



THE 38TH SUMMER INSTITUTE 2009



PARTNERSHIPS: Changing The World

Resource List

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This Resource Guide is provided to our participants who want to learn more about the topics discussed during workshops at the 38th Summer Institute. All references have been suggested by Summer Institute Faculty.

Legal Disclaimer:

The information and publications contained in the Resource List does not necessarily reflect the views or opinions of the Division of Mental Health and Substance Abuse or the Department of Health and Social Services, and should not be construed as such. Further, the Resource List is a compilation of information and is guided by the faculty of the Summer Institute. This Resource List, which is based upon input from this-year's faculty, should not be considered to be comprehensive or all-inclusive.



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ABUSE AND VIOLENCE

ORGANIZATIONS

National Domestic Violence Hotline
1-800-799-SAFE

National Teen Dating Abuse Helpline
1-866-331-9474

Delaware's 24 Hour Domestic Violence Hotlines
New Castle County
Child Inc.'s Domestic Violence Program:
302-762-6110

Kent & Sussex Counties
Families In Transition at People's Place II:
302-422-8058

Sussex County
Abriendo Puertas Bilingual Hotline:
302-745-9874

Delaware Coalition Against Domestic Violence
100 W. 10th St. Suite 703
Wilmington, DE 19801
www.dcadv.org
(302)658-2958

Appoquinimink Counseling Services, LLC
11 Crawford Street 2nd Floor
Middletown, Delaware 19709
(302) 898-1616
www.appocounseling.com

Delaware's Domestic Violence and Victims' Rights Task Force Prevention Subcommittee
www.safeandrespectful.org
Jennifer Sellitto-Penoza:
jpenoza@childinc.com
(302) 254-5528

PUBLICATIONS

Campbell, Jacquelyn C., PhD, RN, FAAN, Editor.
Assessing Dangerousness; Violence by Batterers and Child Abusers, Second Edition.

Fork C., Myers R., Catalozzi M., Schwarz D. (2008).
Relationship Violence Among Female and Male College Undergraduate Students. *Arch Pediatr Adolesc Med*, 162(7): 634-641.

Silverman, J. Raj, A., Mucci, L., Hathaway, J. (2001).
Dating Violence Against Adolescent Girls and Associated Substance Abuse, Unhealthy Weight Control, Sexual Risk

Behavior, Pregnancy, and Suicidality. *Journal of the American Medical Association*, 286(5): 572-579.

Wolitzky-Taylor K., Ruggiero K., Danielson C. K. et al. (2008). Prevalence and Correlates of Dating Violence in a National Sample of Adolescents. *Journal of American Academy of Child and Adolescent Psychiatry*, 47(7): 755-762.

WEB BASED RESOURCES

<http://www.dangerassessment.com>

www.loveisrespect.org

www.safeandrespectful.org

www.loveisnotabuse.com

www.chooserespect.org

www.breakthecycle.org

www.seeitandstopit.org

ADOLESCENTS & YOUNG ADULTS

PUBLICATIONS

Fork C., Myers R., Catalozzi M., Schwarz D. (2008).
Relationship Violence Among Female and Male College Undergraduate Students. Arch Pediatr Adolesc Med, 162(7): 634-641.

Godley, S.H., Smith, J., Meyers, R.J., & Godley, M.D. (in press). Adolescent Community Reinforcement Approach (A-CRA). In D. W. Springer and A. Rubin (Eds.). *Substance Abuse Treatment for Youths and Adults*. Hoboken, New Jersey: John Wiley & Sons, Inc.

Silverman, J. Raj, A., Mucci, L., Hathaway, J. (2001).
Dating Violence Against Adolescent Girls and Associated Substance Abuse, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidality. *Journal of the American Medical Association*, 286(5): 572-579.

Wolitzky-Taylor K., Ruggiero K., Danielson C. K. et al. (2008). Prevalence and Correlates of Dating Violence in a National Sample of Adolescents. *Journal of American Academy of Child and Adolescent Psychiatry*, 47(7): 755-762.

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ORGANIZATIONS

Appoquinimink Counseling Services, LLC

11 Crawford Street 2nd Floor
Middletown, Delaware 19709
(302) 898-1616

www.appocounseling.com

WEB BASED RESOURCES

www.loveisrespect.org

www.safeandrespectful.org

www.loveisnotabuse.com

www.chooserespect.org

www.breakthecycle.org

www.seeitandstopit.org

ADULT FROM DYSFUNCTIONAL FAMILIES

PUBLICATIONS

Abrams, J. (1990). *Reclaiming the Inner Child*. NY: Jeremy P. Tarcher/Putnam.

