

## IECA Therapeutic Committee Recommended Books

### ADDICTION

Alcoholics Anonymous	<i>The Big Book</i> (2002)
Burroughs, Augustin	<i>Dry: A Memoir</i> (2013)
Carnes, Patrick	<i>A Gentle Path Through the 12 Steps: The Classic Guide for All People in the Process of Recovery</i> (2012)
Carnes, Patrick	<i>Out of the Shadows: Understanding Sexual Addiction</i> (2001)
Covington, Stephanie	<i>A Woman's Way Through the Twelve Steps</i> (1994)
Evans, K. & M.J. Sullivan	<i>Treating the Addicted Survivors of Trauma</i> (1995)
Fleming, Martin	<i>Commitment to Sobriety: A Relapse Prevention Guide for Adults in Recovery</i> (1991)
Flores, Phillip	<i>Addiction as an Attachment Disorder</i> (2004)
Gregson, D. & J.S. Efran	<i>The Tao of Sobriety</i> (2002)
Hepola, Sarah	<i>Blackout: Remembering the Things I Drank to Forget</i> (2015)
Miller, W. & S. Rollnick	<i>Motivational Interviewing: Preparing People to Change Addictive Behavior.</i> (1991)
Moyers, William C.	<i>Broken: My Story of Addiction and Redemption</i> (2007)
Moyers, William C.	<i>"Now What?" An Insider's Guide to Addiction and Recovery</i> (2012)
NA	<i>Narcotics Anonymous</i> (PDF online at na.org)
Sheff, David	<i>Beautiful Boy</i> (2009)
Sheff, David	<i>Clean: Overcoming Addiction and Ending America's Greatest Tragedy</i> (2014)
Sheff, Nic	<i>Tweak</i> (2009) (follow up to <i>Beautiful Boy</i> )
Sheff, Nic	<i>We All Fall Down: Living with Addiction</i> (2012)

Twerski, Abraham      *Addictive Thinking: (Second Edition) Understand Self-Deception: (1997)*

## **ADOPTION/ATTACHMENT**

Belsky, Jay & T. Nezworski      *Clinical Implications of Attachment (1987)*

Bowlby, John      *Applications of Attachment Theory (1988)*

Bowlby, John      *A Secure Base : Parent-Child Attachment and Healthy Human Development (1988)*

Brodzinsky, David  
& M. Schechter      *Being Adopted: The Lifelong Search for Self (1993)*

Eldridge, Sherrie      *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew (2015)*

Eldridge, Sherrie      *Twenty Things Adoptive Parents Need to Succeed (2009)*

Fessler, Ann      *The Girls Who Went Away (2001)*

Forbes, H. & B. Post      *Beyond Logic, Consequences, and Control: A Love-Based Approach to Helping Attachment-Challenged Children with Severe Behaviors (2006)*

Hughes, Daniel      *Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children (2006)*

Hughes, Daniel      *Facilitating Developmental Attachment: The Road to Emotional Recovery and Behavioral Change in Foster and Adopted Children (1997)*

Karen, Robert      *Becoming Attached: First Relationships and How They Shape Our Capacity to Love (1998)*

Lifton, Betty Jean      *The Journey of the Adopted Self: A Quest for Wholeness (1995)*

Mikulincer, M. & P. Shaver      *Attachment In Adulthood: Structure, Dynamics and Change (2010)*

Noble, Elizabeth      *Primal Connections: How Our Experiences from Conception to Birth Influence Our Emotions. Behavior and Health (1993)*

- Verrier, Nancy                      *The Primal Wound: Understanding the Adopted Child* (2003)
- Verrier, Nancy                      *Coming Home to Self: Healing the Primal Wound* (2010)
- Walant, Karen                      *Creating the Capacity for Attachment: Treating Addictions and the Alienated Self* (1999)

#### **ATTENTION AND EXECUTIVE FUNCTION**

- Barkley, Russell                      *Taking Charge of ADHD* (2013)
- Cooper-Kahn & L. Dietzel        *Late, Lost, and Unprepared* (2008)
- Dawson, P. & R. Guare            *Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach their Potential* (2009)
- Hallowell, E. & B. Moyer        *A Walk in the Rain with the Brain* (2004)
- Hallowell, E. & J. Ratey         *Driven to Distraction* (2011)
- Hallowell, E. & J. Ratey         *Answers to Distraction* (2010)
- Levine, Mel                          *All Kinds of Minds* (1992)
- Levine, Mel                          *The Myth of Laziness* (2004)
- Taylor, John                         *Survival Guide for Kids with ADD and ADHD* (2013)

