



RESOURCE GUIDE FOR WORKING WITH ADOLESCENTS

Boundaries

- **Boundaries** (Townsend and Cloud) also has with work book. Critique: Spiritual and religious overtones. But gives easy sensible information that most younger teens could learn from.
- **Unmasking Sexual Con Games 3rd edition** (Kathleen M. McGee and Laura J. Buddnberg) Critique: could be appropriate for some younger teens depending on maturity. Easy to read and understand. Focuses mainly on girls but could be adapted for boys. Provides worksheets and typical teen scenarios
- **Activity Manual for Adolescents** (Cheryl Karp, Traci Butler, and Sage Bergstrom) Critique: Teaches boundaries but also provides information on an array of topics such as trust, therapeutic issues and being safe

Self Esteem

- **Ready Set RELAX: A Research Based Program of Relaxation, Learning, and Self Esteem for Children** (Jeffrey S. Allen and Roger Klein)

Drug and Alcohol

- <http://www.streetdrugs.com>
- **AA and NA (text teen specific)**
- **A Gentle Path through the Twelve Steps: for all People in the Process of Recovery** (Patrick Carnes, Ph.D.) Guide with worksheets on how to work the 12 steps

Stress/ Anger Management

- **The Adolescent Self: Strategies for Self -Management, Self –Soothing, and Self Esteem in Adolescents** (David Wexler) Critique: Worksheets and advice on Reframing and working with the resistance. Should be used with therapist supervision
- **SOS Help for Emotions: Managing Anxiety, Anger, and Depression** (Lynn Clark, Ph.D.) Critique: Cognitive Behavioral, helps with identifying triggers and explaining behavior. Best for older teens but younger teens might also benefit
- **If God Cares Why Do I Still Have Problems** (Lloyd Ogilvie) Critique: Religious overtones. Could be helpful with deeply spiritual clients
- **When Living Hurt** (Sol Gordon) Anger and depression
- **Treating Anger, Anxiety, and Depression in Children and Adolescents**(Jerry Wilde PH.D) Critique: Cognitive Behavioral. Assessment and treatment book for therapist
- **Kids on the Brink: Understanding the Teen Suicide Epidemic** (Davis Bergman, M.D.) Critique: Old book but still pertinent to today. Would be good for therapist.
- **It Happens** (Julie Smith) Working with children dealing with adjustments
- **Group Exercises for Adolescents: A Manual for therapies** (Susan Carrell) has stress relief situations however also goes over an array of other issues

Trauma

- **How Long Does It Hurt: A Guide for Recovering from Incest and Sexual Abuse for teenagers, their friends, and their families** (Cynthia Mather with Kristina E. Debye) Critique: Written Specifically for teens with real accounts of abuse written by teens in their own words. Might not be appropriate for very young teens
- **Growing Beyond Survival: A Self Help Toolkit for managing traumatic stress** (Elizabeth Vermilyea, M.A.) Critique: Contains worksheets that could be use when working with teens. Could contain difficult reading for younger teens.
- **Sexual Assault of Children and Adolescents** (Ann Wolbert Burgess, Nicholas Groth, Lynda Lytle Holstrom, and Suzanne Sgroi) For therapist provides help for specifics problems such as assessment and incest cases
- **Sexual Assault of Children and Adolescents**
- **Treatment of Strategies and Abused Adolescents: From Victim to Survivor** (Cheryl Karp)
- **The Courage to Heal Workbook** (Laura Davis)
- **The Language of Letting Go** (Melody Beatle)
- **Trauma and Recovery** (Maxine Harris)
- **Transforming Trauma** (Anna Salter)
- **Therapeutic Exercises for Victimized and Neglected Girls** (Pearl Berman)
- **Sexual Assault Among Adolescents** (Suzanne Ageton) Critique : Statistics about Vulnerability
- **Sexual Trauma in Children and Adolescents:Dynamics and Treatment** (Diana Sullivan Everstine and Louis Everrstine) Assessment
- **Paper Dolls and Paper Airplanes:Therapeutic Exercises for Sexually Tramitized Children** (Geraldine Crisci, Marilyn, and Liana Lowenstein) Activities for children and teens
- **PTSD workbook** (Mary Beth Williams)
- **The Mourning Breaks** (Jan Hindman) Treatment worksheets and some center around holiday
- **A Guide for Teen Survivors: The Me that Nobody Knows** (Barbara Bean and Shari Bennett)
- **Back on Track: Boys Dealing with Sexual Abuse** (Leslie Bailey Wright and Mindy Loiselle) boys 10 and up
- **Growth and Recovery work books** (C/O Hunter House)
- **In Their Own Words: A Sexual Abuse Workshop for Teenage Girls** (Lulie Munson and Karen Risking)
- **It Happen to Me: A Teen’s Guide to Overcoming Sexual Abuse** (WM. Lee Carter)
- **Living with My Family: A workbook** (Wendy Deaton and Kendall Johnson) domestic violence
- **Managing Stress Through Art**
- **Shining Through: Pulling it together after sexual abuse**(Mindy Loiselle and Leslie Wright) girls 10 and up
- **My Body, My Self for Girls Workbook** (Lynda Madaras and Area Madaras)
- **My Body, My Self for Boys Workbook** (Lynda Madaras and Area Madaras)
- **www.trauma-pages.com**

- www.tfcbt.musc.edu
- www.samhsa.gov
- <http://girlsstudygroup.rti.org>
- www.cachildwelfareclearinghouse.org

Ice Breakers and team building

- **Silver Bullets: A Guide to Initiative Problems, Adventure Games and Trust Activities** (Karl Rohnke) Critique: A lot of outside activities that might not be appropriate for all agencies or all setting. Requires some physical activity. Might have to be certified for some things that are referenced

Healthy Peer Relationships

- **Safe People** (Townsend and Cloud) Make identifying sage people understandable. Religious overtones but could still be useful in explanations
- **Understanding and Preventing Dating Violence: a Guide for Teens and Parents** (Preventing Child Abuse America Publications) Critique: Pamphlet explaining dating violence. (Short easy to read and informative.
- **No is Not Enough: Helping Teenagers Avoid Sexual Assault** (Caren Adams, Jennifer Fay, and Jan Loreen-Martin) Information for Parents and teens. Might not be appropriate for some younger teens
- **The Teen Relationship Workbook** (Kerry Moles)

For Parents of Teens

- **Tough Love: How Parents Can Deal with Drug Abuse** (Pauline Neff) Critique: Different approaches to dealing with a child's drug abuse
- **Parents and Adolescents Part 1 The Basics** (Gerald Patterson and Marion Forgatch)
- **Positive Parenting from A-Z** (Karen Renshaw Joslin)
- **Protecting the Gift: Keeping Children and Teenagers Safe** (Gavin DeBecker)

Games

- **The Crisis Intervention Game** (Childs Work Childs Play) 2-6 Players Ages 8 to adult
- **Survivors Journey** (KidsRights) Sexual Abuse Ages 8 to adults www.KidsRight.com
- **Resiliency Bingo for Teens**(Wellness Reproduction and Publishing. LLC)
- **Dealing with Feeling Card Game** (Eric Plugokinski) www.feelingsfactory.com
- **Dr. Play Wells Worry Less Game** (ChildsPlay)
- **Feeling Cards** (Kidsrights)
- **Breakaway** (Kidsrights) antiviolence anti anger
- **The Empathy Game** (Childs work Child Play)
- **The Peace Path Game** (Lisa Barden)
- **The Talking Feeling Doing Game**(Richard Gardener) 4-15
- **Thoughts and Feeling** (Bright Spots)www.BrightSpotsGames.com