



THE 39TH SUMMER INSTITUTE
2010
HOPE TRANSCENDS



Resource List

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This Resource Guide is provided to our participants who want to learn more about the topics discussed during workshops at the 37th through the 39th Summer Institutes. All references have been suggested by Summer Institute Faculty, and are categorized by the topics presented during the workshops or in related subjects.

Legal Disclaimer:

The information and publications contained in the Resource List does not necessarily reflect the views or opinions of the Division of Mental Health and Substance Abuse or the Department of Health and Social Services, and should not be construed as such. Further, the Resource List is a compilation of information and is guided by the faculty of the Summer Institute. This Resource List, which is based upon input from this-year’s faculty, should not be considered to be comprehensive or all-inclusive.





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Resource List

ABUSE AND VIOLENCE

ORGANIZATIONS

National Domestic Violence Hotline
1-800-799-SAFE

National Teen Dating Abuse Helpline
1-866-331-9474

Delaware's 24 Hour Domestic Violence Hotlines
New Castle County
Child Inc.'s Domestic Violence Program:
302-762-6110

Kent & Sussex Counties
Families In Transition at People's Place II:
302-422-8058

Sussex County
Abriendo Puertas Bilingual Hotline:
302-745-9874

Delaware Coalition Against Domestic Violence
100 W. 10th St. Suite 703
Wilmington, DE 19801
www.dcadv.org
(302)658-2958

Appoquinimink Counseling Services, LLC
11 Crawford Street 2nd Floor
Middletown, Delaware 19709
(302) 898-1616
www.appocounseling.com

Delaware's Domestic Violence and Victims' Rights Task Force Prevention Subcommittee
www.safeandrespectful.org
Jennifer Sellitto-Penoza:
jpenoza@childinc.com
(302) 254-5528

PUBLICATIONS

Campbell, Jacquelyn C., PhD, RN, FAAN, Editor.
Assessing Dangerousness; Violence by Batterers and Child Abusers, Second Edition.

Fork C., Myers R., Catalozzi M., Schwarz D. (2008).
Relationship Violence Among Female and Male College Undergraduate Students. *Arch Pediatr Adolesc Med*, 162(7): 634-641.

Silverman, J. Raj, A., Mucci, L., Hathaway, J. (2001).
Dating Violence Against Adolescent Girls and Associated Substance Abuse, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidality. *Journal of the American Medical Association*, 286(5): 572-579.

Wolitzky-Taylor K., Ruggiero K., Danielson C. K. et al. (2008). Prevalence and Correlates of Dating Violence in a National Sample of Adolescents. *Journal of American Academy of Child and Adolescent Psychiatry*, 47(7): 755-762.

WEB BASED RESOURCES

<http://www.dangerassessment.com>

www.loveisrespect.org

www.safeandrespectful.org

www.loveisnotabuse.com

www.chooserespect.org

www.breakthecycle.org

www.seeitandstopit.org

ADVOCACY & SUPPORT

ORGANIZATIONS

<http://www.community-consortium.org/>

<http://mindfreedom.org/>

<http://www.theopalproject.org/index.html>

<http://psychrights.org/index.htm>

WEB BASED RESOURCES

<http://intar.org/>

www.nami.org

www.narpa.org

www.psychlaws.org

www.ronaldbassman.com



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PUBLICATIONS

Bassman, Ronald, *A Fight to Be: A Psychologist's Experience from Both Sides of the Locked Door*

Stastny, Peter and Lehmann, Peter *Alternatives Beyond Psychiatry*

Whitaker, Robert *Mad in America: Bad Science, Bad Medicine, And The Enduring Mistreatment of the Mentally Ill*

Xavier, Amador, Ph.D. "I AM NOT SICK I Don't Need Help!" *How to Help Someone with Mental Illness Accept Treatment*

E. Fuller, Torrey, M.D., *Surviving Schizophrenia*

ADOLESCENTS & YOUNG ADULTS

PUBLICATIONS

Acoca, L., & Dedel, K. (1998). *No place to hide: Understanding and meeting the needs of girls in the California juvenile justice system*. San Francisco, CA: National Council on Crime and Delinquency.

Arroyo, W. (2001). *PTSD in children and adolescents in the juvenile justice system*. S. Eth (Ed.) PTSD in Children and Adolescents, Review of Psychiatry Series, Volume 20, Number 1; Oldham JM and Riba, MB, series editors (59-86). Washington DC: American Psychiatric Publishing.

Barnett, H., Lapsley, H. (2006). *Journeys of despair, Journeys of hope: Young adults talk about severe mental distress, mental health services and recovery*. Wellington, Aotearoa/New Zealand: Mental Health Commission. Retrieved online from www.mhc.govt.nz/publications/2006/Journeys.pdf on March 25, 2008.

Charlton et al. (2004). Facts on traumatic stress and children with developmental disabilities. National Child Stress Network: Adapted Trauma Treatment Standards Work Group, Subgroup on Developmental Disabilities, Durham, NC and Los Angeles, CA

Chesney-Lind, M. & Shelden, R. (1997). *Girls, Delinquency and Juvenile Justice*. Pacific Grove, CA: Brooks/Cole

Fork C., Myers R., Catalozzi M., Schwarz D. (2008). Relationship Violence Among Female and Male College Undergraduate Students. *Arch Pediatr Adolesc Med*, 162(7): 634-641.

Garbino, J. (1999). *Lost boys: Why our sons turn violent and how we can save them*. New York: Free Press.

Garland A.F. et al. (2001). Prevalence of psychiatric disorders in youths across five sectors of care. *Journal of the American Academy of Child and Adolescent Psychiatry*, 40, 409-418

Godley, S.H., Smith, J., Meyers, R.J., & Godley, M.D. (in press). Adolescent Community Reinforcement Approach (A-CRA). In D. W. Springer and A. Rubin (Eds.). *Substance Abuse Treatment for Youths and Adults*. Hoboken, New Jersey: John Wiley & Sons, Inc.

Kilpatrick, D. G., Saunders, B. E., Smith, D. W. (2001). *Research in brief: Child and adolescent victimization in America: Prevalence and implications*, pp. 163-186. Washington DC: American Psychiatric Press, Inc.

Koltsek, M., Wilkes, TCR, Atkinson, M. (1998). The Prevalence of Posttraumatic Disorder in an Adolescent Inpatient Unit, *Can J Psychiatry*, Vol 43, 65-68.

Lipschitz, DS, Winegar, RK, Hatnick, E, Foote, B, Southwick, SM. (1999). Posttraumatic Disorder in Hospitalized Adolescents: Psychiatric comorbidity and Clinical Correlates. *Journal of the American Academy of Child & Adolescent Psychiatry*. 38(4):385-392.

Saigh P.A., Yasik et al. (1999). *Child-adolescent posttraumatic stress disorder: prevalence, risk factors and comorbidity*. In Saigh, Bremner (Eds.), *Posttraumatic Stress Disorder: A Comprehensive Text* (pp18-43). Boston: Allyn and Bacon

Saltzman et al. (2001). Trauma and grief focused intervention for adolescents exposed to community violence: results of a school-based screening and group treatment protocol. *Group Dynamics: Theory, Research, and Practice*, 5, (4), 291-303.

Schwab-Stone, ME et al. (1995). No Safe Haven: A study of violence exposure in an urban community. *Journal of the American Academy of Child and Adolescent Psychiatry*, 34(10), 1343-1352.

Silverman, J. Raj, A., Mucci, L., Hathaway, J. (2001). Dating Violence Against Adolescent Girls and Associated Substance Abuse, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidality. *Journal of the American Medical Association*, 286(5): 572-579.

Teplin, L.A. et al, (2002). Psychiatric disorders in youth in juvenile detention. *Archives of General Psychiatry*, 59, 1133-1143.



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Resource List

Wolitzky-Taylor K., Ruggiero K., Danielson C. K. et al. (2008). Prevalence and Correlates of Dating Violence in a National Sample of Adolescents. *Journal of American Academy of Child and Adolescent Psychiatry*, 47(7): 755-762.

ORGANIZATIONS

Appoquinimink Counseling Services, LLC

11 Crawford Street 2nd Floor
Middletown, Delaware 19709
(302) 898-1616

www.appocounseling.com

www.loveisrespect.org

www.safeandrespectful.org

www.loveisnotabuse.com

www.chooserespect.org

www.breakthecycle.org

www.seeitandstopit.org

ADULT CHILDREN OF DYSFUNCTIONAL FAMILIES (Treatment)

PUBLICATIONS

Abrams, J. (1990). *Reclaiming the Inner Child*. NY: Jeremy P. Tarcher/Putnam.

Anthony, E.J. (1987). *The Invulnerable Child*. Guilford Press.

Anthony, E.J. (1979). The impact of mental and physical illness on family life. *American Journal of Psychiatry*, 127(2), 138-146.

