Self-Help: Parents, Friends & Families

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Talking Back to OCD: The Program That Helps Kids and Teens Say “No Way” -- and Parents Say “Way to Go”
Rescuing Your Teenager from Depression
The Bipolar Handbook for Children, Teens, and Families: Real-Life Questions with Up-to-Date Answers
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What Works for Bipolar Kids: Help and Hope for Parents
The Anxiety Workbook for Teens: Activities to Help You Deal With Anxiety & Worry
Depression Fallout: The Impact of Depression on Couples and What You Can Do to Preserve the Bond
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The Anxiety Cure for Kids: A Guide for Parents

Books



Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go"
by Christine M. Benton
No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why Talking Back to OCD puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots--they do.
This uniquely designed volume is really two books in one. Each chapter begins with a section that helps young readers zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions. Dr. March demonstrates how to:
• Create a nickname for the illness to remember that OCD isn't you
• Make a symptom chart so you can plan when and where to start talking back
• Break the disorder's rules about the rituals
The pages that follow the instructions for kids and teens show their parents how to be supportive without getting in the way, including tips for:
• Separating the OCD from your son or daughter
• Asking your child's permission to stop helping with rituals
• Offering praise without imposing expectations
After just a few months' practice, your family will get back to spending time on things that matter, instead of following pointless orders from the illness. The next time OCD butts in, you'll be prepared to boss back--and show an unwelcome visitor to the door.



Rescuing Your Teenager from Depression
by Norman T. Berlinger
Dr. Norman T. Berlinger initially missed the signs of his own son's depression. But by drawing on his love for his son, as well as his skills and training as a doctor, he developed a set of techniques to help lead his son out of depression. In this book, he offers 10 Parental Partnering Strategies based on his own experiences and on interviews with parents of depressed teens and mental health professionals. Dr. Berlinger's tips will help concerned parents differentiate true depression from moodiness, be alert to suicide risks, monitor medication effectiveness, and spot signs of relapse.
One in eight teens is depressed, but Rescuing Your Teenager from Depression shows that there are ways parents can help.
Don't let your child become another statistic — read this book.



The Bipolar Handbook for Children, Teens, and Families: Real-Life Questions with Up-to-Date Answers
by Wes Burgess
The most practical and current resource for children and teens affected by bipolar disorder.
A practicing psychiatrist specializing in bipolar disorder for nearly twenty years, Dr. Burgess has helped countless children and teens navigate the minefield of mania and depression and lead successful, happy lives. Drawing on the real questions asked by patients and parents and families of affected children, The Bipolar Handbook for Children, Teens, and Families tackles every area of the disorder: causes; medical treatment and psychotherapy; strategies for creating a healthy lifestyle; and preventing, coping with, and treating bipolar episodes. More than five hundred questions and answers address:
• how to choose the right doctor or specialist for your child;
• what treatment and medication protocols are best; and
• how to reduce stress to prevent manic and depressive episodes.
Special chapters on practical strategies for academic success, building healthy relationships, issues that specifically affect teens versus smaller children, and coping techniques for families and friends further explore the impact of the disorder on daily life. The Bipolar Handbook for Children, Teens, and Families also includes diagnostic criteria from the American Psychiatric Association and the National Institute of Mental Health, making this a versatile guide—perfect for both quick reference and in-depth study.



Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias
by Tamar Ellsas Chansky
Anxiety is the number one mental health problem facing young people today.
Childhood should be a happy and carefree time, yet more and more children today are exhibiting symptoms of anxiety, from bedwetting and clinginess to frequent stomach aches, nightmares, and even refusing to go to school. Parents everywhere want to know: All children have fears, but how much is normal? How can you know when a stress has crossed over into a full-blown anxiety disorder? Most parents don't know how to recognize when there is a real problem and how to deal with it when there is.
In Freeing Your Child From Anxiety, a childhood anxiety disorder specialist examines all manifestations of childhood fears, including social anxiety, Tourette's Syndrome, hair-pulling, and Obsessive Compulsive Disorder, and guides you through a proven program to help your child back to emotional safety.
No child is immune from the effects of stress in today's media-saturated society. Fortunately, anxiety disorders are treatable. By following these simple solutions, parents can prevent their children from needlessly suffering today—and tomorrow.



