



## Recommended Reading List

### **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**

Randy 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

If you would like to review a text for your book review assignment that is not on the recommended reading list please email Liz the name and author of the text so she can review to ensure its meets the philosophy of the programme.

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