#### **DEVELOPMENTAL ISSUES AND LEARNING DIFFERENCES**

- Attwood, Tony                      *The Complete Guide to Asperger's Syndrome* (2008)
- Bowers, M. & K. Bowers        *Sosh: Improving Social Skills with Children and Adolescents* (2011)
- Carley, M.J. & P. Gerhardt       *Aspergers from the Inside Out* (2008)
- Grandin, T. & R. Panek         *The Autistic Brain* (2014)
- Grandin, T & C. Johnson        *Animals in Translation: Using the Mysteries of Autism to Decode Animal Behavior* (2006)
- Grandin, Temple                    *Thinking in Pictures: My Life with Autism* (2006)

- Hallowell, E. & J. Ratey *Delivered From Distraction: Getting the Most out of Life with Attention Deficit Disorder* (2005)
- Hallowell, E. & J. Ratey *Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder (Revised)* (2011)
- Higashida, Naoki *The Reason I Jump: The Inner Voice of a Thirteen Year Old Boy with Autism* (2013)
- Hoopmann, Kathy *All Cats Have Asperger Syndrome* (2006)
- Hoopmann, Kathy *All Dogs Have ADHD* (2008)
- Jackson, L. & T. Atwood *Freaks, Geeks, and Asperger Syndrome: A User Guide to Adolescence* (2002)
- Klass, P. & E. Costello *Quirky Kids: Understanding and Helping Your Child Who Doesn't Fit In – When to Worry and When Not to Worry* (2004)
- Ledgin, N. & M. Ledgin *Asperger's and Self Esteem: Insight and Hope through Famous Role Models* (2002)
- Mooney, J. & D. Cole *Learning Outside the Lines: Two Ivy League Students with Learning Disabilities and ADHD Give You the Tools for Academic Success and Educational Revolution* (2000)
- Paquette, P. & C. Tuttle *Learning Disabilities: The Ultimate Teen Guide* (2006)
- Prince-Hughes, Dawn *Songs of the Gorilla Nation: My Journey through Autism* (2004)
- Robison, John E. *Look Me in the Eye: My Life with Asperger's* (2008)
- Rubenstein, Marcia *Raising NVLD Superstars: What Families with Nonverbal Learning Disabilities Need to Know About Nurturing Confident, Competent Kids* (2005)
- Silberman, Steve *NeuroTribes: The Legacy of Autism and the Future of Neurodiversity* (2015)
- Wolf, L & J. Brown *Students with Asperger Syndrome: A Guide for College Personnel* (2009)

## **MENTAL HEALTH ISSUES**

Albom, Mitch	<i>Tuesdays with Morrie: An Old Man, a Young Man and Life's Greatest Lesson</i> (2002)
Arbinger Institute	<i>Anatomy of Peace: Resolving the Heart of Conflict</i> (2015)
Arbinger Institute	<i>Leadership and Self-Deception: Getting Out of the Box</i> (2010)
Axline, Virginia	<i>Dibs In Search Of Self</i> (1964)
Beattie, Melody	<i>Codependent No More: How to Stop Controlling Others and Start Caring for Yourself</i> (1986)
Boesky, Lisa	<i>When to Worry: How to Tell if Your Teen Needs Help and What to Do About It</i> (2007)
Bozarth, Alla Renee	<i>A Journey Through Grief: Gentle, Specific Help to Get You Through the Most Difficult Stages of Grieving</i> (1994)
Brown, Brene	<i>Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent and Lead</i> (2012)
Buzzell, L. & C. Chalquist, Ed	<i>Ecotherapy: Healing with Nature in Mind</i> (2009)
Capacchinoe, Lucia	<i>Recovery of Your Inner Child: The Highly Acclaimed Method for Liberating Your Inner-Self</i> (1991)
Chodron, Pema	<i>Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion</i> (2003)
Cohen, Kerry	<i>Loose Girl: A Memoir of Promiscuity</i> (2009)
Dweck, Carol	<i>Mindset: The New Psychology of Success</i> (2007)
Emerson, D. & E. Hopper	<i>Overcoming Trauma Through Yoga: Reclaiming Your Body</i> (2011)
Emoto, Masaru	<i>The Hidden Messages in Water</i> (2005)
Forbes, Heather	<i>Beyond Consequences, Logic, and Control: A Love-Based Approach to Helping Attachment-Challenged Children with Severe Behaviors</i> (2006)
Forbes, Heather	<i>Help For Billy: Beyond Consequences Approach to Helping Challenging Children in the Classroom</i> (2012)
Glasser, William	<i>Choice Theory: A New Psychology of Personal Freedom</i> (1999)