Loving Someone with Bipolar Disorder
by Julie A. Fast
When a person loves someone with bipolar disorder, life can be very stressful. From medication troubles to a partner's mood swings the demands on a partner can be intense. "Loving Someone with Bipolar Disorder" takes a unique and practical approach to these issues.
Written by an author who has bipolar disorder (and who lived with a partner who also has bipolar disorder) and a coauthor with over ten books on the topic of mental illness, the book offers specific, practical and realistic tips on how a couple can work together as a team to create a treatment plan that teaches them to live with the illness while still maintaining a loving and joyful relationship. (Although this book is written for couples, friends and family members can use the techniques in the book as well.)
"Loving Someone with Bipolar Disorder" provides hope and encourages couples to work together to create a plan they can use to help stabilize bipolar disorder so that their relationship can focus on love and companionship instead of the illness. Chapters include ideas on how to create a holistic treatment plan that incorporates medications and supplements, diet, exercise and behavior and lifestyle changes into one practical approach to this very serious illness. The partner of a person with bipolar disorder learns about communicating with their partner when they're ill, getting real about the situation and how to take on other roles in healing besides caretaking. Other specific topics include work and money, emotions, sexual issues and much more. The goal of the book is to help couples create a relationship that is based on support and prevention instead of constant crisis control.



What You Must Think of Me: A Firsthand Account of One Teenager's Experience with Social Anxiety Disorder
by Emily Ford
We've all felt occasional pangs of shyness and self-consciousness, but for the 15 million Americans with social anxiety disorder, the fear of being scrutinized and criticized can reach disabling proportions. Such was the case for Emily Ford, who shares her firsthand experiences in these pages. Emily's true story of fear, struggle, and ultimate triumph is sure to resonate with other socially anxious teenagers and young adults.
Emily's frank, often witty, sometimes poignant account of how she negotiated all the obstacles of social anxiety—and eventually overcame them with the help of therapy and hard work—makes for compelling reading. Yet this book is more than just a memoir. Emily's story is coupled with the latest medical and scientific information about the causes, diagnosis, treatment, and self-management of social anxiety disorder (or SAD). Readers will find a wealth of solid advice and genuine inspiration here. In engaging, accessible language—and with the help of psychiatrist Michael Liebowitz—she discusses what is known and not known about social anxiety disorder in adolescents. She outlines the various psychotherapies available for those with SAD and explains how to seek professional help, how to talk to family and friends about the illness, and how to handle difficult social situations. The result is both an absorbing story and a useful guide that will help to ease the isolation caused by SAD, encouraging young people to believe that, with commitment and hard work, they can overcome this illness.
Part of the Adolescent Mental Health Initiative series of books written specifically for teens and young adults, What You Must Think of Me will also be avaluable resource for friends and family of those with SAD. It offers much-needed hope to young people, helping them to overcome this illness and lead healthy, productive lives.



What to Do When Someone You Love Is Depressed, Second Edition: A Practical, Compassionate, and Helpful Guide
by Susan K. Golant
A clinical psychologist and expert on depression updates the book that has helped thousands with its combination of professional advice and comfort.
There are few circumstances in life as hard and at the same time as important as being a friend to a person who is suffering from depression. What to Do When Someone You Love Is Depressed offers guidance to the friends and family of a depressed person on how to keep one's own spirits up and at the same time do what is best to help a loved one get through a difficult time. Among the many subjects addressed are:
• the warning signs of serious illness
• how to maintain intimacy and communication
• the most successful forms of treatment
• what to do when someone threatens suicide
This updated edition addresses readers' questions and provides new and expanded information on:
• how to choose the right psychiatrist
• the role and limits of medication
• resistant depression
• the link between depression and chronic illness
• specific challenging situations and advice on handling them

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What Works for Bipolar Kids: Help and Hope for Parents
by Mani N. Pavuluri
It may be hard to believe your child will ever get better, but kids with bipolar disorder can and do lead healthy, stable lives. In this compassionate and optimistic book, expert clinician and renowned researcher Mani Pavuluri delivers information, advice, and proven strategies that empower you to deal with the challenges of bipolar disorder and help your child get well. Drawing on 20 years of experience with bipolar kids and their families, she provides solidly researched strategies for reducing or eliminating problems with mania, aggression, sleep disturbances, depression, and other issues. You'll discover practical ways to handle crises at home and in school, work with professionals to find an effective combination of medicine and psychotherapy, and cultivate a supportive community of friends and peers for your child. Dr. Pavuluri also helps you deal with the stress that comes with parenting, so you can maintain your poise, focus on the positive, and be a powerful advocate for your child.



