

Favorite Counseling Resources for School Setting

Professional Resources:

- Cognitive-Behavioral Interventions in Educational Settings: A Handbook for Practice (2nd Ed). By Mennuti, Christner, & Freeman. Routledge Publishing (2012). \$55.00 (Kindle version also)
- Cognitive Therapy for Adolescents in School Settings (2011) By Creed, Reisweber, Beck. \$35.00
- Identifying, Assessing, and Treating PTSD at School (2009). By A. Nickerson, M. Reeves, S. Brock, S. Jimerson. \$57.00
- Understanding and Addressing Children's Grief Issues (2008). By Opalweski, D. & Belaski, J. \$17.00 (activities in back of book)
- Understanding and Addressing Adolescent Grief Issues (2007). By Opalweski, D. & Belaski, J. \$18.00 (activities in back of book)
- Suicide in Schools (2015) . By Erbacher, Singer, Poland. \$40.00 (free online forms)
- Identifying, Assessing, and Treating Self-Injury at School by Miller and Brock (2010). \$40.00

Activity Books:

- Thinking, Feeling, Behaving: An Emotional Education Curriculum for Children/Grades 1-6, Revised Ed. by Ann Vernon. \$34.00
- Thinking, Feeling, Behaving: An Emotional Education Curriculum for Adolescents, Grades 7-12, Revised Ed. (Book and CD) by Ann Vernon. \$34.00
- The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence by Lara Honos-Webb. \$12.00
- The ADHD Workbook for Kids by Lawrence Shapiro. \$11.00
- The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry by L. Schab \$12.00
- Starving the Anger Gremlin: A Cognitive Behavioural Therapy Workbook on Anger Management for Young People by Kate Collins-Donnelly. \$19.00
- The Anger Workbook for Teens by R. Lohmann (book and eBook). \$11.00
- The Bullying Workbook for Teens: Activities to Help You Deal with Social Aggression and Cyberbullying by R. Lohmann \$12.00
- The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals by L. Schab \$12.00

Curriculums:

- Worried No More: Help and Hope for Anxious Children, by Aureen Pinto Wagner. \$15
- Coping Cat Workbook (Elementary age) – 2nd Ed. by P. Kendall & K. Hedtke. Approx. \$27.00
- The C.A.T. Project Workbook (Adolescents) - by P.Kendall, et al. \$25.00
- Camp Cope-A-Lot – prices start at \$200; varies according to package purchased
- CBITS: Cognitive Behavioral Intervention for Trauma in Schools by J. Wilcox \$50 (<http://cbitsprogram.org/> - home page for program); free online training program
- Kimochis: Social and Emotional Learning Curriculum - www.kimochiseducation.tumblr.com
- Stress Free Kids Curriculum – Stress Management Plans for Teachers, Counselors, Parents; Research-based techniques for reducing anxiety, stress, anger and increased self-esteem by Lori Lite; www.stressfreekid.com

Bibliotherapy Books: Topics include managing and overcoming: Anxiety, Anger, Depression, OCD, Negativity, Bad Habits, Grief, etc...

- Dawn Huebner – <http://www.dawnhuebnerphd.com/Books.aspx>
- Julia Cook – <http://www.juliacookonline.com/books/> (many have accompanying activity books)

**prices are approximate as will vary according to various websites*

Games:

- Mad Dragon: An Anger Control Card Game – TherapyGameHQ.com
- Hidden Rules Cards with Friends (card game) - Lawrence Shapiro, Ph.D. – Childswork, ChildsPlay; www.guidance-group.com; 1-800-962-1141
- Operation Breaking the Boy Code Card Game (grades 3-5) – Youth Light Inc., www.youthlight.com, 1-800-209-9774
- You and Me Card Game (social awareness) - Lawrence Shapiro, Ph.D. - Childswork, ChildsPlay; www.guidance-group.com; 1-800-962-1141

*Note: This is not an all-exhaustive list but those resources I have used or have come recommended to me by colleagues