Jamison, Kay R. *An Unquiet Mind: A Memoir of Moods and Madness* (1997)

Jamison, Kay R. *Night Falls Fast: Understanding Suicide* (1999)

Kreisman, J. & H. Straus *I Hate You, Don't Leave Me: Understanding Borderline Personality* (2010)

Lerner, Harriet *Dance of Anger: A Woman's Guide* (2014)

Levine, Noah *Dharma Punx* (2004)

Mason, P. & R. Kreger *Stop Walking on Eggshells: Taking Your Life Back When Someone You Care about has BPD* (2010)

Nhat Hanh, Thich *Anger: Wisdom for Cooling the Flames* (2002)

O'Connor, Richard *Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You* (2010)

Papolos, Dimitri *The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder (Third Edition)* (2007)

Perry, B. & M. Szalavitz, *The Boy Who Was Raised as a Dog and other Stories from a Child Psychiatrist's Notebook – What Traumatized Children* (2007)

Ruiz, Don Miguel *The Four Agreements: A Practical Guide to Personal Freedom* (1997)

Sachs, Oliver *The Man Who Mistook his Wife for a Hat: And Other Clinical Tales* (1998)

Seligman, Martin *Learned Optimism: How to Change Your Mind and Your Life* (2006)

Sheehan, Susan *Is There No Place on Earth for Me* (2014)

Simmons, Rachel *Odd Girl Out: The Hidden Culture of Aggression in Girls* (2003, 2011)

Spradlin, Scott *Don't Let Your Emotions Run Your Life: How DBT Can Put You in Control* (2003)

Solomon, Andrew *Far From the Tree: Parents, Children and the Search for Identity* (2013)

- Stout, Martha *The Sociopath Next Door* (2005)
- Styron, William *Darkness Visible: A Memoir of Madness* (1992)
- Twenge, J. & W.Campbell *The Narcissism Epidemic: Living in the Age of Entitlement* (2010)
- Whitaker, Robert *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America* (2011)
- Whitefield, Charles *Boundaries and Relationships: Knowing, Protecting, and Enjoying the Self* (1994)
- Yalom, Irvin *The Gift of Therapy* (2009)
- Zweig, Connie *Meeting the Shadow: The Hidden Power of the Dark Side of Human Nature* (1991)
- NEUROSCIENCE**
- Brizendine, Lavann *The Female Brain* (2007)
- Engleman, David *Incognito. The Secret Lives of the Brain* (2012)
- Hanson, R. & A. Medius *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* (2009)
- Kindlon, D. & M. Thompson *Raising Cain: Protecting the emotional Life of Boys* (2000)
- Medina, John *Brain Rules: 12 Principals for Surviving and Thriving at Work, Home and School* (2014)
- Pink, Daniel *A Whole New Mind: Why Right Brainers Will Rule the Future* (2006)
- Pinker, Steven *How the Mind Works* (2009)
- Siegel, Daniel *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* (2007)
- Siegel, Daniel *The Developing Mind: (Second Edition) How Relationships and the Brain Interact to Shape Who We Are* (2015)

Siegel, Daniel *Brainstorm: The Power and Purpose of the Teenage Brain* (2015)

Strauch, Barbara *The Primal Team: What New Discoveries About the Teenage Brain Tell Us about Our Kids* (2004)

## **PARENTING**

Altshuler, David *Love the Kid You Get. Get the Kid You Love.* (2014)