The Anxiety Workbook for Teens: Activities to Help You Deal With Anxiety & Worry
by Lisa M. Schab
Anxiety isn't only for adults. An estimated 25 percent of teens suffer from mild to serious anxiety, and many of them get little or no help. The good news is that anxiety is a highly treatable condition and by learning coping skills teens build a defense against anxiety that can last into adulthood. The Anxiety Workbook for Teens offers a collection of the most effective techniques for preventing anxiety and defusing it when it hits. It shows teens how to change anxiety-producing thoughts, perform breathing and bodywork exercises, and develop problem solving skills that can short circuit anxiety. This book is a must-have for any teen troubled by persistent anxiety or any professional who works with them.



Depression Fallout: The Impact of Depression on Couples and What You Can Do to Preserve the Bond
by Anne Sheffield
Using the vivid, poignant and personal stories of the members of a website support group she founded (www.depressionfallout.com), Anne Sheffield, the author of two highly acclaimed books on depression, provides an honest record of what happens to a love relationship once depression enters the picture, and offers solid advice on what the non-depressed partner can do to improve his or her own life and the relationship.
Of the millions of people who suffer from a depressive illness, few suffer in solitude. They draw the people they love – spouses, parents, children, lovers, friends – into their illness. In her first book, How You Can Survive When They're Depressed, Anne Sheffield coined the phrase 'depression fallout' to describe the emotional toll on the depressive's family and close friends who are unaware of their own stressful reactions and needs. She outlined the five stages of depression fallout (confusion, self-doubt, demoralisation, anger, and the need to escape) and explained that these reactions are a natural result of living with a depressed person.



Talking to Depression: Simple Ways To Connect When Someone In Your Life Is Depressed
by Claudia J. Strauss
When someone suffers from depression, friends and family members naturally want to help-but too often their good intentions come out all wrong. This practical, compassionate guide helps readers understand exactly what their loved one is going through, and why certain approaches help and others have the potential to do damage. Talking to Depression offers specific advice on what to do and what not to do-and what to say and what not to say-to avoid frustration and give the kind of caring, effective support that will make a difference.



The Anxiety Cure for Kids: A Guide for Parents
by Elizabeth DuPont Spencer
A comforting, practical guide to helping your child deal with anxiety.
Fear, worry, stomach pains, self-doubt— these are all classic symptoms of anxiety in children and teenagers. Anxiety affects both boys and girls, regardless of age, size, intelligence, or family specifics. And the only way your family can be free of anxiety is to confront it every time it appears. This book will show you how.
The bestselling authors of The Anxiety Cure present a reassuring guide to help adults and children understand the way anxiety works. Using characters such as the Dragon and the Wizard, The Anxiety Cure for Kids explains how to overcome the negative impacts of anxiety and turn anxiety into a positive opportunity for the whole family. It outlines specific action steps to regain full control of your anxious child's life. You'll learn how to communicate effectively with your child, help him or her confront fear, and boost your child's feelings of accomplishment and self-esteem. The book also includes helpful advice for anyone who works with anxious children, such as teachers, coaches, therapists, and school nurses. The plentiful exercises and tips reveal how to:
• Recognize the symptoms of anxiety in your child
• Evaluate your child's need for medication and/or therapy
• Utilize a journal to gain a clear perspective
• Assess the role of your family in anxiety disorders
• Set goals for the future— including what to do if anxiety returns
Overcoming anxiety in children takes time and persistence— but it can be done. By making changes little by little, your child can get well and stay well. The lessons in The Anxiety Cure forKids have helped many children break free from anxiety and, with your family's help, your child will too.

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