Ascherman, L.I., & Safier, E.J. (1990). Sibling incest: A consequence of individual and family dysfunction. *Bulletin of the Menninger Clinic*, 54(3), 311-322.

Asper, K. (1993). *The Abandoned Child Within*. NY: Fromm International.

Bass, E., & Davis, L. (1988). *The Courage to Heal - A Guide for Women Survivors of Sexual Abuse*. New York: Harper & Row.

Beattie, M. (1987). *Codependent No More*. New York: Harper/Hazelden.

Black, C. (1981). *It Will Never Happen To Me*. New York: Ballentine.

Bey, D. & Bey D. (2007). *Loving an Adult Child of an Alcoholic*. M. Evans & Co.

Bradshaw, J. (1988). *Healing the Shame that Binds You*. Deerfield Beach, FL: Health Communications, Inc.

Bradshaw, J. (1990). *Homecoming: Reclaiming and Championing Your Inner Child*. NY: Bantam Books.

Brines, W. & Mastrich, J. (1988). *ACOA's Guide to Raising Healthy Children: A Parenting Handbook for the Adult Children of Alcoholics*. Macmillan General Reference.

Brohl, K. (1991). *Pockets of Crazyness - Examining Suspected Incest*. Lexington, MA: Lexington Books.

Bronson, C. (1989). *Growing Through the Pain - The Incest Survivors Companion*. New York: Prentice Hall.

Brown, E.M. (1989). *My Parent's Keeper: Adult Children of the Emotionally Disturbed*. Oakland, CA: New Harbinger.

Brown, N.W. (2008). *Children of the Self-Absorbed: A Grown-up's Guide to Getting over Narcissistic Parents*. New Harbinger

Brown, S. (1996) *Treating Adult Children of Alcoholics: A Developmental Perspective*. New York: Wiley.

Capacchione, L. (1991). *Recovery of Your Inner Child*. NY: Simon & Schuster.

Celani, D.P. (2004). *Leaving Home: The Art of Separating From Your Difficult Family*. Columbia University Press.

Cermak, T.L. (1985). *A Primer on Adult Children of Alcoholics*. Deerfield Beach, FL: Health Communications, Inc.

Courtois, C.A. (1988). *Healing the Incest Wound*. New York: W.W. Norton

Davis, L. (1990). *The Courage to Heal Workbook* (for survivors of childhood sexual abuse). NY: Harper & Row.

Evans, S. (1987). Shame, boundaries and dissociation in chemically dependent, abusive and incestuous families. *Alcoholism Treatment Quarterly*, 4(2), 157-179.

Farmer S. (1989). *Adult Children of Abusive Parents*. Chicago: Contemporary Books.



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- Felitti, V. J., Anda, R. F. & Nordenberg, D. (1998). Relationship of Childhood abuse and household dysfunction to many of the leading causes of death in adults. The adverse childhood experiences (ACE) study. *American Journal of Prevention Medicine*, 14, 245-258.
- Fischer, B. (1987). The process of healing shame. *Alcoholism Treatment Quarterly*, 4(2), 25-38.
- Forward, S. & Buck, C. (2002). *Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life*. Bantam Books.
- Foster, C. (1993). *The Family Patterns Workbook: Breaking Free from Your Past & Creating a Life of Your Own*. NY: Jeremy P. Tarcher/Perigee.
- Friel, J.C. & Friel, L.D. (1990). *Adult Children: The Secrets of Dysfunctional Families*. Deerfield Beach, FL: Health Communications.
- Gil, E. (1988). *Outgrowing the Pain: A Book for and About Adults Abused As Children*. Dell.
- Gravitz, H.L., & Bowden, J.D. (1985). *Recovery: A Guide for Adult Children of Alcoholics*. New York: Simon and Schuster.
- Herman, J.L. (1992). *Trauma and Recovery*. New York: Basic Books. ISBN-10: 0465087302, ISBN-13: 978-0465087303
- Kaufman, G. (1980). *Shame: The Power of Caring*. Cambridge, MA: Schenkman Books.
- Kaufman, G. (1989) *The Psychology of Shame*. NY: Springer.
- Kritsberg, W. (1985). *The Adult Children of Alcoholics Syndrome*. New York: Bantam Books.
- Levin, P. (1988). *Cycles of Power: A User's Guide to the Seven Seasons of Life*. Deerfield Beach, FL: Health Communications, Inc.
- Love, P. (1990). *The Emotional Incest Syndrome*. New York: Bantam.
- Lundholm, J.K., & Water, J.E. (1991). Dysfunctional family systems: Relationship to disordered eating behaviors among university women. *Journal of Substance Abuse*, 3(1), 97-106.
- Markova, D. (1994). *No Enemies Within: A Creative Process for Discovering What's Right about What's Wrong*. Berkeley, CA: Conari Press.
- McConnell, P. (1986). *Adult Children of Alcoholics: A Workbook for Healing*. Harperone.
- Middleton-Moz, J. (1990) *Shame and Guilt: Master of Disguise*. Deerfield Beach, FL: Health Communications, Inc.
- Miller, A. (1981). *The Drama of the Gifted Child*. NY: Basic Books.
- Miller, A. (1983). *For Your Own Good - Hidden Cruelty in Child-Rearing and the Roots of Violence*. New York: Farrar, Straus, Giroux.
- Morrison, A.P. (1996). *The Culture of Shame*. NY: Ballantine.
- Nathanson, D.L. (1987). *The Many Faces of Shame*. NY: Guilford.
- Nathanson, D.L. (1992). *Shame and Pride: Affect, Sex and the Birth of the Self*. New York: WW Norton.
- Nathiel, S. (2007). *Daughters of Madness: Growing Up and Older with a Mentally Ill Mother*. Praeger.
- Neuharth, D. (1999). *If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World*. Harper Books.
- Paul, M. (1990). *Healing Your Aloneness: Finding Love and Wholeness Through Your Inner Child*. HarperOne
- Paul, M. (1992). *Inner Bonding: Becoming a Loving Adult to Your Inner Child*. NY: Harper Collins.
- Petit, R. (2005). *Transformation for life: Healing and growth for adult children of alcoholics and others*. Bright Horizons Press
- Pollard, J. (1987). *Self Parenting: Learn to Love, Support and Nurture Your Inner Child*. Malibu, CA: Generic Human Studies.
- Pollard, J.K. (1992). *The SELF-PARENTING PROGRAM (You Can Become Your Own Loving Parent)*. The Self-Parenting Program.
- Potter-Efron, P.S. (1987). Creative approaches to shame and guilt: Helping the adult child of an alcoholic. *Alcoholism Treatment Quarterly*, 4(2), 39-56.
- Potter-Efron, R, & P. (1989) *Letting Go of Shame: Understanding How Shame Affects Your Life*. NY: Harper.



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Resource List

Roth, K. & Friedman, F.B. (2003). *Surviving a Borderline Parent: How to Heal Your Childhood Wounds & Build Trust, Boundaries, and Self-Esteem*. New Harbinger

Sanford, L.T. (1990). *Strong at the Broken Places - Overcoming the Trauma of Childhood Abuse*. New York: Random House.

Sinor, B. (2007). *Gifts From The Child Within: Self-discovery and Self-recovery Through Re-Creation Therapy, 2nd Edition*. Loving Healing Press.

Sturges, J.B. (1978). Children's reactions to mental illness in the family. *Social Casework*, November, 530-536.

Taylor, C.L. (1991). *The Inner Child Workbook: What to do With Your Past When it Just Won't Go Away*. Tarcher. ISBN-10: 087477635X, ISBN-13: 978-0874776355

Tweed, S.H., & Ryff, C.D. (1991). Adult children of alcoholics: Profiles of wellness amidst distress. *Journal of Studies on Alcohol*, 52(2), 133-141.

Vannicelli, M. (1993). *Group Psychotherapy with Adult Children of Alcoholics: Treatment Techniques and counter transference Considerations*. Guilford Press.

Wallace, B.C. (1996). *Adult Children of Dysfunctional Families: Prevention, Intervention, and Treatment for Community Mental Health Promotion*. Praeger.

Wallas, L. (1991). *Stories that Heal: Reparenting Adult Children of Dysfunctional Families Using Hypnotic Stories in Psychotherapy*. W.W. Norton & Co.

Whitfield, C.L. (1987). *Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families*. Deerfield Beach, FL: Health Communications, Inc.

Whitfield, C. (1990). *A Gift to Myself: A Workbook to Healing the Child Within*. Deerfield Beach, FL: Health Communications, Inc.

Wholey, D. (1988). *Becoming Your Own Parent: The Solution for Adult Children of Alcoholic and Other Dysfunctional Families*. NY: Doubleday.