Barkley, A. Russell *Your Defiant Child: (Second Edition) Eight Steps to Better Behavior* (2013)

Cline, F. & J. Fay *Parenting with Love and Logic* (2008)

Cline F. & J. Fay *Parenting Teens with Love and Logic: Preparing Adolescents for Responsible Adulthood* (2006)

Chua, Amy *Battle Hymn of the Tiger Mother* (2011)

Coburn, K. & M. Treeger *Letting Go* (2003)

Cooper-Kahn, J. & L. Dietzel *Late, Lost, and Unprepared: A Parent's Guide to Helping Children With Executive Functioning* (2008)

Covey, S. & S. Covey *The Seven Habits of Highly Effective Families* (1998)

Deak, JoAnn *Girls Will Be Girls: Raising Confident and Courageous Daughters* (2003)

Dinkmeyer, D., & G. McKay *Parenting Teenagers: Systematic Training for Effective Parenting* (2007)

Duckworth, Angela *Grit: The Power of Passion and Perseverance* (2016)

Dweck, Carol *Mindset: The New Psychology of Success* (2006)

Faber, A. & E. Mazlish *How to Talk So Kids Will Listen and Listen So Kids Will Talk* (2012)

Kenneth, M. & R. Ginsburg *Building Resilience in Children and Teens: Giving Kids Roots & Wings* (2014)

Glenn, S. & J. Nelson *Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People* (2000)



- Gottman, John *The Relationship Cure: A Five Step Guide to Strengthening Your Marriage, Family, and Friendships* (2002)
- Gray, Kenneth *Getting Real: Helping Teens Find Their Future* (2009)
- Gurian, Michael *Boys and Girls Learn Differently: A Guide for Teachers and Parents* (2010)
- Gurian, Michael *The Wonder of Girls* (2002)
- Gurian, Michael *The Wonder of Boys* (1997)
- Haid, R. & E. Donnelly *Second Shelter: Family Strategies for Navigating Therapeutic Boarding Schools and Residential Treatment Centers* (2013)
- Heininger, J. & S. Weiss *From Chaos to Calm: Effective Parenting For Challenging Children with ADHD and Other Behavior Problems* (2001)
- Hughes, Daniel *Attachment-Focused Parenting: Effective Strategies to Care for Children* (2009)
- Hyken, Russell *The Parent Playbook* (2012)
- Jimenez, Ruben *The Road Home: A Guide for Parents with Teens or Young Adults Returning From Treatment* (2013)
- Kastner, Laura *Getting to Calm: Cool-Headed Strategies for Parenting Tweens and Teens* (2009)
- Keck, G. and R. Kupecky *Parenting the Hurt Child: Helping Adoptive Families Heal and Grow* (2009)
- Kohn, Alfie *Unconditional Parenting: Moving from Rewards and Punishment to Love and Reason* (2006)
- Konstan, Varda *Parenting Your Emerging Adult: Launching Kids From 18 to 29* (2013)
- Levine, Madeline *The Price of Privilege: How Parental Pressure and Material Advantage are Creating a Generation of Disconnected and Unhappy Kids* (2008)
- Lythcott-Haims, Julie *How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success* (2015)

- Maxym, C. & L. York *Teens in Turmoil: A Path to Change for Parents, Adolescents and their Families* (2001)
- McKinnon, John *An Unchanged Mind: The Problem with Immaturity in Adolescence* (2008)
- McKinnon, John *To Change a Mind: Parenting to Promote Maturity in Teenagers* (2010)
- Meyerson, M.& L. Ashner *When Parents Love Too Much: Freeing Parents & Children to Live their Own Lives* (1997)
- Mogel, Wendy *The Blessings of a Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children* (2008)
- Mogel, Wendy *Blessing of a B Minus: Using Jewish Teachers to Raise Resilient Teenagers* (2011)
- Nelson, J. & L. Lott *Positive Discipline for Teenagers: Empowering Your Teens and Yourself through Kind and Firm Parenting* (2012)
- Napier, Augustus *The Family Crucible: The Intense Experience of Family Therapy* (1988)
- Patterson K., et al *Crucial Conversations: Tools for Talking When Stakes are High* (2011)
- Pollack, William *Real Boys: Rescuing Our Sons from the Myths of Boyhood* (1999)
- Pope, Loren *Colleges that Change Lives: 40 Schools that Will Change the Way You Think about College* (2012)
- Price, Jerome *Power and Compassion: Working with Difficult Adolescents and Abused Parent* (1999)
- Quinn, Patricia *Adolescents and ADD: Gaining the Advantage* (1995)
- Reedy, Brad *The Journey of the Heroic Parent: Your Child's Struggle and the Road Home* (2015)
- Robbins, Alexandra *The Overachievers: The Secret Lives of Driven Kids* (2007)
- Rubinstein, Marcia *Raising NLD Superstars: What Families with Nonverbal Learning Disabilities Need to Know About Nurturing Confident, Competent Kids* (2005)

