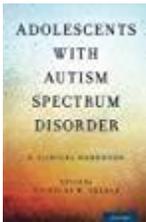


## Library and Knowledge Services

# Child and Adolescent Mental Health Services

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

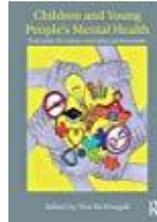
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#### **Adolescents with autism spectrum disorder**

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.

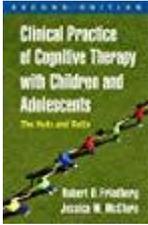


#### **What Works for Whom? A Critical Review of Treatments for Children and Adolescents**

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.

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## Clinical practice of cognitive therapy with children and adolescents

Friedberg Robert,  
McClure Jessica

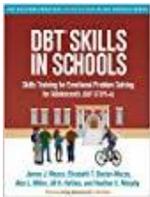
This book provides an introduction to cognitive-behavioural therapy (CBT) with 6- to 18-year-olds. The authors offer a blueprint for formulating cases and tailoring treatment to each child's or adolescents unique developmental and clinical needs. Coverage includes how to orient children and families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



## Clinical topics in child and adolescent psychiatry

Huline-Dickens Sarah.

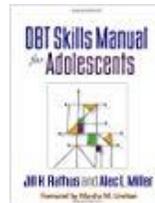
The authors bring the medical perspective to bear on psychopathology and demonstrate that our understanding of childhood psychiatric disorders, their origins and their treatments are improving. They write with a particular focus on four contemporary themes - continuity into adult life, the integration 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

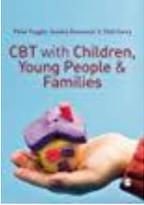
Dialectical behaviour therapy (DBT) skills have been effective in helping adolescents manage difficult emotional situations, cope with stress, and make better decisions. From leading experts in DBT and school-based interventions, this manual offers a nonclinical application of DBT skills. The book presents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



## **Cognitive behaviour therapy 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

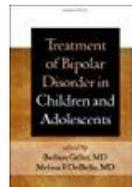
This book covers historical and conceptual issues, including cognitive and developmental processes, clinical and theoretical models, phenomenology and classification, and evidence-based assessment. Also covered are the biology of child and adolescent anxiety, and environmental influences including traumatic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



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

Dogra Nisha

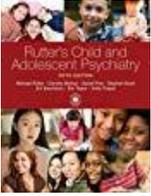
The authors explore issues like assessing and meeting the mental health needs of young people, specific mental health problems such as ADHD and learning difficulties, and legal aspects of working with child mental health. They also assess diversity issues and highlight practice issues. The book contains case studies and exercises, and outlines the services for children with mental health problems.



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

Geller Barbara, DelBello 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.



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## **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-behavioural 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.



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## **By their own young hand: deliberate self-harm and suicidal ideas in adolescents**

Hawton Keith, Rodham Karen

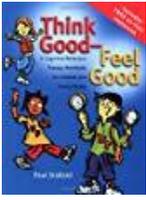
Self-harm in adolescents is a recognized problem, and there is growing awareness of the role schools and health services can play in detecting and supporting those at risk. The book explores the findings of the first large-scale survey of deliberate self-harm and suicidal thinking in adolescents in the UK, and draws the implications for prevention strategies and mental health promotion.



## **A clinician's guide to think good feel good: using CBT with children and young people**

Stallard Paul

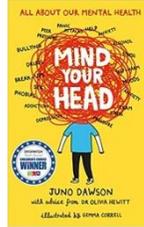
Designed for clinicians using the original workbook with children, it builds upon the workbook materials by offering guidance on all aspects of the therapeutic process and a range of case studies highlighting therapy in action. Topics include parent involvement, key cognitive distortions in children, formulations, challenging thoughts, guided discovery and the use of imagery.



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

Stallard Paul

Think Good — Feel Good is an exciting and pioneering new practical resource in print and on the internet for undertaking CBT with children and young people. The materials have been developed by the author and trialled extensively in clinical work with children and young people presenting with a range of psychological problems.

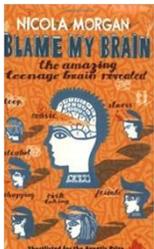


## Mind Your Head

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.



