Resource / Reference List

**General:**

AACAP website - Facts for Families worksheets.

NAMI website.

The National Federation of Families for Children’s Mental Health – Colorado Chapter

http://coloradofederation.org

Think Good-Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People, Paul Stallard - for children/parents to work on their own, but also good for therapist to have, has worksheets to use with patients, an online version of these is included when you buy the book

The Crooked House – support for those who have a parent with mental illness

<http://thecrookedhouse.org/>

The American Foundation for Suicide Prevention (AFSP) – information about suicide risk-factors / preventions and support for those who have lost a loved one

[www.afsp.org](https://legacy.ucdenver.edu/owa/redir.aspx?C=3eYly8EFn0enXTjDV12uHM5dB7NrOtBIZPCNZe0BCkDnhDeUnzxIsXuozKgNf2FPQHRvW9bDRZQ.&URL=http%3a%2f%2fwww.afsp.org)

Support and Education Program for Families (SAFE) – links to a course by the VA to educate families about mental illness / connect with VA resources, also suggests books for teens (more for providers)

[http://www.ouhsc.edu/safeprogram/](https://legacy.ucdenver.edu/owa/redir.aspx?C=3eYly8EFn0enXTjDV12uHM5dB7NrOtBIZPCNZe0BCkDnhDeUnzxIsXuozKgNf2FPQHRvW9bDRZQ.&URL=http%3a%2f%2fwww.ouhsc.edu%2fsafeprogram%2f)

Caring for Every Child's Mental Health Campaign (part of Substance Abuse and Mental Health Services Administration)

[http://www.samhsa.gov/children](https://legacy.ucdenver.edu/owa/redir.aspx?C=3eYly8EFn0enXTjDV12uHM5dB7NrOtBIZPCNZe0BCkDnhDeUnzxIsXuozKgNf2FPQHRvW9bDRZQ.&URL=http%3a%2f%2fwww.samhsa.gov%2fchildren)

**Anxiety:**

The Anxiety and Phobia Workbook, Edmund Bourne

Mastery of Your Anxiety and Panic: Workbook (Treatments That Work), David H. Barlow, Michelle G, Craske

**Simple Phobia:**

[The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions](http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/antony3.htm&dir=trade/psychology&cart_id=601302.8160), Martin M. Antony and Peter J. Norton

Treatment Plans and Interventions for Depression and Anxiety Disorders, [Robert L. Leahy](http://www.guilford.com/cgi-bin/search.cgi?type=author&pattern=Robert%20L.%20Leahy&authlinks=1&cart_id=601302.8160) and Stephen J. Holland

**ADHD:**

# Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder, [Edward M. Hallowell](http://www.amazon.com/exec/obidos/search-handle-url/ref=ntt_athr_dp_sr_1?%5Fencoding=UTF8&search-type=ss&index=books&field-author=Edward%20M.%20Md%20Hallowell) [John J. Md Ratey](http://www.amazon.com/exec/obidos/search-handle-url/ref=ntt_athr_dp_sr_2?%5Fencoding=UTF8&search-type=ss&index=books&field-author=John%20J.%20Md%20Ratey)

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder by Kate Kelly, Peggy Ramundo, and Edward M Hallowell

[Driven To Distraction : Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood](http://www.amazon.com/Driven-Distraction-Recognizing-Attention-Childhood/dp/0684801280/ref=pd_bbs_6?ie=UTF8&s=books&qid=1238514227&sr=8-6), Edward M. Hallowell and John J. Ratey

Children and Adults with Attention Deficit/Hyperactivity Disorder – education, advocacy and support for those with ADHD

[http://chadd.org/](https://legacy.ucdenver.edu/owa/redir.aspx?C=3eYly8EFn0enXTjDV12uHM5dB7NrOtBIZPCNZe0BCkDnhDeUnzxIsXuozKgNf2FPQHRvW9bDRZQ.&URL=http%3a%2f%2fchadd.org%2f)

