

Resource List

The Social and Emotional Needs of Advanced-Level Learners: Strategies for Parents

- Adelson, J. L. & Wilson, H. E. (2009). *Letting go of perfect: Overcoming perfectionism in kids*. Waco, TX: Prufrock Press.
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- Galbraith, J. & Delisle, J. *Gifted kids' survival guides*. Minneapolis, MN: Free Spirit.
- Gilman, B. (2003). *Empowering gifted minds: Educational advocacy that works*. Denver, CO: DeLeon.
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- Peterson, J. S. (1995). *Talk with teens about feelings, family, relationships and the future*. Minneapolis, MN: Free Spirit.
- Piechowski, M. (2006). "Mellow out" they say. *If I only could: Intensities and sensitivities of the young and bright*. Madison, WI: Yunasa Books.
- Ruf, D. (2005). *Losing our minds: Gifted children left behind*. Scottsdale, AZ: Great Potential Press.
- Silverman, L. (ED.)(1993). *Counseling the gifted & talented*. Denver: Love Publishing.
- Smutny, J. F. (2001). *Stand up for your gifted child*. Minneapolis, MN: Free Spirit.

Webb, J., Amend, E., Webb, N., Goerss, J., Beljan, P., & Olenchak, R. (2005). *Misdiagnosis and dual diagnoses of gifted children and adults: ADHD, Bipolar, OCD, Asperger's, Depression, and other disorders*. Scottsdale, AZ: Great Potential Press.

Webb, J., Gore, J., Amend, E., DeVries, A. (2007). *A parent's guide to gifted children*. Scottsdale, AZ: Great Potential Press.

Magazines

Understanding Our Gifted
Open Space Communications, Inc.
1900 Folsom, Suite 108
Boulder, CO 80302
1-800-494-6178

The Journal of Advanced Academics
Gifted Child Today Magazine
Creative Kids
Prufrock Press
P.O. Box 8813
Waco, TX 76714-8813
1-800-998-2208

Parenting for High Potential
Gifted Child Quarterly
National Association for Gifted Children
1707 L Street NW, Suite 550
Washington, DC 20036
202-785-4268
www.nagc.org

Roeper Review
P.O. Box 329
Bloomfield Hills, MI 48303
248-203-7321

2e Twice Exceptional Newsletter
Contact: Linda Newman, Mark Bade
www.2eNewsletter.com
email: info@2eNewsletter.com
630-293-6798

Harvard Mental Health Newsletter
10 Shattuck St., 2nd Floor
Boston, MA 02115
mental_letter@hms.harvard.edu

Resources on Anxiety/Stress and Parenting

Allen, J. & Klein, R. (1996). *Ready...Set...R.E.L.A.X.* Watertown, WI: Inner Coaching.

Apter, T. (1997). *The confident child: Raising children to believe in themselves*. New York: W.W. Norton & Company.

Bassett, L. (1995). *From panic to power*. New York: HarperCollins.

Bothmer, S. (2003). *Creating the peaceable classroom: Techniques to calm, uplift, and focus teachers and students*. Tucson, AZ: Zephyr Press.

Brooks, R. & Golstein, S. (2001). *Raising resilient children*. New York: Contemporary Books.

Brown, S. (2009). *Play: How it shapes the brain, opens the imagination, & invigorates the soul*. New York: Penguin.

Buck, N. (2009). *Why do kids act that way? The instruction manual parents need to understand children at every age*. Chestertown, RI: Peaceful Parenting.

Buck, N. (2002). *Peaceful parenting*. Chestertown, RI: Peaceful Parenting.

