

# Books and Materials

Jon Carlson, Column Editor

The purpose of this column is to bring to your attention books and materials that might be useful to you in your work or personal growth. If you know of any item that would be of interest to our readers or wish to have materials reviewed in this column, please write Jon Carlson, Route 4 Box 492, Lake Geneva, WI 53147.

Call, J. D., Noshpitz, J. D., Cohen R. L., & Berlin, I. N. (Eds.) *Basic handbook of child psychiatry: Volume 1 - Development*. New York: Basic Books, 1979

Noshpitz, J. D. (Ed.) *Basic handbook of child psychiatry: Volume 2 - Disturbances in development*. New York: Basic Books, 1979.

Harrison, S. I. (Ed.) *Basic handbook of child psychiatry: Volume 3 - Therapeutic interventions*. New York: Basic Books, 1979.

Berlin, I. N., & Stone, L. A. (Eds.) *Basic handbook of child psychiatry: Volume 4 - Prevention and current issues*. New York: Basic Books, 1979.

A comprehensive series that covers the wide array of specialized practices involved in child psychiatry. The major themes are normal development, pathology, therapy, and prevention. An excellent reference for today's helping professional.

Anderson, B. *Stretching*. Bolinas, CA: Shelter Publications (distributed by Random House), 1980.

This book presents a complete and thoroughly illustrated program for conditioning the body and mind through simple stretching activities. Programs for everyday fitness and most sports.

Bandler, R. & Grinder, J. *Frogs into princess: Neuro linguistic programming*. Moab, Utah: Real Peoples Press, 1979.

This is must reading. Neuro linguistic programming is an explicit and powerful model of human behavior and communication.

Bateson, G. *Mind and nature: A necessary unity*. New York: E.P. Dutton, 1979.

This is a book of astonishing wisdom and profound insights. It will have a lasting effect on our world, now and in the future.

Bolton, R. *People skills*. Englewood Cliffs, NJ: Prentice-Hall, 1979.

How to assert yourself, listen to others and resolve conflicts. A practical communication-skills handbook.

Campbell, S. M. *The couple's journey: Intimacy as a path to wholeness*. San Luis Obispo, CA: Impact, 1980.

A positive approach in helping men and women find their way through the ups and downs of a relationship. Valuable information for couple's counseling.

Carroll, A. W. *Personalizing education in the classroom*. Denver: Love Publishing Co., 1975.

Developed for the special education setting but it has many useful ideas and strategies for the regular classroom.

Donaldson, M. *Children's minds*. New York: W.W. Norton, 1978.

A wide range of strategies that parents and schools can adopt to help children learn. The author questions much of the intellectual framework on which we base our teaching.

Dryer, S. S. *The bookfinder: A guide to children's literature about the needs and problems of youth aged 2 - 15*. Circle Pines, MN: American Guidance Service, 1977.

A reference work that describes and categorizes 1031 current children's books according to more than 450 psychological, behavioral, and developmental topics of concern to children and young adolescents aged 2 through 15. An important tool for classroom guidance and bibliotherapy.

Duncan, T. R., & Duncan, D. *You're divorced, but your children aren't*. Englewood Cliffs, NJ: Prentice-Hall, 1979.

This book helps parents understand divorce and its impact upon themselves and family. Helpful suggestions are provided for assisting children through this period of transition.

Dyer, W. W., & Vriend, J. *Group counseling for personal mastery*. New York: Sovereign Books, 1980.

A well written and practical book on how to work with groups. The information is applied to groups in settings other than schools.

Gazda, G. M. *Group counseling: A developmental approach*. (2nd Ed.) Boston: Allyn and Bacon, 1978.

A developmental approach detailing basic concepts, theories, and specific strategies for working with three distinct age groups—young children, pre-

adolescents, and adolescents and adults. The book is comprehensive in its application to varied settings—family, career, classroom.

Jamplosky, G.G. *Love is letting go of fear*. Millbrae, CA: Celestial Arts, 1979.

An insightful book based upon the material from *A Course in Miracles*. The daily exercises provide an effective way to experience alternate realities.

