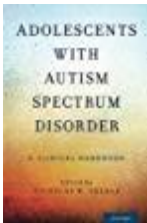


## Library and Knowledge Services

# Child and Adolescent Mental Health Services

### A selection of books from the four Trust libraries

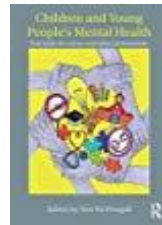
Books and E-Books\* can be accessed via the Library online catalogue at:  
<http://cwpt.wordpress.pfcs-europe.co.uk/> \*E-Books require an OpenAthens account.  
Contact your local library for more information or to request an Athens Account.



### Adolescents with autism spectrum disorder

Gelbar Nicholas

Adolescence is challenging, especially for those with Autism Spectrum Disorder (ASD), who face social isolation and engage in challenging behaviors during adolescence. There are extra mental health challenges like anxiety and depression, and are among the least likely to attend college, be employed, or live independently.



### Children and young people's mental health

McDougall Tim

The book explores best practice in a variety of settings and addresses issues such as eating disorders, self-harm, ADHD, forensic mental health issues and misuse of drugs and alcohol in children and young people, as well as child protection, clinical governance, safeguarding and legal requirements.



### The handbook of child and adolescent clinical psychology: a contextual approach

Carr Alan

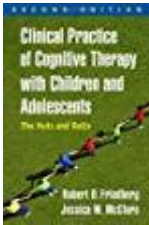
The book gives guidance on the management of problems encountered in clinical work with children and adolescents drawing on best practice in the fields of clinical psychology and family therapy.



### What Works for Whom? A Critical Review of Treatments for Children and Adolescents

Fonagy Peter

Chapters on frequently encountered clinical problems systematically review the available data, identify gaps in what is known, and spell out recommendations for evidence-based practice.



## Clinical practice of cognitive therapy with children and adolescents

Friedberg Robert,  
McClure Jessica

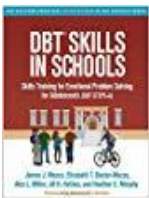
This book provides an introduction to cognitive-behavioural therapy (CBT) with 6- to 18-year-olds. The authors offer a blueprint for formulating cases and tailoring treatment to each child's or adolescents unique developmental and clinical needs. Coverage includes how to orient children and families to cognitive therapy, structure each session, and implement a range of CBT techniques.



## Clinical topics in child and adolescent psychiatry

Huline-Dickens Sarah.

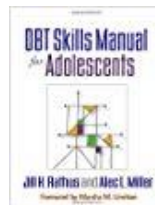
The authors bring the medical perspective to bear on psychopathology and demonstrate that our understanding of childhood psychiatric disorders, their origins and their treatments are improving. They write with a particular focus on four contemporary themes - continuity into adult life, the integration of biological and social aetiology, the influence of neuroscience, and the increasing use of research and evidence - and take into account recent changes in DSM-5.



## DBT skills in schools: skills training for emotional problem solving for adolescents (DBT STEPS-A)

Mazza James

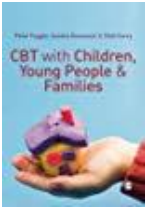
Dialectical behaviour therapy (DBT) skills have been effective in helping adolescents manage difficult emotional situations, cope with stress, and make better decisions. From leading experts in DBT and school-based interventions, this manual offers a nonclinical application of DBT skills. The book presents a social-emotional learning curriculum designed to be taught in grades 6-12.



## DBT skills manual for adolescents

Rathus Jill, Miller Alec

This manual provides indispensable tools for treating adolescents with emotional or behavioural problems of any level of severity. Clinicians are guided step by step to teach teens and parents five sets of skills: Mindfulness, Distress Tolerance, Walking the Middle Path, Emotion Regulation, and Interpersonal Effectiveness.



## **CBT with children, young people and families**

Fuggle Peter

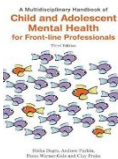
This book provides accessible knowledge and practice skills for professional staff working with troubled children and young people in real-world settings. Taking into consideration complex difficulties that do not always fit fixed length treatments, the authors take a much-needed realistic approach to applying CBT to childhood problems.



## **Anxiety disorders in children and adolescents**

Silverman Wendy, Field Andy

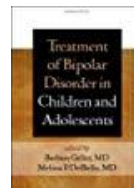
This book covers historical and conceptual issues, including cognitive and developmental processes, clinical and theoretical models, phenomenology and classification, and evidence-based assessment. Also covered are the biology of child and adolescent anxiety, and environmental influences including traumatic events, parenting and the impact of the peer group.



## **A multidisciplinary handbook of child and adolescent mental health for front-line professionals**

Parkin Andrew

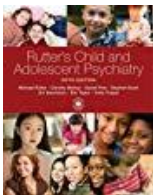
This handbook provides a succinct introduction to child mental health, covering the nature, prevalence, treatment and management of mental health problems in children and young people. Setting out ways in which young people can be supported by all practitioners in primary care, and covering early years through to late adolescence, the authors have created an invaluable resource for any front-line practitioner working in this area.