**Obsessive Compulsive Disorder:**

Talking back to OCD, Dr. woods

The boy who couldn't stop washing his hands

How I ran OCD Off My Land, John March

[The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder](http://www.amazon.com/OCD-Workbook-Breaking-Obsessive-Compulsive-Disorder/dp/1572244224/ref=sr_1_1?ie=UTF8&s=books&qid=1253141625&sr=1-1) by Bruce M. Hyman and Cherry Pedrick

[Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well](http://www.amazon.com/Obsessive-Compulsive-Disorders-Complete-Getting-Staying/dp/0195140923/ref=sr_1_2?ie=UTF8&s=books&qid=1253141625&sr=1-2) by Fred Penzel

[Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents](http://www.amazon.com/Freeing-Your-Child-Obsessive-Compulsive-Disorder/dp/0812931173/ref=sr_1_3?ie=UTF8&s=books&qid=1253141625&sr=1-3) by Tamar E. Chansky

[Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty](http://www.amazon.com/Freedom-Obsessive-Compulsive-Disorder-Personalized/dp/042519955X/ref=sr_1_4?ie=UTF8&s=books&qid=1253141625&sr=1-4) by Jonathan Grayson

[Rewind, Replay, Repeat: A Memoir of Obsessive-Compulsive Disorder](http://www.amazon.com/Rewind-Replay-Repeat-Obsessive-Compulsive-Disorder/dp/1592853714/ref=sr_1_5?ie=UTF8&s=books&qid=1253141625&sr=1-5) by Jeff Bell

[Tormenting Thoughts and Secret Rituals: The Hidden Epidemic of Obsessive-Compulsive Disorder](http://www.amazon.com/Tormenting-Thoughts-Secret-Rituals-Obsessive-Compulsive/dp/0440508479/ref=sr_1_6?ie=UTF8&s=books&qid=1253141625&sr=1-6) by Ian Osborn

[Cognitive Therapy for Obsessive-Compulsive Disorder: A Guide for Professionals](http://www.amazon.com/Cognitive-Therapy-Obsessive-Compulsive-Disorder-Professionals/dp/1572244291/ref=sr_1_7?ie=UTF8&s=books&qid=1253141625&sr=1-7) by Sabine, Ph.D. Wilhelm and Gail S. Steketee

[Obsessive Compulsive Disorder: A Survival Guide For Family And Friends](http://www.amazon.com/Obsessive-Compulsive-Disorder-Survival-Friends/dp/0962806617/ref=sr_1_8?ie=UTF8&s=books&qid=1253141625&sr=1-8) by Roy C.

[Obsessive-Compulsive Disorder For Dummies](http://www.amazon.com/Obsessive-Compulsive-Disorder-Dummies-Charles-Elliott/dp/0470293314/ref=sr_1_9?ie=UTF8&s=books&qid=1253141625&sr=1-9) by Charles H. Elliott and Laura L. Smith

[Can Christianity Cure Obsessive-Compulsive Disorder?: A Psychiatrist Explores the Role of Faith in Treatment](http://www.amazon.com/Can-Christianity-Cure-Obsessive-Compulsive-Disorder/dp/1587432064/ref=sr_1_10?ie=UTF8&s=books&qid=1253141625&sr=1-10) by Ian Osborn MD

[Overcoming Obsessive-Compulsive Disorder: Client Manual: A Behavioral and Cognitive Protocol for the Treatment of OCD (Best Practices Series)](http://www.amazon.com/Overcoming-Obsessive-Compulsive-Disorder-Behavioral-Cognitive/dp/1572241292/ref=sr_1_11?ie=UTF8&s=books&qid=1253141625&sr=1-11) by Gail Steketee

[What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions](http://www.amazon.com/What-when-Child-Obsessive-Compulsive-Disorder/dp/0967734711/ref=sr_1_12?ie=UTF8&s=books&qid=1253141625&sr=1-12) by Aureen Pinto Wagner Ph.D.