Anthony, E.J. (1987). *The Invulnerable Child*. Guilford Press.

Anthony, E.J. (1979). The impact of mental and physical illness on family life. *American Journal of Psychiatry*, 127(2), 138-146.

Ascherman, L.I., & Safier, E.J. (1990). Sibling incest: A consequence of individual and family dysfunction. *Bulletin of the Menninger Clinic*, 54(3), 311-322.

Asper, K. (1993). *The Abandoned Child Within*. NY: Fromm International.

Bass, E., & Davis, L. (1988). *The Courage to Heal - A Guide for Women Survivors of Sexual Abuse*. New York: Harper & Row.

Beattie, M. (1987). *Codependent No More*. New York: Harper/Hazelden.

Black, C. (1981). *It Will Never Happen To Me*. New York: Ballentine.

Bey, D. & Bey D. (2007). *Loving an Adult Child of an Alcoholic*. M. Evans & Co.

Bradshaw, J. (1988). *Healing the Shame that Binds you*. Deerfield Beach, FL: Health Communications, Inc.

Bradshaw, J. (1990). *Homecoming: Reclaiming and Championing Your Inner Child*. NY: Bantam Books.

Brines, W. & Mastrich, J. (1988). *ACOA's Guide to Raising Healthy Children: A Parenting Handbook for the Adult Children of Alcoholics*. Macmillan General Reference.

Brohl, K. (1991). *Pockets of Crazyness - Examining Suspected Incest*. Lexington, MA: Lexington Books.

Bronson, C. (1989). *Growing Through the Pain - The Incest Survivors Companion*. New York: Prentice Hall.

Brown, E.M. (1989). *My Parent's Keeper: Adult children of the Emotionally Disturbed*. Oakland, CA: New Harbinger.

Brown, N.W. (2008). *Children of the Self-Absorbed: A Grown-up's Guide to Getting over Narcissistic Parents*. New Harbinger

Brown, S. (1996) *Treating Adult Children of Alcoholics: A Developmental Perspective*. New York: Wiley.

Capacchione, L. (1991). *Recovery of Your Inner Child*. NY: Simon & Schuster.

Celani, D.P. (2004). *Leaving Home: The Art of Separating From Your Difficult Family*. Columbia University Press.

Cermak, T.L. (1985). *A Primer on Adult Children of Alcoholics*. Deerfield Beach, FL: Health Communications, Inc.

Courtois, C.A. (1988). *Healing the Incest Wound*. New York: W.W. Norton

Davis, L. (1990). *The Courage to Heal Workbook* (for survivors of childhood sexual abuse). NY: Harper & Row.

Evans, S. (1987). Shame, boundaries and dissociation in chemically dependent, abusive and incestuous families. *Alcoholism Treatment Quarterly*, 4(2), 157-179.

Farmer S. (1989). *Adult Children of Abusive Parents*. Chicago: Contemporary Books.

Fischer, B. (1987). The process of healing shame. *Alcoholism Treatment Quarterly*, 4(2), 25-38.