## **Treatment of bipolar disorder in children and adolescents**

Geller Barbara, DeBello Melissa

Advances in evidence-based treatment of pediatric bipolar disorder are reviewed. The status of widely used medications and psychosocial therapies are examined, and new horizons in tailoring treatment to individuals' profiles are explored. Strategies are discussed for addressing common co-occurring disorders in children and adolescents with bipolar disorder, treating preschoolers, targeting depressive symptoms, and improving early intervention and prevention.



## Rutter's child and adolescent psychiatry

Rutter Michael

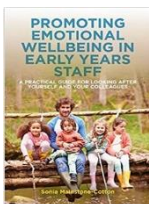
This book provides a coherent appraisal of the current state of the field to help trainee and practising clinicians in their daily work. It is both interdisciplinary and international, in its integration of science and clinical practice, and in its practical discussion of how researchers and practitioners need to think about conflicting or uncertain findings.



## Cognitive-behavioral therapy for social phobia in adolescents: stand up, speak out: therapist guide

Albano Anne Marie,  
DiBartolo Patricia

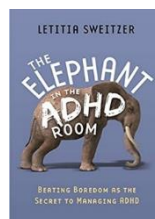
Anxiety in children and adolescents is normal at specific times in development. If anxieties become severe and interfere with daily activities, such as separating from parents, attending school and making friends, evidence shows that a treatment program based on the principles of CBT can help.



## Promoting Emotional Wellbeing in Early Years Staff

Mainstone-Cotton Sonia

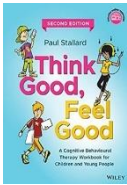
This is the first guide of its kind, offering succinct and practical guidance, tips and ideas for those working with young children on how to comfortably manage the pressures of their job, improve their work/life balance, and support the wellbeing of their colleagues. Easy to dip in and out of, this guide is an essential item for any early years staff room.



## The Elephant in the ADHD Room

Sweitzer Letitia

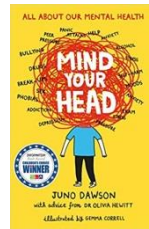
Boredom and boredom avoidance drive the behaviours of inattention, impulsivity, and hyperactivity - the diagnostic criteria of ADHD. This is the first ADHD resource to thoroughly explore the connection between the two. This book is full of innovative approaches that will help patients, students and clients beat boredom and engage with tasks and goals they want or need to achieve.



## Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People

Stallard Paul

Developed by the author and used extensively in clinical practice, *Think Good, Feel Good, Second Edition: A CBT Workbook for Children and Young People* starts by introducing readers to the origin, basic theory, and rationale behind CBT and explains how the workbook should be used. Chapters cover elements of CBT including identifying thinking traps; core beliefs; controlling feelings; changing behaviour and more.

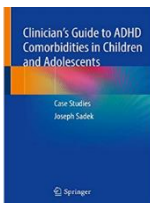


## Mind Your Head

Dawson Juno, Hewitt Olivia, Corell Gemma

We all need to take care of our mental health as much as our physical health.

And the first step is talking about our mental health. This is a frank, factual and funny book, with added information and support from clinical psychologist Dr Olivia Hewitt. Covering topics from anxiety and depression to addiction, self-harm and personality disorders, The authors talk clearly and supportively about a range of issues facing young people's mental health - whether fleeting or long-term - and how to manage them.



## Clinician's Guide to ADHD Comorbidities in Children and Adolescents

Sadek Joseph

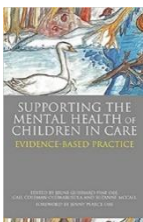
The diagnosis and management of ADHD co-occurring with other disorders such as anxiety, depression, tics and substance use remain major challenges for clinicians treating all age groups. This book guides clinicians through each step in the diagnosis and management of the comorbidity through essential case studies describing psychiatric disorders that frequently occur with child ADHD are well described in every case.



## The Gender Affirmative Model

Keo-Meier Colt

This warm and timely book provides mental health professionals with a guide to the Gender Affirmative Model, the leading approach for working with transgender and gender expansive children and their families. Using an easy-to-follow framework, readers will learn how to facilitate and enable children to live in their authentic gender with necessary social supports. The authors describe how to address distress and build resilience within children and families, while also strengthening awareness of the complex interplay of cultural factors with gender.



## Supporting the Mental Health of Children in Care

Guishard-Pine Jeune

Combining contemporary research with practice

findings, this book shows how we can improve the mental health of children in care.

Those committed to improving the mental health of children and young people in care, such as psychologists, psychiatrists, CAMHS professionals and social workers, will find this book an invaluable source of evidence and inspiration.

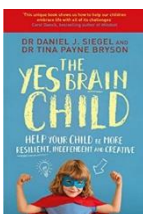


## The Reason I Jump: one boy's voice from the silence of autism

Higashida Naoki

Written by Naoki Higashida

when he was thirteen, this book provides an insight into the often baffling behaviour of autistic children. Naoki explains why he talks loudly or repeats the same questions, what causes him to have panic attacks, and why he likes to jump. He also shows the way he thinks and feels about his world - other people, nature, time and beauty, and himself. Proving that people with autism do possess imagination, humour and empathy, he also makes clear how badly they need our compassion, patience and understanding.



