

Therapy Aides: Books and Online Resources

1. Books:

ADHD

Driven to Distraction by E. Hallowell and J. Ratey

Smart but Scattered by Peg Dawson, EdD, and Richard Guare, PhD (for children)

Smart but Scattered Teens: The “Executive Skills” Program for Helping Teens Reach Their Potential by Peg Dawson, EdD, and Richard Guare, PhD

The Smart but Scattered Guide to Success: How to Use Your Brain’s Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home by Peg Dawson, EdD, and Richard Guare, PhD

Addictions

Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame by George Collins MA and Andrew Adleman MA

Treating Pornography Addiction: The Essential Tools for Recovery by Kevin B. Skinner, Ph.D.

Willpower's Not Enough: Recovering from Addictions of Every Kind by Arnold M. Washton

Overcoming Addictive Behavior by Neil T. Anderson

Out of the Shadows: Understanding Sexual Addiction by Patrick J. Carnes Ph.D.

A Couple's Guide to Sexual Addiction: A Step-by-Step Plan to Rebuild Trust and Restore Intimacy by Paldrom Collins

Anger Management

Anger: Taming a Powerful Emotion by Gary Chapman

The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger by Alexander Chapman, Kim Gratz, and Marsha Linehan

Anxiety, PTSD and OCD

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse by Ellen Bass and Laura Davis

COMPLEX PTSD: From Surviving to Thriving by Pete Walker

** *Thoughts and Feelings* by McKay, Davis and Fanning

Master Your Panic and Take Back Your Life by Denise F. Beckfield

** *Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioral Techniques* by Gillian Butler

** *Mind Over Mood* by H. Greenberger

** *How to Be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety*, by Ellen Hendrikson (also available on Audible)

The Worry Workbook: CBT Skills to Overcome Worry and Anxiety by Facing the Fear of Uncertainty, by Melisa Robichaud

Mindfulness Skills Workbooks for Clinicians and Clients: 111 Tools, Techniques, Activities, and Worksheets, by Debra Burdick

** *Mastery of Your Anxiety and Panic: Workbook* by David Barlow and Michelle Craske

Mastery of Your Anxiety and Worry: Workbook by Michelle Craske and David Barlow

** *A Mindfulness-Based Stress Reduction Workbook* by Bob Stahl and Elisha Goldstein

Don't Sweat the Small Stuff by Richard Carlson

Brain Lock: Free Yourself from Obsessive-Compulsive Behavior by Schwartz and Beyette

The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder by Bruce M. Hyman PhD LCSW and Cherlene Pedrick RN

Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go" by John S. March MD MPH and Christine M. Benton (for children/adolescents)

Freeing Yourself from Anxiety: The 4-Step Plan to Overcome Worry and Create the Life You Want by Tamar E. Chansky

Assertive Communication Skills, Social Skills

** ***The Assertive Woman*** by Phelps and Austin; ask for most recent edition (4th or 5th)

** ***Your Perfect Right*** by Alberti and Emmons; ask for most recent edition (9th)

Overcoming Social Anxiety and Shyness: A Self-Help Guide... by Gillian Butler

Codependent No More: How to Stop Controlling Others... by Melody Beattie

Businessspeak: Using the Gentle Art of Verbal Persuasion to Get What You Want at Work by Suzette Haden Elgin

Verbal Judo: The Gentle Art of Persuasion by George J., PhD Thompson

** ***Pulling Your Own Strings*** by Wayne W Dyer

Autism Spectrum Disorders

Uniquely Human: A Different Way of Seeing Autism by Barry M. Prizant, PhD

Borderline Personality

Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder, by Paul T. Mason and Randi Kreger

The Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells, by Randi Kreger

The Everything Guide to Borderline Personality Disorder: Professional, reassuring advice for coping with the disorder... by Constance M. Dolecki, PhD

The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance by Matthew McKay, Jeffrey Wood, and Jeffrey Brantley

Communication Skills

Messages: The Communication Skills Book by Matthew McKay Ph.D.

The Messages Workbook: Powerful Strategies for Effective Communication at Work and Home by Martha Davis

Depression

Feeling Good: The New Mood Therapy by David D. Burns, M.D.

** ***Thoughts and Feelings*** by McKay, Davis and Fanning

** ***Mind over Mood*** by H. Greenberger

Positive, Rational Thinking

** ***Thoughts and Feelings*** by McKay, Davis and Fanning

** ***Mind over Mood*** by H. Greenberger

The Positive Dog: A Story About the Power of Positivity by Jon Gordon

The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy by Jon Gordon and Ken Blanchard

Marital Enrichment

** ***The Seven Principles for Making Marriage Work*** by J. Gottman and N. Silver

**** *Ten Lessons to Transform Your Marriage: America's Love Lab Experts Share Their Strategies for Strengthening Your Relationship*** by John M. Gottman, Julie Schwartz Gottman & Joan Declaire