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- Chansky, T. (2004). *Freeing your child from anxiety*. Broadway Books.
- Christ, J. J. (2004). *What to do when you're scared & worried: A guide for kids*. Minneapolis, MN: Free Spirit.
- Cooper, S. (2000). *Sticks and Stones: 7 ways your child can deal with teasing, conflict, and other hard times*. New York: Three Rivers Press.
- Faber, A. & Mazlish, E. (1999). *How to talk so kids will listen & listen so kids will talk*. New York: HarperCollins.
- Fox, J. (2008). *Your child's strengths: A guide for parents and teachers*. New York, NY: Penguin.
- Foxman, P. (2004). *The worried child: Recognizing anxiety in children and helping them heal*. Alameda, CA: Hunter House.
- Greene, R. (2008). *Lost at school*. New York: Scribner.
- Hipp, E. (1996). *Fighting invisible tigers: A stress management guide for teens*. Minneapolis, MN: Free Spirit.
- Hallowell, E. (2002). *The childhood roots of adult happiness: Five steps to help kids create and sustain lifelong joy*. New York: Ballantine Books.
- Kurcinka, M. S. (1991). *Raising your spirited child*. NY: HarperCollins.
- Last, C. G. (2006). *Help for worried kids: How your child can conquer anxiety and fear*. New York: Guildford Press.
- Moser, A. (1991). *Series of Self-Esteem Books*. Kansas City, MO: Landmark Editions.
- Payne, K. J. (2009). *Simplicity parenting: Using the extraordinary power of less to raise calmer, happier, and more secure kids*. New York: Ballantine.
- Rapee, R. M., Spence, S.H., Cobham, V., & Wignall, A. (2000). *Helping your anxious child*. Oakland, CA: New Harbinger.
- Romain, T. and Verdick, E. (2000). *Stress can really get on your nerves*. Minneapolis, MN: Free Spirit.
- Romain, T. and Verdick, E. (1997). *How to do homework without throwing up*. Minneapolis, MN: Free Spirit.
- Sapolsky, R. (2004). *Why zebras don't have ulcers: The acclaimed guide to stress, stress-related diseases, and coping*. New York: Henry Holt and Company.
- Schneider, M. F. (1994). *Help! My teacher hates me*. New York: Workman.
- Seligman, M. E. (2007). *The optimistic child*. New York: Houghton Mifflin.
- Siegal, B. (2006). *Love, magic & mudpies: Raising your kids to feel loved, be kind, and make a difference*. New York: Rodale.
- Taylor, J. (1990). *Correcting without criticizing: A practical guide for parents*. Monmouth, OR: A.D.D. Plus.
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Vizzini, N. (2000). *Teen angst? Naaah...* Minneapolis, MN: Free Spirit.

Wehrenberg, M. (2008). *The 10 best-ever anxiety management techniques*. New York: W. W. Norton.

Zucker, B. (2009). *Anxiety-free kids: An interactive guide for parents and children*. Waco, TX: Prufrock Press.

Depression and Suicide

Appleby, M., & Condonis, M. (1990). *Hearing the cry*. Sydney: Rose Educational Training and Consultancy.

Blauney, S. R. (2002). *How I Stayed Alive When My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention*. New York: HarperCollins.

Cross, T. L., Gust-Brey, K., & Ball, R. B. (2002). A psychological autopsy of the suicide of an academically gifted student: Researchers' and Parents' Perspectives. *Gifted Child Quarterly*, 46 (4), 247-259.

Cytryn, L. & McKnew, D. *Growing up sad: Childhood depression and its treatment*. New York: W.W. Norton & Company.

Fassler, D., & Dumas, L. (1997). *"Help me. I'm sad." Recognizing, treating and preventing childhood and adolescent depression*. New York; Putnam Books.

James, J. & Friedman, R. (2001). *When children grieve*. New York: HarperCollins.

Koplewicz, H. *More Than Moody: Recognizing and Treating Adolescent Depression*.

Papolos & Papolos. (1992). *Overcoming Depression*.

Portner, J. (2001). *One In Thirteen: The Silent Epidemic of Teen Suicide*. Beltsville, MD: Robins Lane Press.

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Websites:

www.stress.org

www.worrywisekids.org

www.keepingkidshealthy.com

www.nifplay.org (The National Institute for Play)

www.amenclinics.com (Daniel Amen site with emphasis on brain imaging)

www.chaange.com (website for CHAANGE program and therapist anxiety network)

www.creativetherapystore.com (therapy supplies and games)

www.drfoxman.com (Paul Foxman's website)

www.ocfoundation.org (Obsessive-Compulsive Foundation)

www.mindfulparent.org (mindfulness applied to parenting)

www.umassmed.edu/cfm/mbsr (mindfulness-based stress reduction)

www.wilddivine.com (The Journey to Wild Divine neurofeedback game)