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- Forward, S. & Buck, C. (2002). *Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming your Life*. Bantam Books.
- Foster, C. (1993). *The Family Patterns Workbook: Breaking Free from Your Past & Creating a Life of Your Own*. NY: Jeremy P. Tarcher/Perigee.
- Friel, J.C. & Friel, L.D. (1990). *Adult children: The Secrets of Dysfunctional Families*. Deerfield Beach, FL: Health Communications.
- Gil, E. (1988). *Outgrowing the Pain: A Book for and About Adults Abused As Children*. Dell.
- Gravitz, H.L., & Bowden, J.D. (1985). *Recovery: A Guide for Adult Children of Alcoholics*. New York: Simon and Schuster.
- Herman, J.L. (1992). *Trauma and Recovery*. New York: Basic Books. ISBN-10: 0465087302, ISBN-13: 978-0465087303
- Kaufman, G. (1980). *Shame: The Power of Caring*. Cambridge, MA: Schenkman Books.
- Kaufman, G. (1989) *The Psychology of Shame*. NY: Springer.
- Kritsberg, W. (1985). *The Adult Children of Alcoholics Syndrome*. New York: Bantam Books.
- Levin, P. (1988). *Cycles of Power: A User's Guide to the Seven Seasons of Life*. Deerfield Beach, FL: Health Communications, Inc.
- Love, P. (1990). *The Emotional Incest Syndrome*. New York: Bantam.
- Lundholm, J.K., & Water, J.E. (1991). Dysfunctional family systems: Relationship to disordered eating behaviors among university women. *Journal of Substance Abuse*, 3(1), 97-106.
- Markova, D. (1994). *No Enemies Within: A Creative Process for Discovering What's Right about What's Wrong*. Berkeley, CA: Conari Press.
- McConnell, P. (1986). *Adult Children of Alcoholics: A Workbook for Healing*. Harperone.
- Middleton-Moz, J. (1990) *Shame and Guilt: Master of Disguise*. Deerfield Beach, FL: Health Communications, Inc.
- Miller, A. (1981). *The Drama of the Gifted Child*. NY: Basic Books.
- Miller, A. (1983). *For Your Own Good - Hidden Cruelty in Child-rearing and the Roots of Violence*. New York: Farrar, Straus, Giroux.
- Morrison, A.P. (1996). *The Culture of Shame*. NY: Ballantine.
- Nathanson, D.L. (1987). *The Many Faces of Shame*. NY: Guilford.
- Nathanson, D.L. (1992). *Shame and Pride: Affect, Sex and the Birth of the Self*. New York: WW Norton.
- Nathiel, S. (2007). *Daughters of Madness: Growing Up and Older with a Mentally Ill Mother*. Praeger.
- Neuharth, D. (1999). *If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World*. Harper Books.
- Paul, M. (1990). *Healing Your Aloneness: Finding Love and Wholeness Through Your Inner Child*. HarperOne
- Paul, M. (1992) . *Inner Bonding: Becoming a Loving Adult to Your Inner Child..* NY: Harper Collins.
- Petit, R. (2005). *Transformation for life: Healing and growth for adult children of alcoholics and others*. Bright Horizons Press
- Pollard, J. (1987). *Self Parenting: Learn to Love, Support and Nurture Your Inner Child*. Malibu, CA: Generic Human Studies.
- Pollard, J.K. (1992). *The SELF-PARENTING PROGRAM (You Can Become Your Own Loving Parent)*. The Self-Parenting Program.
- Potter-Efron, P.S. (1987). Creative approaches to shame and guilt: Helping the adult child of an alcoholic. *Alcoholism Treatment Quarterly*, 4(2), 39-56.
- Potter-Efron, R, & P. (1989) *Letting Go of Shame: Understanding How Shame Affects Your Life..* NY: Harper.
- Roth, K. & Friedman, F.B. (2003). *Surviving a Borderline Parent: How to Heal Your Childhood Wounds & Build Trust, Boundaries, and Self-Esteem*. New Harbinger
- Sanford, L.T. (1990). *Strong at the Broken Places - Overcoming the Trauma of Childhood Abuse*. New York: Random House.

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Sinor, B. (2007). *Gifts From The Child Within: Self-discovery and Self-recovery Through Re-Creation Therapy, 2nd Edition*. Loving Healing Press.

Sturges, J.B. (1978). Children's reactions to mental illness in the family. *Social Casework*, November, 530-536.

Taylor, C.L. (1991). *The Inner Child Workbook: What to do With Your Past When it Just Won't Go Away*. Tarcher. ISBN-10: 087477635X, ISBN-13: 978-0874776355

Tweed, S.H., & Ryff, C.D. (1991). Adult children of alcoholics: Profiles of wellness amidst distress. *Journal of Studies on Alcohol*, 52(2), 133-141.

Vannicelli, M. (1993). *Group Psychotherapy with Adult Children of Alcoholics: Treatment Techniques and Countertransference Considerations*. Guilford Press.

Wallace, B.C. (1996). *Adult Children of Dysfunctional Families: Prevention, Intervention, and Treatment for Community Mental Health Promotion*. Praeger.

Wallas, L. (1991). *Stories that Heal: Reparenting Adult Children of Dysfunctional Families Using Hypnotic Stories in Psychotherapy*. W.W. Norton & Co.

Whitfield, C.L. (1987). *Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families*. Deerfield Beach, FL: Health Communications, Inc.

Whitfield, C. (1990). *A Gift to Myself: A Workbook to Healing the Child Within..* Deerfield Beach, FL: Health Communications, Inc.

Wholey, D. (1988). *Becoming Your Own Parent: The Solution for Adult Children of Alcoholic and Other Dysfunctional Families*. NY: Doubleday.

Woititz, J.G. (1983). *Adult Children of Alcoholics*. Deerfield Beach, FL: Health Communications.

Woititz, J.G. (1985). *Struggle for Intimacy*. Deerfield Beach, FL: Health Communications.

Woititz, J. & Garner, A. (1990). *Life skills for Adult children*. Deerfield Beach, FL: Health Communications.