**** *The Relationships Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendship***, by John Gottman & Joan Declaire

**** *The Five Love Languages*** by Gary Chapman

Loving Your Spouse When You Feel Like Walking Away by Gary Chapman

One More Try by Gary Chapman

The Love Dare by S. Kendrick and A. Kendrick

Love Busters: Overcoming Habits That Destroy Romantic Love by Willard F. Harley Jr

His Needs, Her Needs: Building an Affair-Proof Marriage by Willard F. Harley Jr

**** *Men Are from Mars, Women Are from Venus*** by John Gray

Venus on Fire, Mars on Ice by John Gray

The Marriage Book by Nicky and Sila Lee. An alpha Course book

Love Must Be Tough: New Hope for Marriages in Crisis by James C. Dobson

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Reconcilable Differences by Andrew Christensen, Brian Doss, & Neil Jacobson (goes with Integrative Behavioral Couples Therapy (IBCT))

Couples Workbooks:

Couple Skills: Making Your Relationship Work by Matthew McKay PhD

Self-esteem Enhancement

**** *Self-Esteem*** by McKay and Fanning

The Self-Esteem Workbook by Glenn R. Schiraldi, PhD

Sexual Enrichment for Couples

The Sex-Starved Marriage: Boosting Your Marriage Libido: A Couple's Guide by Michele Weiner Davis

Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships by David Schnarch

How to Make Love to the Same Person For the Rest of Your Life and Still Love It by Dagmar O'Connor

Rekindling Desire: A Step by Step Program to Help Low-Sex and No-Sex Marriages by Barry W. McCarthy and Emily J. McCarthy

Getting the Sex You Want: Shed Your Inhibitions and Reach New Heights of Passion Together by Tammy Nelson

Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships
by David Schnarch

Surviving Affairs

Getting Past the Affair: A Program to Help You Cope, Heal, and Move On -- Together or Apart by D. K. Snyder PhD, D. H. Baucom PhD and K. C. Gordon Phd

Surviving an Affair by Willard Harley and Jennifer Chalmer

Separation and Divorce

Too Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship by Mira Kirshenbaum

Divorce Busting: A Step-by-Step Approach... by Michele Weiner-Davis

The Truth about Children & Divorce by Robert E. Emery, PhD

I Don't Love You Anymore: What to do when he says by David Clarke, PhD

Should I Stay or Go? How Controlled Separation Can Save Your Marriage, by Lee Raffel

Singles: Dating and Relationships, Mate Selection, Pre-Marital Topics

Finding the Love of Your Life, by Neil Clark Warren

1001 Questions to Ask Before You Get Married, by Monica M. Leahy

Getting the Love You Want: A Guide for Couples by Ph.D. Harville Hendrix Ph.D.

Keeping the Love You Find: A Guide for Singles by Ph.D. Harville Hendrix PhD

Sexuality, Men's Issues:

When Good Men Behave Badly: Change Your Behavior, Change Your Relationship

by David B. Wexler

Parenting:

** *The Kazdin Method for Parenting the Defiant Child* by Alan E. Kazdin

** *Parent Management Training: Treatment for Oppositional, Aggressive, and Antisocial Behavior in Children and Adolescents* by Alan E Kazdin

Children with Special Needs: From Emotions to Advocacy (2nd Edition) by Pam Wright and Pete Wright (What parents need to know when talking to schools about services for children with special needs).

Pain and Stress Management

Healing Back Pain: The Mind-Body Connection by John E. Sarno

When the Body Says No by Gabor Mate, MD

Motivation, Passion, Psychology of Happiness

Drive: The Surprising Truth About What Motivates Us by Daniel H. Pink (about passion and interest as basis for intrinsic motivation and the pursuit of excellence)

The Third Chapter: Passion, Risk, and Adventure in the 25 Years After 50, by Sara Lawrence-Lightfoot

A Whole New Mind: Why Right-Brainers Will Rule the Future, by Daniel H. Pink

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment by Martin E. P. Seligman

Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change by Shawn Achor

The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work... by Shawn Achor

Positive Psychology: The Science of Happiness and Flourishing by William C. Compton and Edward Hoffman

Positively Happy: Routes to Sustainable Happiness (The Positive Psychology Workbook Series) by Dr. Sonja Lyubomirsky PhD and Dr. Jaime Kurtz PhD

2. Online Resources:

Brain Exercises, Brain Training, Brain Health: <https://www.brainhq.com>

GoZen!: <https://gozen.com/>

Apps:

3. Apps:

[Moodivate App](#) for depression

[Behavioral Appivation](#) for depression

[Head Space App](#) (Mindfulness Meditation)

CBT-i Coach

Tactical Breather
Virtual Hope Box
ROUNDhealth medication tracker
BreatheDeep
CPT app
My Fitness Pal
Gottman Card Deck

4. Therapy Hand-Outs

5. Additional Resources:

Educational Grants for military spouses (tuition and fees): google “MYCAA grants”.

Movies for Couples:

Hope Springs, Starring Meryl Streep, Tommy Lee Jones, Steve Carell and Brett Rice.