

Amy E. Brown, MS, CAC, LPC, SAP
780 E. Market St #280 ~ West Chester, PA 19382
T 610 416 0793 ~ F 610 566 3274

Recommended Books

ADD/ADHD

ADHD: A Complete and Authoritative Guide (American Academy of Pediatrics) - Michael I. Reiff and Sherrill Tippins

Driven To Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood - Edward M. Hallowell and John J. Ratey

Organizing Solutions for People With Attention Deficit Disorder: Tips and Tools to Help You Take Charge of Your Life and Get Organized - Susan C Pinsky

Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder - Patricia O. Quinn and Judith M. Stern

Taking Charge of ADHD, Revised Edition: The Complete, Authoritative Guide for Parents - Russell A. Barkley

Taking Charge of Adult ADHD - Russell A. Barkley

Teenagers with ADD and ADHD: A Guide for Parents and Professionals - Chris A. Zeigler Dendy

The ADHD Effect on Marriage - Melissa Orlov and Edward M. Hallowell

The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out - J. Russell Ramsay and Anthony L. Rostain

The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents – Nancy A. Ratey

Understanding Girls with ADHD, Updated and Revised: How They Feel and Why They Do What They Do – Kathleen Nadeau and Ellen Littman

You Mean I'm Not Lazy, Stupid or Crazy?!: The Classic Self-Help Book for Adults with Attention Deficit Disorder - Kate Kelly and Peggy Ramundo

Anxiety and OCD

Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear, and Worry - Edmund J. Bourne, Ph.D.

Free Your Child from OCD - Tamar E. Chansky

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

The Anxiety & Phobia Workbook - Edmund J. Bourne, Ph.D.

The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder - Bruce M. Hyman, Ph.D.

Autism Spectrum Disorders

Asperger Syndrome and Difficult Moments: Practical Solutions for Tantrums, Rage and Meltdowns - Brenda Smith Myles and Jack Southwick

No More Meltdowns: Positive Strategies for Managing and Preventing Out-of-Control Behavior - Jed Baker, Ph.D.

Ten Things Every Child with Autism Wishes You Knew: Updated and Expanded Edition - Ellen Notbohm and Veronica Zysk

The OASIS Guide to Asperger Syndrome: Completely Revised and Updated - Patricia Romanowski Bashe, Barbara L. Kirby, and Tony Attwood

Behavioral Issues in Children

Don't Be Taken Hostage: A Workbook to Help You Survive Your Adolescent - John Jensen

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children - Ross W. Greene

Your Defiant Child: Eight Steps to Better Behavior - Russell A. Barkley and Christine M. Benton

Communication

How to Start a Conversation and Make Friends: Revised And Updated - Don Gabor

How to Talk So Kids Will Listen and Listen So Kids Will Talk - Adele Faber

Messages: The Communication Skills Book - Matthew Mc Kay, Martha Davis, and Patrick Fanning

The 5 Love Languages: The Secret to Love that Lasts -Gary Chapman

Depression and Bipolar Disorder

An Unquiet Mind: A Memoir of Moods and Madness – Kay Redfield Jamison

Beyond the Blues: A Workbook to Help Teens Overcome Depression - Lisa M. Schwab

Breaking the Patterns of Depression –Michael Yapko

Darkness Visible - William Styrom

Feeling Good: The New Mood Therapy – David D. Burns, MD

Helping Your Depressed Teenager: A Guide for Parents and Caregivers - Gerald D. Oster and Sarah S. Montgomery

I Don't Want to Talk About It : Overcoming the Secret Legacy of Male Depression – Terrence Real

More than Moody: Recognizing and Treating Adolescent Depression – Harold Koplewicz, MD

Overcoming Teen Depression: A Guide for Parents - Miriam Kaufman

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know - David J. Miklowitz

Shades of Blue: Writers on Depression, Suicide, and Feeling Blue –Amy Ferris (Ed.)

The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program - William J. Knaus,EdD and Albert Ellis,PhD

The Depression Workbook: A Guide for Living with Depression and Manic Depression - Mary Ellen Copeland

When Nothing Matters Anymore: A Survival Guide for Depressed Teens - Bev Cobain

Eating Disorders

Breaking Free from Emotional Eating – Geneen Roth

Help Your Teenager Beat an ED - James Lock, MD, Ph.D. and Daniel Le Grange, Ph.D.

