



Recommended Reading

What Works with Teens: A Professional's Guide to Engaging Authentically with Adolescents to Achieve Lasting Change

Britt H. Rathbone & Julie B. Baron: New Harbinger Publications .

Working with Adolescents: A Guide for Practitioners, Clinical Practice with Children, Adolescents, and Families

Julie Anne Laser & Nicole Nicotera: Guilford Press Publishers

Raising an Emotionally Intelligent Child

John Gottman & Joan DeClaire: Prentice Hall & IBD Publishers

Unhappy Teenagers A Way for Parents and Teachers to Reach Them

William Glasser: HarperCollins Publishers

Adolescent Psychotherapy: A Radical Relational Approach

Bronagh Starrs: Routledge Publishers

Evidence Based Psychotherapy with Adolescent: A Primer For New Clinicians

Joanna Ellen Bettmann: OUP USA Publishers

Cover Up Understanding Self-Harm

Joan Freeman: Veritas Publications

Overcoming Self Harm and Suicidal Thoughts, A Practical Guide for the Adolescent Years

Liz Quish: Hammersmith Health Books Publisher

The Suicidal Mind

Edwin S. Shneidman: Oxford University Press Publishers

The Polyvagal Theory on Therapy: Engaging the Rhythm of Regulation

Deb Dana: W. W. Norton & Company Publishers

A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma

Dr. Karen Treisman: Jessica Kingsley Publishers

Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation

Janet Fisher: Routledge Publishers



Trauma-informed Practices with Children and Adolescents
William Steele, & Cathy Malchiodi: Routledge Publishers

Cognitive Behavioural Therapy for Adolescents and Young Adults
Lawrence Howells: Routledge Publishers

Motivational Interviewing with Adolescents and Young Adults
Sylvia Naar King & Mariann Suarez: Guilford Press Publishers

Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance
Patricia C. Broderick: New Harbinger Publications.

The Mindfulness Matters Program for Children and Adolescents: Strategies, Activities, and Techniques for Therapists and Teachers
Randye J. Semple & Christopher Wilard: Guilford Press Publishers

SandPlay Therapy: A Step by Step Manual For Psychotherapists of Diverse Orientations
Barnara Labovitz Boik & E. Anna Goodwin: Norton & Company Publishers

Sandtray Therapy: Everything You Need To Know To Start Using Sandtray Therapy With Your Clients Today
Michael Elliot Schlein: CreateSpace Independent Publishing

Contemporary Art Therapy with Adolescents
Shirley Riley: Jessica Kingsley Publishers

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