## Blame my Brain

Morgan Nicola

Contrary to popular (parental) opinion, teenagers are not the lazy, unpleasant - frankly, spotty - louts they

occasionally appear to be. During the teenage years the brain is undergoing its most radical and fundamental change since the age of two. Nicola Morgan's carefully researched, accessible and humorous examination of the ups and downs of the teenage brain has chapters dealing with powerful emotions, the need for more sleep, the urge to take risks, the difference between genders, the reasons behind addiction or depression, and what lies ahead.

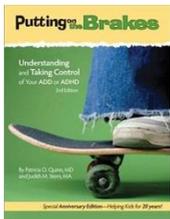


## Quiet the Mind

Johnstone Matthew

In a world where finding even ten minutes to 'do

nothing', the benefits of meditation can be profound. Meditation is a way of giving our brains a well-deserved break and can help our brains to function healthy and happily. This illustrated guide is an inspiring and practical book which shows you how to meditate without the need for uncomfortable lotus positions or prayer beads! With his gentle and insightful humour, Matthew's guide to meditation will enable you to feel more present, more youthful, have more energy and greater concentration, improve your mood and sleep more soundly.



## Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD

O'Quinn Patricia, Stern Judith

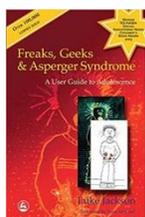
A go-to resource for kids, parents, and professionals looking for tips and techniques on managing attention disorders. Written by two nationally recognized ADHD experts. It is loaded with practical ways to improve organizational, focusing, studying, and homework skills and contains more strategies for making friends, controlling emotions, and being healthy. This book gives kids with ADHD tools for success in and out of school and helps them to be the best they can be.



## 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.



## Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence

Jackson Luke

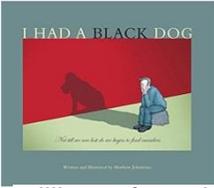
Have you been called a freak or a geek? Luke Jackson is 13 years old and has Asperger Syndrome. He has learned to laugh at such names but other aspects of life are more difficult.. Drawing from his experiences and his teenage brother and sisters, Luke wrote this honest and witty book to address difficult topics such as bullying, friendships, school problems, dating, relationships and morality. His main reason for writing was because many books are written about us, but none are written directly to adolescents with AS.



## The Curious Incident of the Dog in the Night-time

Haddon Mark

A murder mystery novel like no other. The detective, and narrator, is Christopher Boone. He is fifteen and has Asperger's Syndrome. He knows a very great deal about maths and very little about human beings. He loves lists, patterns and the truth. He hates the colours yellow and brown and being touched. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered he sets out on a terrifying journey which will turn his whole world upside down.



## I Had a Black Dog

Johnstone Matthew

There are many different breeds of Black Dog affecting

millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

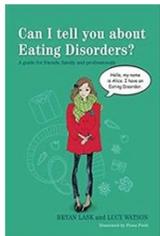


## Can I tell you about Depression?

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.

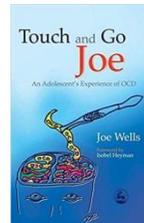


## Can I tell you about Eating Disorders?

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.



## Touch and Go Joe: An Adolescent's Experience of OCD

Wells Joe

16 year old Joe Wells suffers from Obsessive-Compulsive Disorder (OCD). He tells the story of his battle with OCD from its insidious beginnings at age 9 and increasingly intrusive symptoms, to diagnosis at age 12. Having struggled to keep the condition a secret for years, he now writes openly about OCD and how he battled to overcome it. This book is packed with advice and coping strategies, as well as first-hand accounts of available treatments such as cognitive behavioural therapy and medication. Touch and Go Joe gives an upbeat yet realistic look at the effect of OCD on adolescent life.

# CWPT Library and Knowledge Services

## Library Service Manager: Wendy Townsend

Tel. 01926 406749 [wendy.townsend@covwarkpt.nhs.uk](mailto:wendy.townsend@covwarkpt.nhs.uk)

## Outreach/Training Librarian: Andy Hough

Tel. 02476 932450 [andrew.hough@covwarkpt.nhs.uk](mailto:andrew.hough@covwarkpt.nhs.uk)

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### 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)

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### 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)

## Why not join our library and discover the full range of services we offer?

Please complete a library registration form and return to one of our libraries. This form is available on the intranet or in your local CWPT library.