**Hoarding:**

Stuff: Compulsive Hoarding and the Meaning of Things, Randy O. Frost and Gail Steketee

Compulsive Hoarding and Acquiring: Workbook (Treatments That Work), Gail Steketee and Randy Frost

Compulsive Hoarding and Acquiring: Therapist Guide (Treatments That Work), Gail Steketee and Randy O. Frost

Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring, Michael A., Ph.d. Tompkins and Tamara L. Hartl

Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding by David F. Tolin, Randy O. Frost, and Gail Steketee

**Difficult People:**

Coping with Difficult People: The Proven-Effective Battle Plan That Has Helped Millions Deal with the Troublemakers in Their Lives at Home and at Work, [Robert M. Bramson](http://www.amazon.com/Robert-M.-Bramson/e/B001H6QTRE/ref=sr_ntt_srch_lnk_1?_encoding=UTF8&qid=1265908469&sr=1-1)

The Complete Idiot's Guide to Coping with Difficult People, Arlene Uhl

Since Strangling Isn't An Option... Dealing with Difficult People -- Common Problems and Uncommon Solutions, Sandra A. Crowe

Coping with Toxic Managers, Subordinates ... and Other Difficult People: Using Emotional Intelligence to Survive and Prosper, Roy H. Lubit

Dealing with People You Can't Stand: How to Bring Out the Best in People at Their Worst, Dr. Rick Brinkman, Dr. Rick Kirschner, Dr. Rick Kirschner, and Dr. Rick Brinkman

Toxic Coworkers: How to Deal with Dysfunctional People on the Job, Alan A., Ph.D. Cavaiola and Neil J., Ph.D. Lavender

Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life, Susan Forward and Craig Buck

If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World, Dan Neuharth

The Verbally Abusive Relationship: How to recognize it and how to respond, Patricia Evans

[Caring for Yourself While Caring for Your Aging Parents, Third Edition: How to Help, How to Survive](https://webmail.ucdenver.edu/owa/redir.aspx?C=3c89c7b6719c45d8845551d2aa965f02&URL=http%3a%2f%2fwww.amazon.com%2fCaring-Yourself-While-Aging-Parents%2fdp%2f0805079750%2fref%3dsr_1_14%3fie%3dUTF8%26s%3dbooks%26qid%3d1229010131%26sr%3d8-14), Claire Berman

[How To Help A Grieving Friend: A Candid Guide For Those Who Care,](https://webmail.ucdenver.edu/owa/redir.aspx?C=3c89c7b6719c45d8845551d2aa965f02&URL=http%3a%2f%2fwww.amazon.com%2fHow-Help-Grieving-Friend-Stephanie%2fdp%2f1576836770%2fref%3dsr_1_1%3fie%3dUTF8%26s%3dbooks%26qid%3d1229010131%26sr%3d8-1) Stephanie Grace Whitson (Hardcover - Mar 4, 2005)

[The Complete Eldercare Planner, Second Edition: Where to Start, Which Questions to Ask, and How to Find Help](https://webmail.ucdenver.edu/owa/redir.aspx?C=3c89c7b6719c45d8845551d2aa965f02&URL=http%3a%2f%2fwww.amazon.com%2fComplete-Eldercare-Planner-Second-Questions%2fdp%2f0812932781%2fref%3dsr_1_16%3fie%3dUTF8%26s%3dbooks%26qid%3d1229010131%26sr%3d8-1%20), Joy Loverde

[The Verbally Abusive Man, Can He Change?: A Woman' Guide to Deciding Whether to Stay or Go](http://www.amazon.com/Verbally-Abusive-Man-Can-Change/dp/1593376537/ref=sr_1_2?ie=UTF8&s=books&qid=1234282996&sr=1-2), Patricia Evans

[Toxic In-Laws: Loving Strategies for Protecting Your Marriage](http://www.amazon.com/Toxic-Laws-Strategies-Protecting-Marriage/dp/0060507853/ref=sr_1_6?ie=UTF8&s=books&qid=1234283210&sr=1-6), Susan Forward

[Surviving a Borderline Parent: How to Heal Your Childhood Wounds & Build Trust, Boundaries, and Self-Esteem](http://www.amazon.com/Surviving-Borderline-Parent-Boundaries-Self-Esteem/dp/1572243287/ref=sr_1_7?ie=UTF8&s=books&qid=1234283210&sr=1-7), Kimberlee Roth, Freda B. Friedman, and Randi Kreger