- Ruhlman, Michael      *Boys Themselves* (1996)
- Sachs, Brad      *The Good Enough Child: How to Have an Imperfect Family and Be Perfectly Satisfied* (2001)
- Sachs, Brad      *The Good Enough Teen: Rising Adolescents with Love and Acceptance (Despite How Impossible They can Be)* (2005)
- Sachs, Brad      *Emptying the Nest: Launching Your Young Adult Toward Success and Self-Reliance* (2010)
- Sax, Leonard      *Why Gender Matters: What Parents and Teachers Need to Know about the Emerging Science of Sex Differences* (2006)
- Sax, Leonard      *Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men* (2009)
- Sax, Leonard      *Girls on the Edge* (2010)
- Sax, Leonard      *The Collapse of Parenting: How We Hurt Our Kids When We Treat Them Like Grown-Ups* (2015)
- Sells, Scott      *Parenting Your Out of Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love* (2002)
- Siegel, D.J. & M. Hartzell      *Parenting from the Inside Out: 10<sup>th</sup> Anniversary edition: How A Self-Understanding Can Help You Raise Children* (2013)
- Thayne, Tim      *Not By Chance: How Parents Boost Their Teens Success In And After Treatment* (2013)
- Tough, Paul      *How Children Succeed: Grit, Curiosity, and the Hidden Power of Character* (2013)
- Weissbourd, Richard      *The Parents We Mean to Be: How Well-Intentioned Adults Undermine Children's Moral and Emotional Development* (2010)
- Wiener, Craig      *Parenting Your ADD Child: A No-Nonsense Guide for Nurturing Self-Reliance and Cooperation* (2012)

## **RESIDENTIAL TREATMENT**

- Case, Paul      *What Now: How Teen Therapeutic Programs Could Save Your Troubled Child* (2008)
- Dudman, Martha      *Augusta, Gone* (2001)

- Faulberg, Vera *Residential Treatment: A Tapestry of Many Therapies* (1990)
- Ferguson, Gary *Shouting at the Sky: Troubled Teens and the Promise of the Wild* (2009)
- Gass, M. et al *Adventure Therapy: Theory, Research and Practice* (2012)
- Fontaine, C. & M. Fontaine *Mia Come Back: A Mother and Daughter's Journey Through Hell and Back* (2006)
- Haid, R. & E. Donnelly *Second Shelter: Family Strategies for Navigating Therapeutic Boarding Schools and Residential Treatment Centers* (2013)
- JTSP *Journal of Therapeutic Schools and Programs*
- Marcus, David *What It Takes to Pull Me Through: Why Teenagers Get in Trouble and How Four of Them Got Out* (2005)
- Pozatek, Krissy *The Parallel Process: Growing Alongside Your Adolescent or Young Adult in Treatment* (2010)
- Vorrath, Harry *Positive Peer Culture: 2<sup>nd</sup> Ed.* (1986)
- White, Kristin *The Complete Guide to the Gap Year: The Best Thing to do Between High School and College* (2009)

## **TECHNOLOGY ADDICTION**

- Cash, H. & K. McDaniel *Video Games and Your Kids: How Parents Stay in Control* (2008)
- Doan, A. & B. Strickland *Hooked on Games: The Lure and Cost of Video Game and Internet Addiction* (2012)
- Jackson, M. & B. McKibben *Distracted: The Erosion of Attention and the Coming Dark Age* (2009)
- Rosen, Larry *IDisorder: Understanding our Obsession with Technology and Overcoming Its Hold on Us* (2013)