



Riegler, Shienvold & Associates

Mental Health Quick Notes

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Vol. 3, Issue 11
December 2007

Therapist's Choice

Often during the process of therapy, a therapist might recommend a book or a movie clients that speaks to the problem that they are experiencing. Many times clients ask therapists to suggest a self-help book to help work on a problem or give them extra support dealing with a tough situation. Below the therapists of Riegler, Shienvold and Associates offer you a collection of their most readily referenced materials. They offer this to you as a way to show their appreciation for the opportunity to be of help.

Therapist's Choice for Self-Help Books

Ackerman, R. (1989,2002). *Perfect daughters*. Florida: Health Communications. Growing up as the daughter of an alcoholic can have a profound effect on a woman. This book is a very nice way to see that you are not alone, or unusual in how you have been affected.

Alberti, J. R. & Emmons, M. L. (1990). *Your perfect right* (Rev. ed.). San Luis Obispo, CA: Impact Publishers.

This is a classic and clearly written introduction to assertive behavior and communication with examples, and suggestions to practice.

Barbach, L. (2000). *For yourself: The fulfillment of female sexuality* (Rev. ed.). New York: Signet.

This book is an introduction to the biological and emotional components of female sexuality. Its focus is not academic but practical and offers guidance to women in exploring and reaching optimal sexual functioning. It is often used by couples in conjunction with Zilbergeld (1999) referenced below.

Barbach, L. (1993). *The pause*. New York: Penguin Books.

In this book, the author tackles the sensitive topic of menopause, its symptoms and potential solutions to discomfort experience by many women., including strategies of how sexuality can be enhanced during this challenging phase of a women's life.

Barkley, R. (1995). *Taking Charge of ADHD*. New York: Guilford Press.

Dr. Barkley discusses insights into preventing ADHD from becoming a major stumbling obstacle in a child's (and parent's) life, step by step ways to manage a child's ADHD in a variety of settings, and help for parents in dealing with their child's needs.

Burns, D. (1981). *Feeling good: The new mood therapy*. New York: Signet and

Burns, D. (1989) *The feeling good handbook*. New York: Penguin Books.

Burns presents a convincing case for how people's beliefs and expectations affect their moods and emotions. He provides practical suggestions in, both the book and handbook, for improving your mood by changing the way you think about yourself, your environment and your future.

Burns, D. (1993). *Ten days to self-esteem*. New York: William Morrow.

This workbook presents a clear and organized way to identify the causes of a mood disorder and to develop a positive outlook on life. This book is a powerful tool to help people more effectively deal with low self esteem, depression, anxiety, and unhappiness.

Fisher, B. & Alberti R. (1993). *Rebuilding: when your relationship ends*. San Luis Obispo, Ca: Impact Publishers.

Fisher discusses the many emotional reactions to divorce and offers suggestions on how to grieve and ultimately move forward in life after a divorce. The questions at the end of

each chapter enable the reader to track their progress. This book gets ****.

Hollowell, E. & Rakey, J. (1994) *Driven to distraction*. New Jersey: Pantheon Books.

If you have attention deficit disorder or think you or a family member have the disorder this is, in my opinion, the seminal work on the subject. Hollowell's work is fresh, easy to follow and understand.

Ives, S., Fassler, D. & Lash, M. (1985). *The divorce workbook*. Burlington, VT: Waterfront Books..

This workbook is a very good resource for helping children deal with their feelings about separation and divorce not only with words, but through their drawings. This workbook pays particular attention to the child's situational and emotional status.

Kleiman, K. & Raskin, V. (1994). *This isn't what I expected*. New York: Bantam Books.

In a culture where women are expected to immediately bond with their newborns and parent like pros, postpartum depression comes as an unwelcome surprise. This book normalizes the feelings of postpartum women and helps to set the road to recovery.

Kircinka, M.S. (1991). *Raising your spirited child*. New York: Harper Collins.

This parenting book provides an excellent way to peacefully co-habitate with a child that is "spirited." The author gives parents strategies to address the child who is more intense, sensitive, perceptive, persistent or energetic than the average child.

Kushner, H. (1981). *When bad things happen to good people*. New York: Avon Books.

This best selling book is a noble effort to explain what happens to people when they are faced with devastating circumstances in their lives. The author draws from his own personal tragedy.

Lerner, H. (1989). *The dance of intimacy*. New York: Harper and Row.

An excellent book that addresses the push-pull of intimacy in close relationships. The author gives suggestion on how to break old, and non-rewarding relationship patterns.

Levy, B. (1993, 2006). *In love and in danger*. New York: Seal Press.

Teenage girls frequently find themselves in emotionally and physically abusive relationships, but don't recognize the signs. This book is a great tool for helping girls to move beyond denial and into changes.

McClure, L. (2000). *Anger and Conflict in the Workplace*. Manassas Park, VA: Impact Publications.

This book is written by one of the world's leading experts in workplace anger and violence. Dr. McClure identifies the hidden signs of anger and conflict as well as provides outlines for creating a more positive and productive workplace.

Milam, J. R. & Ketcham, K. (1983). *Under the influence*. New York: Bantam Books.

This book provides a non-technical introduction to the emotional and biological aspects of alcoholism. It helps explain why it is so difficult for many alcoholics to stop drinking despite the devastation it creates. It is especially helpful for friends and family of alcoholics to read.