Family Connections: Coordinated by the National Education Alliance for Borderline Personality Disorder – education / additional information about BPD

[http://www.borderlinepersonalitydisorder.com/](https://legacy.ucdenver.edu/owa/redir.aspx?C=3eYly8EFn0enXTjDV12uHM5dB7NrOtBIZPCNZe0BCkDnhDeUnzxIsXuozKgNf2FPQHRvW9bDRZQ.&URL=http%3a%2f%2fwww.borderlinepersonalitydisorder.com%2f)

**Self Esteem:**

# The Self-Esteem Guided Journal: A Ten Week Program

**Adoption:**

# The Connected Child: Bring hope and healing to your adoptive family, Karyn Purvis, David R. Cross, and Wendy Lyons Sunshine

# Trichotillomania:

Trichotillomania Learning Center

The Hair Pulling "Habit" and You (How to Solve the Trichotillomania Puzzle), Ruth Goldfinger Golomb and Sherrie Mansfield Vavrichek

For kids, parents, therapists. CBT based, written so that a child/teen could read it and work on it themselves, but obviously better to work on it with a therapist.

**Post-Traumatic Stress Disorder / Trauma:**

The National Child Traumatic Stress Network – information about childhood trauma

<http://nctsn.org>

**Loss/Grief:**

**Disruptive Behavior:**

SOS Help for Parents, Lynn Clark

**Oppositional Defiant Disorder:**

How to Talk So Kids Will Listen & Listen So Kids Will Talk, [Adele Faber](https://www.amazon.com/Adele-Faber/e/B000APW64I/ref=dp_byline_cont_book_1)

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children, [Ross W. Greene PhD](https://www.amazon.com/s/ref=dp_byline_sr_book_1?ie=UTF8&text=Ross+W.+Greene+PhD&search-alias=books&field-author=Ross+W.+Greene+PhD&sort=relevancerank)

**OCPD:**

[Perfectionism: What's Bad About Being Too Good](http://www.amazon.com/Perfectionism-Whats-About-Being-Good/dp/1575420627/ref=sr_1_1?ie=UTF8&s=books&qid=1253141744&sr=1-1), Miriam Adderholdt Ph.D. and Jan Goldberg

[Too Perfect: When Being in Control Gets Out of Control](http://www.amazon.com/Too-Perfect-When-Being-Control/dp/0449908003/ref=sr_1_2?ie=UTF8&s=books&qid=1253141744&sr=1-2) by Jeannette Dewyze and Allan Mallinger

[Overcoming Perfectionism: The Key to a Balanced Recovery](http://www.amazon.com/Overcoming-Perfectionism-Key-Balanced-Recovery/dp/1558741119/ref=sr_1_3?ie=UTF8&s=books&qid=1253141744&sr=1-3) by Ann W. Smith

[When Perfect Isn't Good Enough: Strategies for Coping With Perfectionism](http://www.amazon.com/When-Perfect-Isnt-Good-Enough/dp/157224559X/ref=sr_1_4?ie=UTF8&s=books&qid=1253141744&sr=1-4) by Martin M. Antony and Richard P. Swinson

[Perfecting Ourselves To Death: The Pursuit Of Excellence And The Perils Of Perfectionism](http://www.amazon.com/Perfecting-Ourselves-Death-Excellence-Perfectionism/dp/0830832599/ref=sr_1_5?ie=UTF8&s=books&qid=1253141744&sr=1-5) by Richard Winter

[What to Do When Good Enough Isn't Good Enough: The Real Deal on Perfectionism: A Guide for Kids](http://www.amazon.com/What-When-Good-Enough-Isnt/dp/1575422344/ref=sr_1_6?ie=UTF8&s=books&qid=1253141744&sr=1-6) by Thomas S. Greenspon Ph.D.