Woititz, J.G. (1983). *Adult Children of Alcoholics*. Deerfield Beach, FL: Health Communications.

Woititz, J.G. (1985). *Struggle for Intimacy*. Deerfield Beach, FL: Health Communications.

Woititz, J. & Garner, A. (1990). *Life Skills for Adult Children*. Deerfield Beach, FL: Health Communications.

Woititz, J. & Ackerman, R. (2002). *The Complete ACOA Sourcebook: Adult Children of Alcoholics at Home, at Work and in Love*. Deerfield Beach, FL: Health Communications. ISBN-10: 1558749608, ISBN-13: 978-1558749603

WEB BASED RESOURCES

About.com – Adult Children of Alcoholics,
http://alcoholism.about.com/od/adult/Adult_Children_of_Alcoholics.htm

Al-Anon/Al-Alateen –Resources for professionals,
<http://www.al-anon.alateen.org/resources2.html>

Adult Children of Alcoholics, World Service Organization
<http://alcoholism.about.com/gi/dynamic/offsite.htm?zi=1/XJ/Ya&sdn=alcoholism&zu=http%3A%2F%2Fadultchildren.org>

National Association for Children of Alcoholics,
<http://www.nacoa.org/>

Psych Central – Adult Children of Alcoholics,
<http://psychcentral.com/lib/2007/adult-children-of-alcoholics/>

Resources for Adult Children of Alcoholics, Dr. Jan Woititz,
<http://www.drjan.com/>

Shame and Psychotherapy, an article,
http://www.columbiapsych.com/shame_miller.html
Healing Shame (article)
<http://www.psychsight.com/ar-shame.html>

AGING (Healthy Aging)

PUBLICATIONS

A New Vision of Aging: Helping Older Adults Make Healthier Choices. Center for the Advancement of Health, Issue Briefing No. 2, March 2006. Available in pdf file at: http://healthyagingprograms.org/resources/NewVisionAging_HealthierChoices.pdf

The State of Aging and Health in America, 2007. CDC and Merck Foundation. Available in pdf file at: <http://www.cdc.gov/aging/saha.htm>

RE-AIM for Program Planning: Overview and Applications. Available in pdf file format at: <http://www.healthyagingprograms.org/content.asp?sectionid=92&ElementID=491>



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Resource List

Recommended Evidence-Based Health Promotion Programs. Available in pdf file format at:
http://www.healthyagingprograms.org/resources/Recommended_Programs.pdf

Altpeter, M. & Milas, C. (2007). *Maintaining participation of older adults in community-based physical activity programs*. National Council on Aging Best Practice Physical Activity Programs Series, Vol. 7, Washington, DC: National Council on Aging.

Altpeter, M. & Milas, C. (2006). *Recruiting older adults into your physical activity programs*. National Council on Aging Best Practice Physical Activity Programs Series, Vol. 6, Washington, DC: National Council on Aging.

Altpeter, M., Schneider, E., Bryant, L. Beattie, B., & Whitelaw, N. (2004). *Using the evidence base to promote healthy aging*. National Council on the Aging Evidence-based Health Promotion Series, Vol. 1. Washington, DC: National Council on the Aging.

Altpeter, M. (Ed). (2004). *Partnering to promote healthy aging: Creative best practice community partnerships*. Washington, DC: National Council on the Aging.

Beattie, B. & Altpeter, M. (2005). *Using the evidence base to promote healthy aging: The Model Programs Project*. National Council on the Aging Evidence-based Health Promotion Series, Vol. 2. Washington, DC: National Council on the Aging.

Whitelaw, N., Beattie, B. Kosteas, J., Sanker, S., & Altpeter, M. (2006). *The Administration on Aging's Evidence-based Prevention Programs for the Elderly*. National Council on the Aging Evidence-based Health Promotion Series, Vol. 3., Washington, DC: National Council on the Aging.

WEB BASED RESOURCES

National Council on Aging Center for Healthy Aging Programs: www.healthyagingprograms.org

Introduction to Health Promotion for Older Adults online training modules series:
<http://www.healthyagingprograms.org/content.asp?sectionid=135>

CDC Healthy Aging website:
<http://www.cdc.gov/aging/index.htm>

The Prevention Research Center Healthy Aging Research Network: www.prc-han.org

RE-AIM framework and tools: www.re-aim.org

CERTIFICATION BOARDS

ORGANIZATIONS

Commission on Rehabilitation Counselor Certification
1699 E. Woodfield Road, Suite 300
Schaumburg, IL 60173
Phone: 847-944-1325
Fax: 847-944-1346
<http://www.crcrcertification.com>

DB Consulting Group-Opioid Treatment Technical Assistance Project
Phone: 1-800-839-6120
Web site: info@OATTAP.COM

Delaware Certification Board
298 S. Progress Ave.
Harrisburg, PA 17109
Phone: 1-717-540-4456
Web site: www.delawarecertificationboard.org

Delaware Department of State, Division of Professional Regulation
Mental Health & Chemical Dependency Professionals
<http://dpr.delaware.gov/boards/profcounselors/index.shtml>

Employee Assistance Professionals Association, Inc.
4350 North Fairfax Drive, Suite 410
Arlington, Virginia 22203 U.S.A.
Phone: 703-387-1000
Fax: 703-522-4585
www.eapassn.org/

National Association of Alcoholism Drug Abuse Counselors (NAADAC) Certification Commission
901 N. Washington Street, Ste 600
Arlington, VA 22314-1535 USA
phone (800)548-0497 or (703)741-7686
fax (800) 377-1136
www.naadac.org/
ncac@naadac.org

National Board of Certified Counselors (NBCC)
3 Terrace Way
Greensboro, NC 27403-3660
Phone: (336) 547-0607
Fax: (336) 547-0017
nbcc@nbcc.org

PUBLICATIONS

Addiction Counseling Competencies: The Knowledge, Skills, and Attitudes of Professional Practice, Center for Substance Abuse Treatment, 1998

Beebe, John, *The Co-Dependent Counselor*, Herald House/Independence Press, 1990



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Resource List

Bissell, LeClair, MD CAC and James E. Royce, S.J.
Ph.D., *Ethics and Addiction Professionals*, Center City,
MN, Hazelton, 1987

Bollas, Christopher, Sundelson, David, *The New Informants*,
Jason Aronson, Inc., 1995

*Distance Learning Center Study Guide for the AODA
Counselor Exam 2008*

*Distance Learning Center Study Guide for the CCS Exam,
2008*

*Distance Learning Center Study Guide for the CCDP
Exam, 2009*

Essentials of Chemical Dependency Counseling, Lawson,
Rivers, Aspen Publishers, Inc., 1984

Herdman, John W., Ph.D., CADAC *The Twelve CORE
FUNCTIONS of the Substance Abuse Counselor*, Learning
Publications, Holmes Florida, 1994

Katherine, Anne, *Boundaries: Where You End and I
Begin*, Parkside Publishing, 1991

Robert R., *Chemical Dependency Counseling: A Practical
Guide*, Perkinson, Sage Publications, 2002

Standards of Ethical Practice, NAADAC – The
Association of Addiction Professionals, Alexandria, VA,
1996

*TIP 42: Substance Abuse Treatment of Persons with Co-
Occurring Disorders*

Taylor, Kylea *The Ethics of Caring*, , Hanford Mead, 1995

White, William, *Critical Incidents*, Lighthouse Publication,
1993

Whitfield, Charles, MD, HCI, *Boundaries and
Relationships*, Deerfield FL

WEB BASED RESOURCES

**DAADAC – Delaware Association of Alcohol and Drug
Abuse Counselors**
www.naadac.org/de/

Delaware Certification Board
<http://www.delawarecertificationboard.org/links.asp>

National Board for Certified Counselors
<http://www.nbcc.org/>

**National Association for Alcoholism and Drug Abuse
Counselors**
<http://naadac.org>

American Psychological Association
<http://www.apa.org/>

**Delaware Department of State, Division of Professional
Regulation, Mental Health & Chemical Dependency
Professionals**
<http://dpr.delaware.gov/boards/profcounselors/index.shtml>

**IC&RC/AODA – International Certification &
Reciprocity Consortium**
www.icrcaoda.org

Delaware Psychological Association
<http://www.depsych.org/>

National Council on Problem Gambling
<http://www.ncpgambling.org>

Delaware Board for Clinical Social Workers
<http://www.dpr.delaware.gov/boards/socialworkers/>

Commission on Rehabilitation Counselor Certification
<http://www.crccertification.com/>

Delaware Board of Nursing
<http://dpr.delaware.gov/boards/nursing/index.shtml>

Employee Assistance Professionals Association
<http://www.eapassn.org>

COMPASSION FATIGUE

PUBLICATIONS

Anderson, J. *Vicarious Trauma and Its Impact on
Advocates, Therapists and Families*. (2004). A publication
of The Washington Coalition of Sexual Assault Programs.
Can be obtained on line at:
<http://www.wcsap.org/pdf/RAD%206-2.pdf>

Baker, E. *Caring for Ourselves: A Therapist's Guide to
Personal and Professional Well Being*. (2003). American
Psychological Association.

