness Central Publications: 2008

Psychopharmacology

Instant Psychopharmacology 3rd ed
Ron Diamond
WW Norton 2008

COUPLES & FAMILIES

Getting Past The Affair: A Program to Help You Cope, Heal, & Move On – Together Or Apart
Douglas Snyder, Donald Baucom, and Kristina Coop Gordon
Guilford Press 2007

Not “Just Friends”: Protect Your Relationship from Infidelity & Heal The Trauma of Betrayal
Shirley Glass
Free Press 2004

Reconcilable Differences
Andrew Christensen and Neil Jacobson
Guilford Press 2002

The Seven Principles for Making Marriage Work
John Gottman and Nan Silver
Three Rivers Press 2000

Hold Me Tight: Seven Conversations for a Lifetime of Love
Sue Johnson
Little Brown and Company 2008

PATIENT RESOURCE LIST : WEBSITES

General information about mental illness and treatment

NIMH website: <http://nimh.nih.gov/health/topics/>

NAMI website: an excellent source for reliable information about mental illness, with specific information about the medications commonly used in treatment of mental illness: a wide variety of different kinds of information for both clients, families and professionals

<http://nami.org/>

SAMHSA: Substance Abuse and Mental Health Services Administration
National Mental Health Information Center:
<http://mentalhealth.samhsa.gov/>

A website designed to provide the public with information about a variety of different diseases, including mental illness
<http://www.mayoclinic.com/>

Mindfulness/Relaxation:

Relaxation exercises and sounds: Free MP3:
<http://forms.uhs.wisc.edu/relaxation.php>

Mindfulness Meditation Practice Tapes and CDs, available through:
<http://www.mindfulnessstapes.com/>

Death and Dying

Growth House, Inc. Provides specialized resources for bereaved families. Links provide additional resources for grief and terminal illnesses.
<http://www.growthhouse.org/death.html>.

Trauma and PTSD

VA website on Trauma and PTSD
www.ncptsd.va.gov

Women's Mental Health

Information regarding women's mental health issues can be found through:
www.womensmentalhealth.org

Personality Disorders

TARA: Treatment and Research Advancements National Association for Personality Disorders: Self-help organization run by and for people with personality disorders.
<http://www.tara4bpd.org/dyn/index.php>

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