[Perfectionism: Theory, Research, and Treatment](http://www.amazon.com/Perfectionism-Research-Treatment-Gordon-Flett/dp/1557988420/ref=sr_1_7?ie=UTF8&s=books&qid=1253141744&sr=1-7) by Gordon L. Flett and Paul L., Ph.D. Hewitt

[NEVER GOOD ENOUGH: How to use Perfectionism to Your Advantage Without Letting it Ruin Your Life](http://www.amazon.com/NEVER-GOOD-ENOUGH-Perfectionism-Advantage/dp/068486293X/ref=sr_1_8?ie=UTF8&s=books&qid=1253141744&sr=1-8) by Monica Ramirez Basco

[Settle for Excellence (Stop Chasing Perfection)](http://www.amazon.com/Settle-Excellence-Stop-Chasing-Perfection/dp/1424321719/ref=sr_1_9?ie=UTF8&s=books&qid=1253141744&sr=1-9) by Topher Morrison, Christopher Morrison, George Foster, and Marc Doty

[Never Good Enough: Freeing Yourself from the Chains of Perfectionism](http://www.amazon.com/Never-Good-Enough-Yourself-Perfectionism/dp/0684849631/ref=sr_1_10?ie=UTF8&s=books&qid=1253141744&sr=1-10) by Monica Ramirez Basco

[Nobody's Perfect: A Story for Children About Perfectionism](http://www.amazon.com/Nobodys-Perfect-Story-Children-Perfectionism/dp/1433803801/ref=sr_1_11?ie=UTF8&s=books&qid=1253141744&sr=1-11) by Ellen Flanagan Burns and Erica Pelton Villnave

[Freeing Our Families From Perfectionism](http://www.amazon.com/Freeing-Families-Perfectionism-Thomas-Greenspon/dp/1575421038/ref=sr_1_12?ie=UTF8&s=books&qid=1253141744&sr=1-12) by Thomas S. Greenspon

**Eating Disorders:**

Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method, Treasure, J., Smith, G., and Crane,A

Help Your Teenager Beat an Eating Disorder, James Lock and Daniel Le Grange

"Off the C.U.F.F." (Calm, Unwavering, Firm and Funny) is a parent skills training

manual that mirrors the curriculum taught to parents in the Duke Eating Disorders

Program in Durham, NC. It was designed for families who have a fellow member with

disordered eating. The program focuses on four main skills: Meal management,

emotion regulation, stress management, and body image enhancement.

When Your Child Has an Eating Disorder: a Step-by-Step Workbook for Parents and Other Caregivers

The Parent's Guide to Eating Disorders: Supporting Self-Esteem, Healthy Eating,   
and Positive Body Image at Home, Marcia Herrin and Nancy Matsumoto   
  
Surviving an Eating Disorder, Third Edition: Strategies for Family and Friends,   
by Michele Siegel, Judith Brisman, and Margot Weinshel (Paperback - Jan 27, 2009)

Take Charge of Your Child's Eating Disorder, Pam Carlton, M.D.

100 Questions & Answers About Anorexia Nervosa, Sari Shepphird

Medical Management of ED, laxative withdrawl protocol, Birmingham and Beumont.

Eating with your Anorexic, Laura Collins

Eating Disorders in Childhood and Adolescence, Bryan Lask and Rachel Bryant-Waugh

The perspective of a young person going through an eating disorder, experiences of a parent, updated information regarding advances from neuroscience, therapeutic engagement, cognitive remediation therapy.

websites:

[www.aedweb.org](http://www.aedweb.org)

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

[www.eatingdisorderfoundation.org](http://www.eatingdisorderfoundation.org)  
[http://www.centerforeatingdisorders.org/main/index.php?page=60&module=133](https://webmail.unm.edu/Redirect/www.centerforeatingdisorders.org/main/index.php?page=60&module=133)

"Family Resources - Recipes for Hope and Change":

**Substance Abuse**:

[http://store.samhsa.gov/facet/Substances](https://legacy.ucdenver.edu/owa/redir.aspx?C=cdeaVSeek0SDy87pKAuRH6UJeqvDPdBI5jedzUm6RB8pJdcEOgGomSTaszboX1x_3WdR1z6HYQM.&URL=http%3a%2f%2fstore.samhsa.gov%2ffacet%2fSubstances)