Clemans, S.E. *Understanding Vicarious Traumatization –
Strategies for Social Workers*. (2004). Social Work
Today, Vol. 4, No. 2, 13. Also available on line at
http://www.socialworktoday.com/archive/swt_0204p13.htm



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Resource List

Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized. Figley, C.R. (Ed), (1995). Brunner-Routledge.

The Therapist's Workbook: Self-Assessment, Self-Care, and Self-Improvement Exercises for Mental Health Professionals. Kottler, J.A. (1998). Jossey-Bass.

Burnout: The Cost of Caring. Maslach, C. (2003). Malor Books

McCann, I.L. & Pearlman, L.A., *Vicarious traumatization: A framework for understanding the psychological effects of working with victims.* (1990). *Journal of Traumatic Stress*, Vol. 1, No. 1, 131-149

Norcross, J., & Guy, J.D. *Leaving it at the Office: A Guide to Psychotherapist Self-Care.* (2007). Guilford Press.

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Trippany, R.L., White Kress, V.E. & Wilcoxon, S.A. *Sitting with the shattered soul.* Steele, Kathy, (Nov/Dec 1989). *Pilgrimage*, Vol. 16, No. 6, 19-24 (2004).

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Weiss, L., *Therapist's Guide to Self-Care.* (2004). Routledge.

Wicks, R., *The Resilient Clinician.* (2007). Oxford Press.

WEB BASED RESOURCES

Headington Institute –Care for Caregivers World Wide
<http://www.headington-institute.org/Default.aspx?tabid=2648>

Gift from Within – PTSD Resources for Survivors and Caregivers
<http://www.giftfromwithin.org/>

Idaho State University – Traumatic Stress & Secondary Traumatic Stress, Compassion Fatigue.
<http://www.isu.edu/~bhstamm/TS.htm>

David Baldwin's Trauma Information Pages
<http://www.trauma-pages.com/>

Sidran Institute – Traumatic Stress Education & Advocacy,
http://www.sidran.org/store/index.cfm?fuseaction=product.display&Product_ID=331

National Center for Posttraumatic Stress Disorder, part of the U.S. Department of Veterans Affairs,
<http://www.ncptsd.va.gov/ncmain/index.jsp>

CO-OCCURRING MENTAL HEALTH AND SUBSTANCE USE CONDITIONS

PUBLICATIONS

Daley, CD, Howard BM (2002): "Dual Disorders – Counseling Clients with Chemical Dependency and Mental Illness", Third Edition. Hazelden, Center City, MN

Ekleberry, SC. *Co-occurring Disorders: Personality Disorders and Addiction.* In Press (2008). Also: sekleberry@hotmail.com

Institute of Medicine (IOM). (2005). *Quality treatment for people with mental and substance-use disorders.* Rockville, MD: Institute of Medicine Academies Press

"Managing Depressive Symptoms in Substance Abuse Clients During Early Recovery", Treatment Improvement Protocol Series No. 48 (2008) Consensus Panel Chair: Rose M. Urban, MSW., JD., LCSW, LCAS. The Center for Substance Abuse Treatment. (Available from the National Clearinghouse on Alcohol and Drug Information.(800) 729-6686)

Minkoff K & Cline C, *Changing the World: the design and implementation of comprehensive continuous integrated systems of care for individuals with co-occurring disorders.* Psychiatric Clinician North America, 27:727-743, 2004



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Minkoff, K. *Individuals with Co-Occurring Disorders in Managed Care Systems: Standards of Care, Practice Guidelines, Workforce Competencies, and Training Curricula*. Chair, Panel on Co-Occurring Disorders, SAMHSA Managed Care Initiative. January, 1998.

Minkoff K & Cline C, *Developing welcoming systems for individuals with co-occurring disorders: the role of the comprehensive continuous integrated system of care model* Journal of Dual Diagnosis, 1(1):39-64, 2005

Mee-Lee, David (2001): "Treatment Planning for Dual Disorders". *Psychiatric Rehabilitation Skills* Vol.5. No.1, 52-79.

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Najavits L, *Seeking Safety, A Treatment Manual for PTSD and Substance Abuse*. New York, NY: Guilford Press. 2002.

Report to Congress on the Prevention and Treatment of Co-occurring Substance Abuse and Mental Disorders. Substance Abuse and Mental Health Services Administration. Washington DC, SAMHSA. 2002.

Roberts LJ, Shaner A, & Eckman TA. *Overcoming addictions: skills training for people with schizophrenia*. W.W. Norton, New York. 1999.

WEB BASED RESOURCES
American Society of Addiction Medicine (ASAM)
www.asam.org

David Mee-Lee, M.D.
www.DavidMeeLee.com

VIDEO-BASED RESOURCES
Double Trouble. Gerald T. Rogers Productions. 800-227-9100.

Promise of Recovery. Gerald T. Rogers Productions. 800-227-9100.

Out of the Tunnel; Into the Light. Hazelden.
www.hazelden.org 800-328-9000.

12 Steps & Dual Disorders. Hazelden.

Dual Diagnosis.(1994) NIDA, Rockville, MD.
www.drugabuse.gov.

Understanding Bipolar Disorder and Addiction (Dual Diagnosis Series), Hazelden www.hazelden.org

Understanding Depression and Addiction (Dual Diagnosis Series), Hazelden www.hazelden.org

Understanding Major Anxiety Disorders and Addiction (Dual Diagnosis Series), Hazelden www.hazelden.org

Understanding Personality Problems and Addiction (Dual Diagnosis Series), Hazelden www.hazelden.org

Understanding Posttraumatic Stress Disorder and Addiction. (Dual Diagnosis Series), Hazelden
www.hazelden.org

Dual Diagnosis: An Integrated Model for Treatment. Kenneth Minkoff, MD. Mental Illness Education Project. 800-343-5540. www.miepvideos.org

Recovery Stories, DVD or VHS, (Co-Occurring Consumer Stories) CCSME/NAMI Maine, 207-878-6170,
www.ccsme.org

COUNSELING

PUBLICATIONS

Adler. A. (1956). *The individual psychology of Alfred Adler* (Ansbacher, H. L., & Ansbacher, R. R.) (Eds.). New York: Harper & Row.

Anderson, J., *Vicarious Trauma and Its Impact on Advocates, Therapists and Families*. (2004). A publication of The Washington Coalition of Sexual Assault Programs. Can be obtained on line at:
<http://www.wcsap.org/pdf/RAD%206-2.pdf>

Baker, E. *Caring for Ourselves: A Therapist's Guide to Personal and Professional Well Being*. (2003). American Psychological Association.

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Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford Press.

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- Dinkmeyer, D. C., Dinkmeyer, D. C. Jr., & Sperry, L. (1987). Adlerian counseling and therapy. Columbus, OH: Merrill.
- Figley, C.R. (Ed), *Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized*. (1995). Brunner-Routledge.
- Frank, J. D. & Frank, J. B. (1991). Persuasion and healing. (3rd ed.). Baltimore, MD: Johns Hopkins Press.
- Glasser, W. (1965). Reality therapy. New York: Harper & Row.
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- Korb, M. P., Gorrell, J., & Van de Riet, V. (1989). *Gestalt therapy: Practice and theory*. New York: Pergamon Press.
- Kottler, J.A. *The Therapist's Workbook: Self-Assessment, Self-Care, and Self-Improvement Exercises for Mental Health Professionals*. (1998). Jossey-Bass.
- Lazarus, A. A. (1989). The practice of multimodal therapy. Baltimore: Johns Hopkins.
- Linehan, M. M. (1993). Cognitive-behavioral treatment of borderline personality disorder. New York: Guilford.
- Mahrer, A. R. (1989). How to do experiential psychotherapy. Ottawa, Ontario: University of Ottawa.
- Maslach, C. *Burnout: The Cost of Caring*. (2003). Malor Books
- McCann, I.L. & Pearlman, L.A., *Vicarious traumatization: A framework for understanding the psychological effects of working with victims*. (1990). *Journal of Traumatic Stress*, Vol. 1, No. 1, 131-149
- McMullin, R. E. (1986). Handbook of cognitive therapy techniques. New York: W. W. Norton.
- Meichenbaum, D. B. (1977). Cognitive-behavior modification: An integrative approach. New York: Plenum.
- Norcross, J., & Guy, J.D. *Leaving it at the Office: A Guide to Psychotherapist Self-Care*. (2007). Guilford Press.
- Ottens, A. J., & Hanna, F. J. (1998). Cognitive and existential therapies: Toward an integration. *Psychotherapy*, 35, 312-324.
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- Wicks, R., *The Resilient Clinician*. (2007). Oxford Press.
- Yalom, I. D. (1980) Existential psychotherapy. New York: BasicBooks.
- WEB-BASED RESOURCES**
Headington Institute – Care for Caregivers World Wide,
<http://www.headington-institute.org/Default.aspx?tabid=2648>
- Gift from Within – PTSD Resources for Survivors and Caregivers**
<http://www.giftfromwithin.org/>