## The Yes Brain: help your child be more resilient

Siegel Daniel

This unique book shows us how to help our children embrace life with all of its challenges. It's a treasure chest of parenting insights and techniques



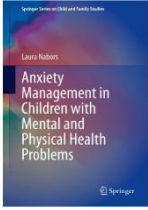
## ABC of Autism

Haroon Munib

*ABC of Autism* provides clinicians and medical students with a succinct, evidence-based overview

of the symptoms, evaluation, treatment, and management of autism in both daily practice and for ongoing patient support plans. This accessible and informative guide allows primary healthcare professionals to quickly reference the essential information required for appropriate patient care.

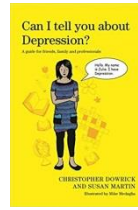




## Anxiety Management in Children with Mental and Physical Health Problems

Laura Anne Nabors

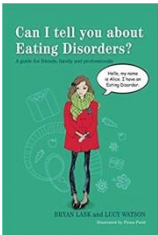
This book examines the implications of anxiety for children who have different types of comorbid mental health problems or chronic physical illnesses. It describes the differences between anxiety and fear in children and addresses how anxiety presents in children. The book presents ideas for treatment of anxiety in children and adolescents using examples and case studies.



## Can I tell you about Depression?

Dowrick Christopher,  
Martin Susan

Meet Julie - a women who suffers from periods of depression. Julie and her family help readers to understand what depression is, what it is like to feel depressed and how it can affect their family life. She explains how coping with depression can sometimes be very difficult but there is support and help available that can relieve the feelings of depression. This illustrated book is suitable for readers aged 7 upwards and shows anyone who knows someone affected by depression how they can offer support.



## Can I tell you about Eating Disorders?

Lask Bryan, Watson Lucy

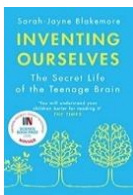
Meet Alice - a teenage girl with anorexia nervosa. Alice invites readers to learn about anorexia nervosa and how it makes her see herself differently from how other people see her. She also introduces readers to Beth who has bulimia nervosa, Sam who has selective eating problems, Francesca who has functional dysphagia and Freddie who has food avoidance emotional disorder. They explain why they find food difficult and how their eating disorders are different. This book shows how to support a young person with an eating disorder and encourages open conversations about eating disorders at school or at home.



## Avoiding Anxiety in Autistic Children

Beardon Luke

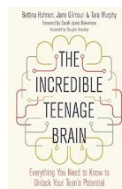
Dr Luke Beardon has put together an optimistic, upbeat and readable guide that will be essential reading for any parent to an autistic child, whether they are of preschool age or teenagers. Emphasising that autism is not behaviour, but at the same time acknowledging that there are risks of increased anxiety specific to autism, this practical book gives insight into the nature of the anxiety experienced by autistic people, as well as covering every likely situation in which your child might feel anxious or worried.



## **Inventing Ourselves: the Secret Life of the Teenage Brain**

Sarah-Jayne Blakemore

Up to the minute brain science from a world class scientist. Sarah-Jayne Blakemore explains how the adolescent brain transforms as it develops and shapes the adults we become.



## **The Incredible Teenage Brain: Everything You Need to Know to Unlock Your Teen's Potential**

Bettina Hohnen

This book is a must read for anyone parenting, teaching or supporting teens, who wants to empower them to reach their potential. Written by a team of clinical psychologists, it leads you through tried and tested strategies to build strong relationships and improve communication with young people as they develop, learn and grow.



## **Touch And Go Joe: A Teen's Experience of OCD**

Joe Wells

In this down-to-earth, fun and empowering book, Joe Wells talks about his teenage experience of OCD and all the coping mechanisms and treatment options that have worked for him. It's packed full of brilliant, honest advice for others struggling with this disorder, written by someone who understands what it's like to be a teen with OCD.

## **CWPT Library and Knowledge Services**

**Education Centre Library**  
St Michael's Hospital, Warwick  
Tel: 01926 406749  
[stmichaels.library@covwarkpt.nhs.uk](mailto:stmichaels.library@covwarkpt.nhs.uk)

**Brian Oliver Library**  
Brian Oliver Centre, Brooklands  
Tel: 0121 3294923  
[brooklands.library@covwarkpt.nhs.uk](mailto:brooklands.library@covwarkpt.nhs.uk)

**Health Sciences Library**  
Caludon Centre, Coventry  
Tel: 02476 932450  
[caludon.library@covwarkpt.nhs.uk](mailto:caludon.library@covwarkpt.nhs.uk)

**Manor Court Library**  
Manor Court Avenue, Nuneaton  
Tel: 02476 321561  
[manorcourt.library@covwarkpt.nhs.uk](mailto:manorcourt.library@covwarkpt.nhs.uk)

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Please complete a library registration form [here](#) or visit your local CWPT  
library.**