[http://www.drugabuse.gov/publications](https://legacy.ucdenver.edu/owa/redir.aspx?C=cdeaVSeek0SDy87pKAuRH6UJeqvDPdBI5jedzUm6RB8pJdcEOgGomSTaszboX1x_3WdR1z6HYQM.&URL=http%3a%2f%2fwww.drugabuse.gov%2fpublications)

National Association for Children of Alcoholics – support for those who have a parent with a drug or alcohol dependence

[http://www.nacoa.org/](https://legacy.ucdenver.edu/owa/redir.aspx?C=3eYly8EFn0enXTjDV12uHM5dB7NrOtBIZPCNZe0BCkDnhDeUnzxIsXuozKgNf2FPQHRvW9bDRZQ.&URL=http%3a%2f%2fwww.nacoa.org%2f)

Al-Anon Family groups

[http://www.al-anon.alateen.org](https://legacy.ucdenver.edu/owa/redir.aspx?C=3eYly8EFn0enXTjDV12uHM5dB7NrOtBIZPCNZe0BCkDnhDeUnzxIsXuozKgNf2FPQHRvW9bDRZQ.&URL=http%3a%2f%2fwww.al-anon.alateen.org)

**Depression:**

Beating the Blues, Michael Thase

Mind Over Mood, David Greenberger

Darkness Visible, William Styron – more personal

Families for Depression Awareness – promotes education / connectedness regarding depression

[www.familyaware.org](https://legacy.ucdenver.edu/owa/redir.aspx?C=3eYly8EFn0enXTjDV12uHM5dB7NrOtBIZPCNZe0BCkDnhDeUnzxIsXuozKgNf2FPQHRvW9bDRZQ.&URL=http%3a%2f%2fwww.familyaware.org)

**Post-Partum Depression:**

Down Came the Rain, Brooke Shields - memoir

Mededppd.org - site where you can choose a link for patients or for providers

Postpartum.net

Womensmentalhealth.org

**Psychosis:**

[The Madness Within Us: Schizophrenia as a Neuronal Process](http://www.amazon.com/Madness-Within-Us-Schizophrenia-Neuronal/dp/019530747X/ref=sr_1_1?s=books&ie=UTF8&qid=1371399607&sr=1-1&keywords=schizophrenia+robert+freedman), [Robert Freedman](http://www.amazon.com/Robert-Freedman/e/B0028OIGTS/ref=sr_ntt_srch_lnk_1?qid=1371399607&sr=1-1)

**Bipolar Disorder:**

The Bipolar Disorder Survival Guide, David Miklowitz

Overcoming Bipolar Disorder, Mark Bauer and Amy Kilbourne

An Unquiet Mind, Kay Jamison – more personal

Overcoming Bipolar Disorder**,** [**Mark S. Bauer**](http://search.barnesandnoble.com/booksearch/results.asp?ATH=Mark+S%2E+Bauer)**,** [**Devra E. Greenwald**](http://search.barnesandnoble.com/booksearch/results.asp?ATH=Devra+E%2E+Greenwald)**,** [**Amy M. Kilbourne**](http://search.barnesandnoble.com/booksearch/results.asp?ATH=Amy+M%2E+Kilbourne)**,** [**Evette J. Ludman**](http://search.barnesandnoble.com/booksearch/results.asp?ATH=Evette+J%2E+Ludman)

Detour, Lizzy Simon

Depression and Bipolar Support Alliance – education and support for those with / families of those with Depression and Bipolar

[www.dbsalliance.org](http://www.dbsalliance.org)