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Resource List

Idaho State University – Traumatic Stress & Secondary Traumatic Stress, Compassion Fatigue. Contains references, archived articles, and measures of traumatic stress
<http://www.isu.edu/~bhstamm/TS.htm>

David Baldwin’s Trauma Information Pages
<http://www.trauma-pages.com/>

Sidran Institute – Traumatic Stress Education & Advocacy,
http://www.sidran.org/store/index.cfm?fuseaction=product.display&Product_ID=331

National Center for Posttraumatic Stress Disorder, part of the U.S. Department of Veterans Affairs,
<http://www.ncptsd.va.gov/ncmain/index.jsp>

CRISIS INTERVENTION

PUBLICATIONS

Campbell, Jacquelyn C. PhD, RN, FAAN, Editor
Assessing Dangerousness; Violence by Batterers and Child Abusers, Second Edition.

Gould MS, Kalafat J, Munfakh JLH, Kleinman M: An evaluation of crisis hotline outcomes, Part II: Suicidal Callers. *Suicide and Life Threatening Behavior* 2007;37(3): 338-352

Rosenberg, Marshall B (1999): *“Nonviolent Communication – A Language of Compassion”*
PuddleDancer Press, P.O. Box 1204, Del Mar, CA 92014
(www.keepcomingback.com) (800) 522-3383.

WEB BASED RESOURCES

American Association of Suicidology
www.suicidology.org

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org

Delaware Contact, Inc.
www.contactlifeline.org

<http://www.dangerassessment.com>

Center for Nonviolent Communication - 2428 Foothill Boulevard, Suite E, La Crescenta, CA 91214
(818) 957-9393. www.cnvc.org

DSM-IV

PUBLICATIONS

American Psychiatric Association (APA) Text Revision. (2000). *Diagnostic and Statistical Manual of Mental Disorders (4th Ed., DSM-IV)*. Washington, DC: Author.

ENGAGING CONSUMERS

PUBLICATIONS

Amador, Xavier Ph.D. *“I AM NOT SICK I Don’t Need Help!” How to Help Someone with Mental Illness Accept Treatment*

“Enhancing Motivation for Change in Substance Abuse Treatment”, Treatment Improvement Protocol Series No. 35 (1999) Consensus Panel Chair: William R. Miller, Ph.D. The Center for Substance Abuse Treatment. (Available from the National Clearinghouse on Alcohol and Drug Information.(800) 729-6686)

Mee-Lee, David (2009): "Moving Beyond Compliance to Lasting Change" *Impaired Driving Update* Vol XIII, No. 1. Winter 2009. Pages 7-10, 22.

Mee-Lee D (2007). Engaging resistant and difficult-to-treat patients in collaborative treatment. *Current Psychiatry* January, 2007 6(1):47-61.

Mee-Lee, David (2005): “Helping People Change – What Families Can Do to Make or Break Denial” *Paradigm*. Vol. 10, No. 1 Winter 2005. pp. 12-13, 22.
http://www.addictionrecov.org/paradigm/P_PR_W05/paradigmW05.pdf

Mee-Lee D (2001). Persons with addictive disorders, System failures, and managed care. In E. Clarke Ross (ed.). *Managed Behavioral Health Care Handbook*. Aspen Publishers, Inc., Gaithersburg, MD, pp. 225-266.

Miller, S.D., Mee-Lee, D., & Plum, B. (2005): “Making Treatment Count: Client-Directed, Outcome Informed Clinical Work with Problem Drinkers.” In J. Lebow (ed.). *Handbook of Clinical Family Therapy*. New York: Wiley.

Prochaska, JO; DiClemente, CC and Norcross, JC (1992): “In Search of How People Change: Applications to Addictive Behaviors” *American Psychologist*, 47, 1102-1114.

Prochaska, JO; Norcross, JC; DiClemente, CC (1994): “Changing For Good” Avon Books, New York.



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Resource List

WEB BASED RESOURCES

Institute for the Study of Therapeutic Change – Scott Miller, PhD.

www.talkingcure.com

www.leapinstitute.org

ETHICS

ORGANIZATIONS

Scattergood Ethics and the Center for Bioethics, University of Pennsylvania

PUBLICATIONS

Barnett, J.E., Behnke, S.H., Rosenthal, S.L., & Koocher, G.P. (2007). In Case of Ethical Dilemma, Break Glass: Commentary on Ethical Decision Making in Practice.

Beauchamp, T.L. (1999). The Philosophical Basis of Psychiatric Ethics. In S. Bloch, P. Chodoff, & S.A. Green (Eds) Psychiatric Ethics (3rd Ed), USA: Oxford University Press. pp. 25-48.

Bissell, LeClair, MD CAC and James E. Royce, S.J. Ph.D., *Ethics and Addiction Professionals*, Center City, MN, Hazelton, 1987

Blanchard, Kenneth *The Power of Ethical Management*, and N.V. Peale, New York, NY, Morrow, 1988

Bollas, Christopher and Sundelson, David, *The New Informants*, Jason Aronson, Inc., 1995

Fulford, K.W.M., & Hope, T. (1994). Psychiatric Ethics: a Bioethical Ugly Duckling? In E.U. Gillon (Ed) Principles of Health Care Ethics. London: John Wiley & Sons.

Katherine, Anne, *Boundaries: Where You End and I Begin*. Parkside Publishing, 1991

Kidder, Rushworth M., (1995). How Good People Make Tough Decisions: Resolving the Dilemmas of Ethical Living. New York: Fireside/Simon & Schuster.

Koocher, G.P., & Keith-Spiegel, P. (2008). Ethics in psychology and the mental health professions: Standards and cases (3rd ed.). Oxford textbooks in clinical psychology. New York, NY, US: Oxford University Press. 653 pp.

Pope, K.S. & Bajt, T.R., *Professional Psychology: Research and Practice*, 38, 7–12. (1988). When Laws and Values Conflict: A Dilemma for Psychologists. American Psychologist, 43, 828–829.

Radden, J. (2002). Notes towards a professional ethics for psychiatry. Australian and New Zealand Journal of Psychiatry, 36, 52 – 59.

Standards of Ethical Practice, NAADAC – The Association of Addiction Professionals, Alexandria, VA, 1996

Taylor, Kylea, *The Ethics of Caring*, Hanford Mead, 1995

White, William, *Critical Incidents*, Lighthouse Publication, 1993

Whitfield, Charles, MD, *Boundaries and Relationships*, HCI, Deerfield FL

WEB BASED RESOURCES

Articles, Abstracts, Research, & Resources in Psychology: Therapy, Ethics, Malpractice, Forensics, Critical Thinking. <http://kspeope.com>

International Society for Mental Health Online (ISMHO): Suggested Principles for the Online Provision of Mental Health Services Links to Ethics Guidelines of Selected Professional Organizations. <http://www.ismho.org/suggestions.html>

FINANCIAL MANAGEMENT

ORGANIZATIONS

Association for Financial Counseling and Planning Education, a non-profit professional organization dedicated to educating, training and certifying financial counselors and educators: www.afcpe.org

National Foundation for Credit Counseling: www.nfcc.org
The NFCC promotes the national agenda for financially responsible behavior and builds capacity for its members to deliver the highest quality financial education and counseling services. Call 1-800-388-2227 to speak to a counselor near you. Para ayuda en Español llama al 1-800-682-9832.

Individuals can remove their names from the mailing lists of the credit reporting companies (Equifax, Experian, TransUnion); by contacting www.optoutprescreen.com or calling 888-567-8688; this reduces preapproved credit card offers and some junk mail.