Surviving an Eating Disorder - Michelle Siegel, Ph.D., Judith Brisman, Ph.D., and Margot Weinshe

The Eating Disorder Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders - Carolyn Costin

The Secret Language of Eating Disorders: How You Can Understand and Work to Cure Anorexia and Bulimia - Peggy Claude-Pierre

Grief

A Broken Heart Still Beats: After Your Child Dies- Anne McCracken and Mary Semel

How to Survive the Loss of a Love - Peter McWilliams and Harold H. Bloomfield

I Wasn't Ready to Say Goodbye - Brook Noel and Pamela Blair

Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love - Earl A. Grollman

Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart - Alan D. Wolfelt

When a Friend Dies: A Book for Teens about Grieving & Healing - Marilyn E. Gootman and Deborah Prothrow-Stith

Learning Differences

A Mind at a Time - Mel Levine

All Kinds of Minds: A Young Student's Book about Learning Abilities and Learning

Disorders – Mel Levine

Learning Outside The Lines: Two Ivy League Students with Learning Disabilities and ADHD Give You the Tools - Jonathan Mooney and David Cole

Overcoming Dyslexia: A New and Complete Science-Based Program for Reading Problems at Any Level – Sally Shaywitz M.D.

Parenting Issues

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself - Melody Beattie

Giving the Love That Heals: A Guide for Parents - Harville Hendrix and Helen Hunt

Reviving Ophelia: Saving the Selves of Adolescent Girls - Mary Pipher

Strong Mothers, Strong Sons: Lessons Mothers Need to Raise Extraordinary Men - Meg Meeker, MD

The Conscious Parent - Dr. Shefali Tsabary

Parenting Teens

Brainstorm: The Power and Purpose of the Teenage Brain - Daniel J. Siegel, MD

Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager - Anthony E. Wolf

Parents, Teens, and Boundaries: How to Draw the Line - Jane Bluestein, Ph.D.

Staying Connected to Your Teenager: How to Keep Them Talking to You and How to Hear What they're Really Saying - Michael Riera

Stop Negotiating with Your Teen: Strategies for Parenting Your Angry, Manipulative, Moody, or Depressed Adolescent - Janet Sasson Edgette

Self-harm

A Bright Red Scream: Self-Mutilation and the Language of Pain - Marilee Strong

Cutting: Understanding and Overcoming Self-Mutilation - Steven Levenkron

Helping Teens Who Cut: Understanding and Ending Self-Injury - Michael Hollander
PhD

When Your Child Is Cutting: A Parent's Guide to Helping Children Overcome Self-injury
- Merry E. Mc Vey-Noble, Ph.D., Sony Khemlani-Patel, Ph.D., and Fugen Neziroglu

Women Who Hurt Themselves: A Book Of Hope And Understanding – Dusty Miller

Sexuality

Beyond Acceptance: Parents of Lesbians & Gays Talk About Their Experiences -
Carolyn W. Griffin

GLBTQ: The Survival Guide for Queer and Questioning Teens - Kelly Huegel

Raising Your Sexual Self-Esteem - Beverly Engel

*The Full Spectrum: A New Generation of Writing About Gay, Lesbian, Bisexual,
Transgender, Questioning, and Other Identities* –David Levithan and Billy Merrell

Transgender 101: A Simple Guide to a Complex Issue - Nicholas M Teich

Understanding Asexuality - Anthony F. Bogaert

Substance Abuse

*Helping Your Chemically Dependent Teenager Recover: A Guide for Parents and Other
Concerned Adults* - Peter R. Cohen

Living Sober – Anonymous

Rational Recovery: The New Cure for Substance Addiction – Jack Trimpey

Recovering Our Children: A Handbook for Parents of Young People in Early Recovery -
John C Cates and Jennifer Cummings

Recovery Options: The Complete Guide - Joseph Volpicelli and Maia Szalavitz

Relapse Prevention Counseling Workbook: Managing High-Risk Situations -Terence T.
Gorski

SMART Recovery 3rd Edition Handbook Workbook– -Rosemary Hardin (Editor)
and Dr. William Abbott

Substance Abuse in Adolescents and Young Adults: A Guide to Treatment - Joseph Nowinski

The Thinking Person's Guide to Sobriety - Bert Pluymen

Trauma and Recovery

8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing - Babette Rothschild

Abused Boys: The Neglected Victims of Sexual Abuse - Mic Hunter

Getting Through the Day - Help for Adults Who Were Hurt as Children - Nancy Napier

Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT - Sheela Raja and Susan M. Orsillo

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma - Bessel van der Kolk

The Me Nobody Knows: A Guide for Teen Survivors - Barbara Bean and Shari Bennett

Trauma and Recovery: The Aftermath of Violence-from Domestic Abuse to Political Terror - Judith Herman

Trauma Essentials: The Go-To Guide – Babette Rothschild

Victims No Longer: The Classic Guide for Men Recovering from Sexual Child Abuse - Mike Lew

Waking the Tiger: Healing Trauma – Peter A. Levine