**Autism Spectrum Disorders:**

Autism: From Research to Individualized Practice

Early Intervention

* Early Start Denver Model, Rogers and Dawson
* A Work in Progress, Leaf and McEachin
* Behavioral Intervention for Young Children with Autism, edited by Maurice and Green
* Children with Autism: A Parent’s Guide edited by Michael D. Powers
* Do-Watch-Listen-Say: Social and Communication Intervention for Children with Autism, Kathleen Quill, Ed.D.
* Freeing Your Child from Anxiety, Tamar Chansky
* Steps to Independence: Teaching Everyday Skills to Children with Special Needs, [Bruce L. Baker](http://www.amazon.com/exec/obidos/search-handle-url/index=books&field-author=Bruce%20L.%20Baker/002-4769262-1802424), [Alan J. Brightman](http://www.amazon.com/exec/obidos/search-handle-url/index=books&field-author=Alan%20J.%20Brightman/002-4769262-1802424)
* Teach Me Language: A Language Manual for Children with Autism, Asperger Syndrome and Related Developmental Disorders, Sabrina Freeman and Lorelei Dake
* [The Out-of-Sync Child Has Fun, Revised Edition: Activities for Kids with Sensory Processing Disorder](http://www.amazon.com/Out-Sync-Child-Fun-Revised/dp/0399532714/sr=8-2/qid=1161694183/ref=pd_bbs_sr_2/002-6056172-4987202?ie=UTF8&s=books), Carol Stock Kranowitz
* [The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder Revised Edition](http://www.amazon.com/Out-Sync-Child-Recognizing-Processing/dp/0399531653/sr=8-1/qid=1161694183/ref=pd_bbs_sr_1/002-6056172-4987202?ie=UTF8&s=books) Carol Stock Kranowitz and Lucy Jane Miller
* Visual Strategies for Improving Communication, Linda A. Hodgdon

# Older Children

* A Parent’s Guide to Asperger Syndrome and High Functioning Autism, Sally Ozonof, Geraldin Dawson and James McPartland
* Asperger Syndrome, A. Klin, F. Volkman, & S. Sparrow
* Asperger Syndrome: A Guide for Parents and Professionals, Tony Attwood
* Asperger Syndrome and Difficult Moments, B. Smith Myles and J. Southwick
* Autism: Explaining the Enigma, Uta Frith
* Asperger Syndrome & Your Child: A Parent’s Guide, Michael D. Powers
* Autism/Asperger’s Syndrome: Solving the Relationship Puzzle, Steven Gutstein
* Autism: Understanding the Disorder, Gary Mesibov, Lynn Adams, and Laura Klinger
* Growing Up with Autism: Working with School-Age Children and Adolescents
* Facing Your Fears: Group Therapy for Managing Anxiety in Children with High-Functioning Autism Spectrum Disorders, Reaven, Blakeley-Smith, Nichols& Hepburn
* Freeing Your Child from Anxiety, Tamar Chansky
* Higher Functioning Adolescents and Young Adults with Autism, Fullertown, Stratton, Coyne, & Gray
* Our Journey Through High Functioning Autism and Asperger’s Syndrome, L. Andron
* Succeeding in college with Asperger Syndrome: A student guide, J. Harpur, M. Lawlor, M. Fitzgerald
* Teaching Children with Autism: Strategies for Initiating Positive Interactions and Improving Learning Opportunities, R.L Koegel & L.K. Koegel
* The New Social Story Book by Carol Gray

# Classroom Strategies

* Behind the Schoolhouse Door: Eight Skills Every Teacher Should Have, G.I. Latham
* Curriculum and Assessment for Students with Moderate and Severe Disabilities, Diane M. Browder
* Inclusion: 450 Strategies for Success, Peggy Hammeken
* Interactions and Improving Learning Opportunities, R.L. Koegel & L.K. Koegel
* Keys to Classroom Management, G.I. Latham
* Teaching Children with Autism: Strategies for Initiating Positive Teacher’s Guides to Inclusive Practices: Modifying Schoolwork, R. Janney and M.E. Snell
* The Syracuse Community-Referenced Curriculum Guide for Students with Moderate and Severe Disabilities, Alison Ford, Roberta Schnorr, et.al.