PUBLICATIONS

Kasser, Tim and Kanner, Allen (Edited by) *Psychology and Consumer Culture*, American Psychology Association, 2003



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Resource List

Klontz, Brad Psy.D, Kahler, Rick CFP and Klontz, Ted PhD, *Facilitating Financial Health*, The National Underwriter Company, www.NUCOstore.com, 2008

Moore, Tami James and Asay, Sylvia M. *Family Resource Management*, University of Nebraska at Kearney, Sage Publications, 2008

WEB BASED RESOURCES

National Endowment for Financial Education, a nonprofit foundation dedicated to helping you make sound financial decisions throughout life's ups and downs. You'll find practical articles, worksheets, tips and valuable resources from across the Web to help you understand and manage your money. Smart About Money, Dedicated to Your Financial Wellbeing: www.smartaboutmoney.org

Practical Money Skills for Life, Financial Literacy for Everyone: www.practicalmoneyskills.com

National Consumer Law Center's Student Loan Borrower Assistance Project is a resource for borrowers, their families, and advocates representing student loan borrowers. This site is for people who already have student loans and want to know more about their options and rights. www.studentloanborrowerassistance.org

GAMBLING

PUBLICATIONS

Miller, W.R. (2000). *Rediscovering fire: Small interventions, large effects*. Psychology of Addictive Behaviors, Vol 14(1), pp. 6-18

HOPE

PUBLICATIONS

Adams, S., & Partee, D. (1998). Hope The critical factor in recovery. *Journal of Psychosocial Nursing & Mental Health Services*, 36(4), 29-32, 47-48.

Bruininks, B. & Malle, B. (2005). Distinguishing hope from optimism and related affective states. *Motivation and Emotion*, 29(4), 327-355.

Edey, W. (in press). Handling life's problems in a hopeful way: a hope and strengths program for parents who have fetal alcohol spectrum disorder (FASD), AASCF research journal retrieve from <http://www.aascf.com/index.php/research-journal>

Edey, W. (in press). What would a hopeful parent say? *Living with FASD*. Retrieve from <http://www.skfasnetwork.ca>

Edey, W. & Jevne, R.F. (2003). Hope, illness and counseling practice: Making hope visible. *Canadian Journal of Counselling*, 37(1), 44-51. P

Edey, W., Larsen, D.J., LeMay, L. (2005). The counsellor's introduction to hope tools: A work in progress. Hope Foundation of Alberta.

Elliott, J., & Olver, I. (2002). The discursive properties of "hope": A qualitative analysis of cancer patients' speech. *Qualitative Health Research*, 12(2), 173-193.

Farran, C. J., Herth, K. A., & Popovich, J. M. (1995). Part I: Conceptual and Theoretical Issues (pp. 3-40). Hope and hopelessness: Critical clinical constructs. Thousand Oaks, CA: Sage Publications.

Fredrickson, B.L. (1998). What good are positive emotions? *Review of General Psychology*, 2(3), 300-319.

Gottlieb, D. *Learning from the Heart: Lessons on Living, Loving, & Listening*

Gottlieb, D. *Letters to Sam: A Grandfathers lessons on love, loss, and the Gifts of Life*

Gottlieb, D. *Voices of Conflict; Voices of Healing*

Gottlieb, D. *Voices in the Family*

Jevne, R.F. (2005). Hope: The simplicity and complexity. In J. Elliott (Ed.). *Interdisciplinary Perspectives on Hope* (pp. 259-289). New York: Nova Science.

Jevne, R.F., & Miller, J.E. (1999). Finding hope: Ways to see life in a brighter light. Fort Wayne, IN: Willowgreen Publishing.

Koenig, T. & Spano, R. (2007). The cultivation of Social Workers' hope in personal life and professional practice. *Journal of Religion & Spirituality in Social Work*, 26(3), 45-61.

Larsen, D., Edey, W., & LeMay, L. (2007). Understanding the role of hope in counseling: Exploring the intentional uses of hope. *Counseling Psychology Quarterly*, 20(4), 401-416.

Larsen, D., & Stege, R. (in press-a). Hope-focused practices during early psychotherapy sessions: Part I: Implicit approaches. *Journal of Psychotherapy Integration*.

Larsen, D., & Stege, R. (in press-b). Hope-focused practices during early psychotherapy sessions: Part II: Explicit approaches. *Journal of Psychotherapy Integration*.



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Lemay, L., Edey, W. & Larsen D. (2008). *Nurturing Hopeful Souls, Practices and Activities for working With Children and Youth*. Hope Foundation of Alberta.

LeMay, L., & Edey, W. (2008). *Teachers helping teachers: A hope-focused experience*. Edmonton, Canada: Hope Foundation of Alberta.

Simpson, C. (2004). When hope makes us vulnerable: A discussion of patient – healthcare provider interactions in the context of hope. *Bioethics*, 18, 428-447.

Snyder, C. R. (1995). Conceptualizing, measuring, and nurturing hope. *Journal of Counseling & Development*, 73, 355-360.

Whitley, R. (2010). Rediscovering hope. *Psychiatric Rehabilitation Journal*, 33(3), 239-241.

WEB BASED RESOURCES

Dan Gottlieb, PhD
www.drdangottlieb.com

Hope Foundation of Alberta:
www.ualberta.ca/hope

THE HOPE LADY Blog:
www.thehopelady.blogspot.com

Interdisciplinary Database of Hope Research Literature:
www.hope-lit.ualberta.ca/Hope-LitDatabase.html

The Gerda and Kurt Klein Foundation
www.kleinfoundation.org

MENTAL FITNESS RESOURCES

ORGANIZATIONS

Delaware Health and Social Services, Division of Services for Aging and Adults with Physical Disabilities
(302)255-9390,(800)223-9074
www.dhss.delaware.gov/dsaapd

Delaware Coalition for Mental Fitness,
Sue Getman, (302) 651-3401
srgetman@wilmingtonseniorcenter.org

University of Delaware Academies of Lifelong Learning
Wilmington Campus: (302)573-441, links to Southern Academy at Lewes, (302)645-4111
www.academy.udel.edu

PUBLICATIONS

Birren, J. E. & Cochran, K.N. (2001). *Telling the Stories of Life through Guided Autobiography Groups*. Baltimore, Maryland: The John Hopkins University Press.

Bloom, F. E., Beal, M. F. & Kupfer, D. J. (2003) *The Dana Guide to Brain Health*. (2002). New York: The Dana Press.

Berloquin, P. (1998) *365 Exercises for the Mind*. New York: Sterling Publishing Co., Inc.

Bragdon, A. D. (1999). *Exercises for the Whole Brain*. Cape Cod: Allen D. Bragdon Publishers

Bragdon, A. & Monbleau, M. (1999) *Right-Brain Teasers: A Photo-Quiz for the Mind's Eye*. Cape Cod: Allen D. Bragdon Publishers, Inc.

Carter, P. & Russell, K. (2001) *Workout for a Balanced Brain*. Pleasantville, New York: The Reader's Digest Association, Inc.

Gamon, D. & Bragdon, A. D. (1998) *Building Mental Muscle: Conditioning Exercises for the Six Intelligence Zones*. San Francisco: Allen D. Bragdon Publishers, Inc.

Gordon, P. (2003) *Giant Book of Pencil Puzzles*. New York: Sterling Publishing Company.

Katz, L. & Rubin, M. (1999) *Keep Your Brain Alive.** New York: Workman Publishing Company

Kurland, M & Lupoff, R. A. (1999). *The Complete Idiot's Guide to Improving Your Memory.** USA: Alpha Books, Penguin Group

Nussbaum, P. (2003) *Brain Health and Wellness*. Word Association Publishers.

Small, Gary. (2002). *The Memory Bible.** New York: Hyperion.

Spence, L. (1997). *Legacy: A Step-by-step Guide to Writing Personal History*. Athens, Ohio: Swallow Press/Ohio University Press.

Streeter, K. (2005) *Creative Thinking for Multiple Learning Styles.** Westminster CA: Teacher Created Resources. Inc.

WEB BASED RESOURCES

12,000 brain teasers, riddles, logic problems, quizzes and mind puzzles
www.braingle.com

A variety of brain-stimulating opportunities
www.aarp.org/fun/puzzles/

Brain games to challenge different parts of the brain
www.fitbrains.com



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Resource List

MENTAL HEALTH RESOURCES: GENERAL

WEB BASED RESOURCES

Medline Literature Searches

www.nlm.nih.gov (Click on "Medline" and "PubMed" then type in search subject)

American Society of Addiction Medicine (ASAM)

www.asam.org

American Psychiatric Association (APA)

www.psych.org

National Alliance on Mental Illness

www.nami.org

MOTIVATIONAL INTERVIEWING MOTIVATIONAL ENHANCEMENT

PUBLICATIONS

Arkowitz, H., Westra, H., Miller, W.R., Rollnick, S., ed. *Motivational Interviewing in the Treatment of Psychological Problems*. (2007) Guilford Press.

Enhancing Motivation for Change in Substance Abuse Treatment, Treatment Improvement Protocol Series No. 35 (1999) Consensus Panel Chair: William R. Miller, Ph.D. The Center for Substance Abuse Treatment. (Available from the National Clearinghouse on Alcohol and Drug Information. (800) 729-6686)

Motivational Interviewing - Preparing People for Change. Miller, William R; Rollnick, Stephen (2002), Second Edition, New York, NY., Guilford Press.