Parker, H. (1999). *Put yourself in their shoes: understanding teenagers with Attention Deficit Hyperactivity Disorder*. Florida: Specialty Press.

Therapist's Choice Cont.

This, first of its kind, book is THE "how to" guide for parents with teenage child with ADD.

Phelan, T. (2004). *1-2-3 magic*. Illinois: Parentmagic, Inc.

Best resource for parents! Easy to understand and implement. This method gets parents to talk less and do more.

Pipher, M. (1994). *Reviving Ophelia: Saving the selves of adolescent girls*. New York: Balanchine Books.

This is an excellent book about the internal struggles of modern adolescent girls.

Pollack, W. (1988). *Real boys*. New York: Owl Books.

Mothers and fathers will want to read this book if they want their boys to have healthy emotional lives. Parents learn why it is important to stay close to their boys and how to do it.

Ricci, I. (1980, 1997). *Mom's house, Dad's house: making two homes for your child*. New York: Fireside.

Ross, J. & Corcoran, J. (1996). *Joint custody with a jerk*. New York: St. Martin's Press.

This book offers practical, workable ideas on how to share custody with an uncooperative co-parent.

Schaefer, A. (1986). *Co-dependence: misunderstood-mistreated*. New York: HarperCollins.

This book offers a thorough definition of codependency, a condition frequently identified in families where one or more members have active addictions. The book offers many strategies for self-care and prevention.

Schnarch, D. (1998). *The Passionate Marriage*. New York: Owl Books.

This is a challenging book about sex and marriage written for those who want more from marriage and life.

Shields, B. (2005). *Down came the rain*. New York: Christa, Inc.

Shield's book is a first-hand account of what it feels like to have postpartum depression, not know it, and move towards healing.

Spring, J. (1996). *After the affair*. New York: Harper Collins.

In the emotionally devastating aftermath of an affair, couples struggle to understand what happened. This book takes a well-balanced approach to explaining what leads to affairs, both emotional and physical, how to deal with the impact of the affair, and how to begin to reconstruct the primary relationship.

Traford, F. (1982, 1992). *Crazy time*. New York: HarperCollins.

A nice resource for navigating the difficult transition period following divorce.

Weisinger, H. (1985). *Dr. Weisinger's anger work-out book*. New York: William Morrow & Co.

This handbook offers a wealth of information about anger, an often misunderstood emotion. The author offers exercises that people will find useful in their efforts to enhance constructive problem-solving when experiencing anger.

Zilbergeld, B. (1999). *The new male sexuality*. New York: Bantam Books.

Zilbergeld discusses the physical, emotional and relational aspects of positive and healthy sexuality. The second half of the book provides strategies for addressing specific sexual problems such as erectile dysfunction and rapid ejacula-

Warshak, R. (2001). *Divorce poison: protecting the parent-child bond from a vindictive ex*. New York: Harper Collins.

Therapist's Choice for Motion Pictures

Baumbauch, F. (Director). (2006). *The squid and the whale*. Sony Pictures.

The realistic portrayal of far-reaching affects of a less than amicable divorce.

Thalberg, I. (Producer), & Wood, S. (Director). (1935). *A night at the opera*. United States: MGM.

Laughter and humor have been demonstrated to have beneficial effects on physical and mental health. This Marx Brothers movie is generally considered to be their funniest. It is consistently listed on film critics' lists of both the best and funniest movies of all time.

Capra, F. (Director). (1946). *It's a wonderful life*. United States: Liberty Films.

This movie helps us to see how things would be if we had never been born. Jimmy Stewart's character begins to question himself when adversity strikes hard. The movie reinforces hard work, good values, integrity, and the power of family.

Therapist's Choice for Fiction

Lamb, W. (1992). *She's come undone*. New York: Pocket Books.

This is a book about a female protagonist who endeavors to find the family that she needs. This heroine struggles with weight, loneliness and love.

Lamb, W. (1998). *I know this much is true*. New York: ReganBooks.

This is the story of the impact of serious mental illness on a sibling and a man's journey to grow up and learn to truly love another human being.

Berg, E. (2003). *Say when*. New York: Atria Books.

What appeared like a happy little family and a good marriage crumbles when a gently controlling man wakes up to find his dependable wife leaving him for another man. This novel is an honest portrayal of a not so rare scenario in present day marriages.

Therapist's Choice for children's books

Ford, M., Ford, S., Ford H., & Ford F. (2006). *My parents are divorced too: a book for kids by kids*. Washington, DC: Magination Press.

Girard, L & Friedman, J. (1987). *At daddy's on Saturday*. Illinois: Albert Whitman & Co.

This book is helpful in normalizing the changes that occur as a function of divorce.

Johnston, R., Breunig, M. & Garrity C. (1997) *Through the eyes of children: healing stories for children of divorce*. Washington, DC: Free Press.

Johnston is a world renowned psychologist and researcher in the effects of divorce on children.

Kransy, L. & Brown, M (1986). *Dinosaurs Divorce*. Fort Collins, CO: Little Brown & Co.

This is a classic book designed to help young children deal with their parents' divorce

Newman, G. (1988). *Helping your kids cope with divorce the sandcastles way*. New York: Random House.

Sandcastles has become a standard educational program for children of divorce used throughout the United States.

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