# Social Skills

* Teaching Children With Autism to Mind Read : A Practical Guide for Teachers and Parents, [Patricia Howlin](http://www.amazon.com/s/102-6205971-6918528?ie=UTF8&index=books&rank=-relevance%2C%2Bavailability%2C-daterank&field-author-exact=Patricia%20Howlin), [Simon Baron-Cohen](http://www.amazon.com/s/102-6205971-6918528?ie=UTF8&index=books&rank=-relevance%2C%2Bavailability%2C-daterank&field-author-exact=Simon%20Baron-Cohen), and [Julie Hadwin](http://www.amazon.com/s/102-6205971-6918528?ie=UTF8&index=books&rank=-relevance%2C%2Bavailability%2C-daterank&field-author-exact=Julie%20Hadwin)
* The Hidden Curriculum: Practical Solutions for Understanding Unstated Rules in Social Situations, [Brenda Smith Myles](http://www.amazon.com/s/102-6205971-6918528?ie=UTF8&index=books&rank=-relevance%2C%2Bavailability%2C-daterank&field-author-exact=Brenda%20Smith%20Myles), [Melissa L. Trautman](http://www.amazon.com/s/102-6205971-6918528?ie=UTF8&index=books&rank=-relevance%2C%2Bavailability%2C-daterank&field-author-exact=Melissa%20L.%20Trautman), and [Ronda L. Schelvan](http://www.amazon.com/s/102-6205971-6918528?ie=UTF8&index=books&rank=-relevance%2C%2Bavailability%2C-daterank&field-author-exact=Ronda%20L.%20Schelvan)
* The Original Social Story Book, Carol Gray
* The Sixth Sense II, Carol Gray
* The Social Skills Picture Book, Jed Baker

# Autobiographical

* Emergence: Labeled Autistic, Temple Grandin, and Scariano, M.M
* Nobody, Nowhere: The Extraordinary Autobiography of an Autistic, D. Williams.
* Pretending to be Normal: Living with Asperger’s Syndrome, L. H. Wiley
* The Sound of a Miracle, Annabel Stehli
* Thinking in Pictures, Temple Grandin

Families Together - Parent training and information center serving families of children and youth with all disabilities from birth through 21 years old. Mostly serves families across Kansas.

[http://familiestogetherinc.org](https://legacy.ucdenver.edu/owa/redir.aspx?C=3eYly8EFn0enXTjDV12uHM5dB7NrOtBIZPCNZe0BCkDnhDeUnzxIsXuozKgNf2FPQHRvW9bDRZQ.&URL=http%3a%2f%2ffamiliestogetherinc.org)

Special Needs Trust Network – Colorado organization that provides financial oversight and guidance to people living with a diverse array of disabilities

<http://www.sntnetwork.org>

**Chronic Pain / Medical Conditions:**

[Cognitive Therapy for Chronic Pain: A Step-by-Step Guide](http://www.amazon.com/Cognitive-Therapy-Chronic-Step-Step/dp/1572309792/ref=sr_1_5?ie=UTF8&s=books&qid=1238517911&sr=8-5), Beverly E. Thorn

[Living Well with Chronic Pain](http://www.amazon.com/Living-Well-Chronic-Pain-Willhoff/dp/1932344845/ref=sr_1_4?ie=UTF8&s=books&qid=1238517911&sr=8-4), Jude Willhoff

[Power Through Pain: Living with Reflex Neurovascular Dystrophy](http://www.amazon.com/Power-Through-Pain-Neurovascular-Dystrophy/dp/0595437168/ref=sr_1_9?ie=UTF8&s=books&qid=1238517911&sr=8-9) by Elizabeth Elster

[Chronic Pain For Dummies](http://www.amazon.com/Chronic-Pain-Dummies-Health-Fitness/dp/0471751405/ref=sr_1_14?ie=UTF8&s=books&qid=1238517911&sr=8-14)

# Hope and Help for Chronic Fatigue Syndrome and Fibromyalgia

# Defeat Chronic Fatigue Syndrome: You Don't Have to Live with It -- An Eight Step Protocol

# Recovery from CFS: 50 Personal Stories, Alex Barton

The Family Caregiver Alliance – support for those who are caregivers to loved ones with chronic, disabling conditions

http://www.caregiver.org