Miller, W. R., & Rollnick, S. *Ten Things That Motivational Interviewing Is Not*. (2009). *Behavioural and Cognitive Psychotherapy*, 37(2), 129-140.

Miller, W. R., & Rose, G. S. *Toward a Theory of Motivational Interviewing*. (2009). *American Psychologist*, 64(6), 527-537.

WEB BASED RESOURCES

www.motivationalinterview.org

OBSESSIVE COMPULSIVE DISORDER

PUBLICATIONS

Arturo, Jose and Benson, Rena *You Do That Too?* Dilligaf Publishing, Maine (2000).

Baer, L, *The Imp of the Mind*. New York: Little, Brown & Co. 2000.

Chansky Tamar E. PhD, *Freeing Your Child From Obsessive-Compulsive Disorder*. Broadway Books, New York 2004.

Ciarrochi, J. W. *The Doubting Disease*. Mahwah, New Jersey: Paulist Press, 1995.

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Wagner, Aureen Pinto PhD., *Up & Down The Worry Hill.* Lighthouse Press Inc., New Jersey (2000).

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VIDEOTAPES

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G.O.A.L. Giving Obsessive-Compulsives Another Lifestyle. Obsessive Compulsive Foundation, & Grayson, J. (1997). North Branford, CT: Obsessive-Compulsive Foundation.

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WEB BASED RESOURCES

International Obsessive Compulsive Disorder Foundation
<http://ocfoundation.org>

OCD Support Group including leading OCD professional experts.
<http://health.groups.yahoo.com/group/OCD-Support>

<http://www.ocdhope.com/onlinegroups.htm>

<http://enotes.com/mental-disorders-encyclopedia/obsessive-compulsive-disorder>

Dr. Fred Penzel, Clinical Psychologist
<http://homestead.com/westsuffolkpsych/Sorry.html>

Dr. Steven Phillipson, Clinical Psychologist
<http://www.ocdonline.com>

PERSONALITY DISORDERS

PUBLICATIONS

Herman, J., Perry, C., & van der Kolk, B. (1989). Childhood trauma in Borderline Personality Disorder. *Am J Psychiatry*, 164(4), 490-495.

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Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder by Paul T. Mason and Randi Kreger (Paperback - Jul 1998)

Skills Training Manual for Treating Borderline Personality Disorder (Paperback) Marsha M. Linehan Guilford Press; 1 edition (May 21, 1993) ISBN-10: 0898620341 ISBN-13: 978-0898620344

The Wizard of Oz and Other Narcissists: Coping with the One-Way Relationship in Work, Love, and Family Eleanor Payson (Paperback - Oct 1, 2002) Julian Day Publications (October 1, 2002) ISBN-10: 0972072837

One Way Ticket To Kansas: Caring About Someone With Borderline Personality Disorder And Finding A Healthy You Ozzie Tinman

PHARMACOLOGY: DEPENDENCY

PUBLICATIONS

Johnson RE, Strain EC, *Buprenorphine How to Use it Right* and Amass L.: Drug and Alcohol Dependence (2003) 70:S59-S77.

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WEB-BASED RESOURCES

National Alliance of Advocates for Buprenorphine Treatment
<http://naabt.org/>

Substance Abuse & Mental Health Services Administration
http://buprenorphine.samhsa.gov/bwns_locator/index.html

National Institute on Drug Addiction
www.nida.nih.gov/researchreports/prescription.html

POST TRAUMATIC STRESS DISORDER

PUBLICATIONS

Arroyo, W. (2001). *PTSD in children and adolescents in the juvenile justice system*. S. Eth (Ed.) PTSD in Children and Adolescents, Review of Psychiatry Series, Volume 20, Number 1; Oldham JM and Riba, MB, series editors (59-86). Washington DC: American Psychiatric Publishing.

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PRIVATE PRACTICE

PUBLICATIONS

Newman, Stewart S. (2005) *Considering Fees in Psychodynamic Psychotherapy: Opportunities for Residents*: Academic Psychiatry

Pope, K; Sonne, J; Greene, B (2006) *What Therapists Don't Talk About and Why: Understanding Taboos that Hurt Us and Our Clients*: APA

Smith, E.W.L (2003) *The Person of the Therapist*: McFarland

WEB BASED RESOURCES

Zur, Ofer, *Fees in Therapy; Summary and Guidelines*.
www.zurinstitute.com

Glenn, Eileen: Private practice policy:
www.eglenn.com/private_practice_policy.html

RELAPSE PREVENTION

PUBLICATIONS

Annis, H.M. A relapse prevention model for treatment of alcoholics. In: Miller, W.R., and Heather, N., eds. *Treating Addictive Behaviors: Processes of Change*. New York: Plenum Press, 1986. pp. 407-433.

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WEB BASED RESOURCES

www.health.org

www.drugabuse.gov

www.samhsa.gov

<http://www.kap.samhsa.gov/products/manuals/pdfs/substanceabuserelapse.pdf>

RESILIENCY

PUBLICATIONS

J. Belmont, *86 T.I.P.S. and Tools for the Therapeutic Toolbox*, PESI, 2006

J. Belmont, *103 Group Activities and T.I.P.S.*, PESI, 2006

WEB BASED RESOURCES

www.worksiteinsights.com

SUBSTANCE USE CONDITIONS

ORGANIZATIONS

Delaware Certification Board

298 S. Progress Ave.

Harrisburg, PA 17109

Phone: 1-717-540-4456

E-mail: www.delawarecertificationboard.org

Northeast Center for Application of Prevention Technologies (NECAPT)

Phone: 1-888-EDC-CAPT

E-mail: capt@edc.org

Web site: www.edc.org/

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Annis, H.M. A relapse prevention model for treatment of alcoholics. In: Miller, W.R., and Heather, N., eds. *Treating Addictive Behaviors: Processes of Change*. New York: Plenum Press, 1986. pp. 407–433.

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DiClemente, CC (2003): “Addiction and Change – How Addictions Develop and Addicted People Recover” The Guilford Press, NY.

DiClemente CC (2006): “Natural Change and the Troublesome Use of Substances – A Life-Course Perspective” in “Rethinking Substance Abuse: What the Science Shows, and What We Should Do about It” Ed. William R Miller and Kathleen M. Carroll. Guilford Press, New York, NY. pp 91; 95.

“Enhancing Motivation for Change in Substance Abuse Treatment”, Treatment Improvement Protocol Series No. 35 (1999) Consensus Panel Chair: William R. Miller, Ph.D. The Center for Substance Abuse Treatment. (Available from the National Clearinghouse on Alcohol and Drug Information.(800) 729-6686)



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Mee-Lee, David (2009): "Moving Beyond Compliance to Lasting Change" *Impaired Driving Update* Vol XIII, No. 1. Winter 2009. Pages 7-10, 22.

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Velasquez, MM, Maurer, GG, Crouch, C, DiClemente, CC (2001): “Group Treatment for Substance Abuse – A Stages-of-Change Therapy Manual” New York, NY., Guilford Press.

WEB-BASED RESOURCES

www.health.org

www.drugabuse.gov

www.samhsa.gov

<http://www.kap.samhsa.gov/products/manuals/pdfs/substanceabuserelapse.pdf>

American Society of Addiction Medicine (ASAM)

www.asam.org

Center for Substance Abuse Treatment Treatment Improvement Exchange – Treatment Improvement Protocols

www.treatment.org

SUICIDE PREVENTION

ORGANIZATIONS

Mental Health Association in Delaware (Support Groups, Education, and Advocacy)

Victoria Kim, MSW (302)654-6833

vkim@mhainde.org

Office of Prevention and Early Intervention (Delaware’s Children Department)

Marybeth Johns, MSW (302)892-5827

marybeth.willis@state.de.us

Project LIFE (Living is For Everyone)

Marybeth Johns, MSW (302)892-6833

Suicide Helpline

Phone: 1-800 SUICIDE (1-800-784-2433)

National Suicide Prevention Lifeline- Crisis intervention, funded by SAMHSA

Phone: 1-800-273-TALK (1-800-273-8255)

www.suicidepreventionlifeline.org



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PUBLICATIONS

Goldsmith, SK; Pellmar, TC; Kleinman, AM; & Bunney, WE (eds.) *Reducing Suicide: A National Imperative*. Washington, D.C.: The National Academic Press, 2002.

Quinnett, Paul G. *Suicide: The Forever Decision* (1987). New York: the Crossroads Publishing Company, printed 2009

Gould MS, Kalafat J, Munfakh JLH, Kleinman M: *An evaluation of crisis hotline outcomes, Part II: Suicidal Callers*. *Suicide and Life Threatening Behavior* 2007;37(3): 338-352

WEB BASED RESOURCES

QPR: (Question, Persuade, Refer)

www.qprinstitute.com

Mental Health Association in Delaware

www.mhainde.org

Suicide Prevention Resource Center:

www.sprc.org

American Association of Suicidology

www.suicidology.org

National Institute of Mental Health

www.nimh.nih.gov

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

Delaware Contact, Inc.

www.contactlifeline.org

SYSTEMS OF CARE

PUBLICATIONS

Institute of Medicine. (2001). *Crossing the Quality Chasm: A New Health System for the 21st Century*. Institute of Medicine, The National Academies Press, Washington, DC.