Jenkins, J. K., & MacDonald, P. *Growing up equal: Activities and resources for parents and teachers of young children*. Englewood Cliffs, NJ: Prentice-Hall, 1979.

A picturebook of resources and suggestions to help children develop in a non-sexist environment.

Jernberg, A. M. *Theraplay*. San Francisco: Jossey-Bass Publishers, 1979.

Presents a new short-term approach to teaching the problem child (e.g. depression, hyperactivity, learning difficulties and other emotional problems). Theraplay techniques use structured play to convey a combination of love and authority without permissiveness to promote the growth of competence and trust in the child.

Joy, W. B. *Joy's way: A map for the transformational journey*. Los Angeles: JP Tarcher, 1978.

An introduction to the potentials for healing with body energies. Includes a fascinating story of the author's personal transformation.

Keat, D. B., & Gurney, L. *HELPING your child*. Falls Church, VA: APGA Press, 1980.

To be read by everyone involved with the raising of children between 5 and 15 years of age. The multi-model approach is practical and concise.

Leefeldt, C., & Callenbach, E. *The art of friendship*. New York: Pantheon, 1979.

The authors offer sound, straightforward, and useful advice on resolving conflicts in friendships, seeking new friends, and remaining creatively aware of old ones.

Logen, S. M., & Diamont, B. *Parent conferences in the schools: Procedures for developing effective partnerships*. Boston: Allyn and Bacon, 1978.

Some strategies and procedures for working with parents as partners towards the early identification and remediation of learning problems.

Miller, E. E., & Lueth, D. *Feeling good: How to stay healthy*. Englewood Cliffs, NJ: Prentice-Hall, 1978.

Procedures to help maintain health, deal with tension and stress, and enjoy leisure time. A helpful book for counselor and client.

Oaklander, V. *Windows to our children. A Gestalt therapy approach to children and adolescents.* Moab, Utah: Real People Press, 1978.

Dr. Oaklander's deep sensitivity and understanding of children is apparent. Chocked-full of useful interventions.

Otto, H. A., & Knight, J. W. (Eds.) *Dimensions in wholistic healing: New frontiers the treatment of the whole person.* Chicago: Nelson-Hall, 1979.

A useful survey packed with information provided by some of today's leading authorities and practitioners in the field of wholistic health.

Rosen, S. *Weathering: How the atmosphere conditions your body, your mind, your moods—and your health.* New York: M. Evan 1979.

This book offers meaningful insights into weather changes and their impact on the way people feel and behave.

Schaefer, C. *How to influence children: A handbook of parenting skills.* New York: Van Nostrand Reinhold Co., 1979.

A good practical manual of parenting skills. Well written and straightforward.

Schmuck, R. A., Runkel, P. J., Arends, J. H., & Arends, R. I. *The second handbook of organization development in schools.* Palo Alto, CA: Mayfield Pub. Co., 1977.

The most comprehensive volume available on this important topic.

Twiford, R. *A child with a problem: A guide to the psychological disorders of children.* Englewood Cliffs, NJ: Prentice-Hall, 1979.

A guide that will help counselors recognize and understand the psychological disorders that afflict children from birth through adolescence. A good introductory book to share with parents and teachers.

Walton, F. X. *Winning teenagers over in home and school.* Adlerian Child Care Books, P.O. Box 210206, Columbia, S.C. 29221, 1980.

Another practical booklet by the co-author of *Winning Children Over*. The material has value for the professional and lay person.

Woolfolk, A. E., & Nicolich, L. M. *Educational psychology for teachers.* Englewood Cliffs, NJ: Prentice-Hall, 1980.

An excellent basic textbook. A variety of theoretical approaches as well as many practical strategies are included.

Wright, L. *Parent power: A guide to responsible childrearing*. New York: William Morrow, 1980.

A commonsense parenting book that encourages parents to take more responsibility for the direction of their children's lives. Some good ideas.

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*You can not step twice into the same river; for fresh waters are ever flowing upon you.*

—Heraclitus

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