

**Interdisciplinary Child Study Group
Book Resource List for
SOCIAL EMOTIONAL DEVELOPMENT**

Title	Author	Remarks	Category
The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder	Demitri Papolos, MD & Janice Papolos		Bipolar
The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind	Daniel J. Siegel and Tina Payne Bryson	Clear resource for parents (with comic-strip brief explanations for children) about how the brain	
Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children	Linda Lantieri and Daniel Goleman	Resource for parents that provides ways to cultivate increased mindfulness and ease in children	
The Explosive Child: A new Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children	Ross Greene	Provides a compassionate and intelligent explanation of children's difficulties, modulation	
The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness	Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn	Book & CD. For colleagues and adult patients. Provides an understanding of the recurrent	
FreeingYourChild.com	Tamar Chansky	great website with many resources to address anxiety & depression in children	
What About the Kids	Judy Wallerstein & Sandra Blakeslee	book on helping parents think about kids' needs before, during and after divorce	
Radical Acceptance	Tara Brach		
When Things Fall Apart	Pema Chodren		
Summit Psychological Services		Mindfully based stress reduction groups (for adults)	
Lost at School	Ross Greene		
NJ-ACT		offers excellent speakers on CBT	
Healing Parents: Helping Wounded Children Learn to Trust & Love	Orlans & Levy		
The Connected Child	K. Purvis		
Beyond Consequences	H. Forbes		

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Therapeutic Parenting YouTube Videos	Christine Moers		
The Brain that Changes Itself	N. Doidge		
The Pulling Hair Habit & You		child/preteen self help, trichotillomania	
A set of pictures of children with different emotions, both to help less verbal kids identify their feelings and socially disordered kids to learn to read cues	Adam Price		
Curiously Social Socially Curious	Michelle Garcia Winner & Pamela Cooke		
The Little Engine that Could			
The Meanest Thing to Say	Bill Cosby	bullying	