Institute of Medicine. (2006). *Improving the Quality of Health Care for Mental and Substance-Use Conditions. Quality Chasm Series*, Institute of Medicine, The National Academies Press, Washington, DC.

Kizer, KW (2001): "Establishing Health Care Performance Standards in an Era of Consumerism" *JAMA* 286:(1213-1217)

Mee-Lee D (2001). Persons with addictive disorders, System failures, and managed care. In E. Clarke Ross (ed.). *Managed Behavioral Health Care Handbook*. Aspen Publishers, Inc., Gaithersburg, MD, pp. 225-266.

Minkoff, K. Chair, Panel on Co-Occurring Disorders, SAMHSA Managed Care Initiative. *Individuals with Co-Occurring Disorders in Managed Care Systems: Standards of Care, Practice Guidelines, Workforce Competencies, and Training Curricula*. January, 1998.

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Minkoff K & Cline C, "Developing welcoming systems for individuals with co-occurring disorders: the role of the comprehensive continuous integrated system of care model." *J. Dual Diagnosis*, 1(1):39-64, 2005

THERAPEUTIC RELATIONSHIPS

PUBLICATIONS

Miller, W.R. (2000). *Rediscovering fire: Small interventions, large effects*. *Psychology of Addictive Behaviors*, Vol 14(1), pp. 6-18.

Novick, J., & Novick, K.K. (2000). *Love in the therapeutic alliance*. *Journal of the American Psychoanalytic Association*, Vol 48(1), pp. 189-218.

Rodriguez, L. (2005). *What's love got to do with it*. *Existential Analysis*, Vol 16(2), pp. 370-377.

Barasch, M.I. (2005). *Field notes on the compassionate life: A search for the soul of kindness*. New York: Rodale Books.

Dalai Lama. (2007). *Mind in comfort and ease: The vision of enlightenment in the great perfection*. Boston: Wisdom Publications.

Dalai Lama, & Ekman, P. (2008). *Emotional awareness: Overcoming the obstacles to psychological balance and compassion*. New York: Times Books.

Goleman, D. (2006). *Social intelligence: The new science of human relationships*. New York: Bantam Books.



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Hick, S.F., & Bien, T. (2008). *Mindfulness and the therapeutic relationship*. New York: The Guilford Press.

Wicks, R.J. (2007). *Touching the holy: Ordinariness, self-esteem, and friendship*. Notre Dame, IN: Sorin Books.

WEB BASED RESOURCES

Campaign for Love and Forgiveness:
www.loveandforgive.org

Shenk, J.W. (2009) *What makes us happy?* The Atlantic Online, www.theatlantic.com/doc/print/200906/happiness

TRAUMA

PUBLICATIONS

Allen, J. (2001). Traumatic relationships and serious mental disorders. Chichester, England: John Wiley & Sons.

Allen, J. G. & Fonagy, P. (Eds.). (2006). Handbook of mentalizing-based treatment. New York: John Wiley & Sons.

Allen, J. G. (2005). *Coping with trauma: A guide to self-understanding* (2nd Ed.). Washington, D.C., American Psychiatric Press, Inc.

Alexander, P.C. (1993). The differential effects of abuse characteristics and attachment in the prediction of the long-term effects of sexual abuse. Journal of Interpersonal Violence, 8(3), 346-362.

Arroyo, W. (2001). *PTSD in children and adolescents in the juvenile justice system*. S. Eth (Ed.) PTSD in Children and Adolescents, Review of Psychiatry Series, Volume 20, Number 1; Oldham JM and Riba, MB, series editors (59-86). Washington DC: American Psychiatric Publishing.

Barach, P.M.M. (1991). MPD as an attachment disorder. Dissociation, 4, 117-123.

Bass, E., & Davis, L., (2009). *The courage to heal*. New York: HarperCollins.

Blizard, R. (2003). Disorganized attachment: Development of dissociated self states and a relational approach to treatment. Journal of Trauma and Dissociation, 4(3), 27-50.

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Briere, J. (1996). A self-trauma model for treating adult survivors of severe child abuse. In Briere, J., Berliner, L.,

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Brown, D., Schefflin, A., & Hammond, C. (1998). Memory, trauma treatment, and the law. New York: W. W. Norton & Company.

Bryant-Davis, T. (2005). *Thriving in the wake of trauma: A multicultural guide*. Westport, CT: Praeger.

Bulkley, J. A., Jenny, C. & Reid, T. (Eds.). The APSAC handbook on child maltreatment. Thousand Oaks, CA: SAGE.

Carlson, E.A. (1998). A prospective longitudinal study of disorganized/disoriented attachment. Child Development, 69, 1970-1979.

Carnes, P. J. (1983). *Out of the shadows: Understanding sexual addiction*. Minneapolis, MN: Compcare Publications.

Cassidy & P.R. Shaver (Eds.), Handbook of attachment: Theory, research, and clinical applications, New York: The Guilford Press.

Chefetz, R. A. (August, 2005). Neuroscientific and therapeutic advances in dissociative disorders. Psychiatric Annals, 35, 8.

Chu, J. (1988). Ten traps for therapists in the treatment of trauma survivors. Dissociation, 1(4), 24-32.

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- Cloitre, M., Cohen, L. R., & Koenen, K. C. (2006). Treating survivors of childhood abuse: Psychotherapy for the interrupted life. New York: The Guilford Press.
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- Conterio, K., & Lader, W. (1998). *Bodily self-harm*. New York: Hyperion.
- Copeland, M. E., & Harris, M. (2000). *Healing the trauma of abuse: A women's workbook*. Oakland, CA, New Harbinger Publications, Inc.
- Courtois, C. A. (in press). Retrospective incest therapy: An update. In L. E. Walker, S. N. Gold, & B. A. Lucenko, (Eds.). Handbook on sexual abuse of children (2nd Edition). New York: Springer.
- Courtois, C. (2004). Complex trauma, complex reactions: Assessment and treatment. Psychotherapy: Theory, Research, Practice, and Training, 41, 412-425.
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- Courtois, C. A. (2000). The aftermath of child sexual abuse: The treatment of complex posttraumatic stress reactions (pp. 549-572). In L. T. Szuchman & F. Muscarella (Eds.). Psychological perspectives on human sexuality. New York: John Wiley & Sons.
- Courtois, C. A. (1999). Recollections of sexual abuse: Treatment principles and guidelines. New York: W. W. Norton & Company.
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- Carmen, E., Crane, B., Dunningcliff, M., Holochuck, S., Prescott, L., Reiker, P., Stefan, S., & Stromberg, N. (1996). *Massachusetts Department of Mental Health, Task Force on the Restraint and Seclusion of Persons Who Have Been Physically or Sexually Abused: Report and recommendations*. Boston, MA: Massachusetts Department of Mental Health.
- Charlton et al. (2004). Facts on traumatic stress and children with developmental disabilities. National Child Stress Network: Adapted Trauma Treatment Standards Work Group, Subgroup on Developmental Disabilities, Durham, NC and Los Angeles, CA
- Commonwealth of Massachusetts, Moving Massachusetts toward a Trauma-Informed, Integrated System of Care: A report of the Substance Abuse and Mental Health Subcommittee of the Survivor Services Committee of the Governor's Commission on Sexual and Domestic Violence of the Commonwealth of Massachusetts, March 13, 2006.
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- Courtois, C. A., *Recollections of Sexual Abuse* (1999) New York: W.W. Norton
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TRAUMATIZATION (VICARIOUS)

ORGANIZATIONS

Sidran Traumatic Stress Institute
200 East Joppa Road, Suite 207
Baltimore, MD. 21286
Phone: 1-410-825-8888
www.sidran.com

Headington Institute – Care for Caregivers World Wide, <http://www.headington-institute.org/Default.aspx?tabid=2648>

Gift from Within – PTSD Resources for Survivors and Caregivers
<http://www.giftfromwithin.org/>

Idaho State University – Traumatic Stress & Secondary Traumatic Stress, Compassion Fatigue. Contains references, archived articles, and measures of traumatic stress
<http://www.isu.edu/~bhstamm/TS.htm>

David Baldwin's Trauma Information Pages
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WEB BASED RESOURCES

Sounds True

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TREATMENT PLANNING

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WEB BASED RESOURCES

**Center for Substance Abuse Treatment
Treatment Improvement Exchange**

www.treatment.org

www.psychlaws.org