Woititz, J. & Ackerman, R. (2002). *The Complete ACOA Sourcebook: Adult Children of Alcoholics at Home, at Work and in Love*. Deerfield Beach, FL: Health Communications. ISBN-10: 1558749608, ISBN-13: 978-1558749603

WEB BASED RESOURCES

About.com – Adult Children of Alcoholics,
http://alcoholism.about.com/od/adult/Adult_Children_of_Alcoholics.htm

Al-Anon/Al-Alateen –Resources for professionals, Adult Children of Alcoholics, World Service Organization
<http://www.al-anon.alateen.org/resources2.html>
<http://alcoholism.about.com/gi/dynamic/offsite.htm?zi=1/XJ/Ya&sdn=alcoholism&zu=http%3A%2F%2Fadultchildren.org>

National Association for Children of Alcoholics,
<http://www.nacoa.org/>

Psych Central – Adult Children of Alcoholics,
<http://psychcentral.com/lib/2007/adult-children-of-alcoholics/>

Resources for Adult Children of Alcoholics, Dr. Jan Woititz,
<http://www.drjan.com/>

Shame and Psychotherapy, an article,
http://www.columbiapsych.com/shame_miller.html
Healing Shame (article)
<http://www.psychsight.com/ar-shame.html>

AGING (Healthy Aging)

PUBLICATIONS

A New Vision of Aging: Helping Older Adults Make Healthier Choices. Center for the Advancement of Health, Issue Briefing No. 2, March 2006. Available in pdf file at: http://healthyagingprograms.org/resources/NewVisionAging_HealthierChoices.pdf

The State of Aging and Health in America, 2007. CDC and Merck Foundation. Available in pdf file at: <http://www.cdc.gov/aging/saha.htm>

RE-AIM for Program Planning: Overview and Applications. Available in pdf file format at: <http://www.healthyagingprograms.org/content.asp?sectionid=92&ElementID=491>

Recommended Evidence-Based Health Promotion Programs. Available in pdf file format at: http://www.healthyagingprograms.org/resources/Recommended_Programs.pdf

Altpeter, M. & Milas, C. (2007). *Maintaining participation of older adults in community-based physical activity programs*. National Council on Aging Best Practice

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Physical Activity Programs Series, Vol. 7, Washington, DC: National Council on Aging.

Altpeter, M. & Milas, C. (2006). *Recruiting older adults into your physical activity programs*. National Council on Aging Best Practice Physical Activity Programs Series, Vol. 6, Washington, DC: National Council on Aging.

Altpeter, M., Schneider, E., Bryant, L. Beattie, B., & Whitelaw, N. (2004). *Using the evidence base to promote healthy aging*. National Council on the Aging Evidence-based Health Promotion Series, Vol. 1. Washington, DC: National Council on the Aging.

Altpeter, M. (Ed). (2004). *Partnering to promote healthy aging: Creative best practice community partnerships*. Washington, DC: National Council on the Aging.

Beattie, B. & Altpeter, M. (2005). *Using the evidence base to promote healthy aging: The Model Programs Project*. National Council on the Aging Evidence-based Health Promotion Series, Vol. 2. Washington, DC: National Council on the Aging.

Whitelaw, N., Beattie, B. Kosteas, J., Sanker, S., & Altpeter, M. (2006). *The Administration on Aging's Evidence-based Prevention Programs for the Elderly*. National Council on the Aging Evidence-based Health Promotion Series, Vol. 3., Washington, DC: National Council on the Aging.

WEB BASED RESOURCES

National Council on Aging Center for Healthy Aging Programs: www.healthyagingprograms.org

Introduction to Health Promotion for Older Adults online training modules series:
<http://www.healthyagingprograms.org/content.asp?sectionid=135>

CDC Healthy Aging website:
<http://www.cdc.gov/aging/index.htm>

The Prevention Research Center Healthy Aging Research Network: www.prc-han.org

RE-AIM framework and tools: www.re-aim.org

CERTIFICATION BOARDS

ORGANIZATIONS

Commission on Rehabilitation Counselor Certification
1699 E. Woodfield Road, Suite 300
Schaumburg, IL 60173
Phone: 847-944-1325
Fax: 847-944-1346
<http://www.crc certification.com>

DB Consulting Group-Opioid Treatment Technical Assistance Project
Phone: 1-800-839-6120
Web site: info@OATTAP.COM
Delaware Certification Board
298 S. Progress Ave.
Harrisburg, PA 17109
Phone: 1-717-540-4456
Web site: www.delawarecertificationboard.org

Delaware Department of State, Division of Professional Regulation
Mental Health & Chemical Dependency Professionals
<http://dpr.delaware.gov/boards/profcounselors/index.shtml>

DB Consulting Group-Opioid Treatment Technical Assistance Project
Phone: 1-800-839-6120
Web site: info@OATTAP.COM

Employee Assistance Professionals Association, Inc.
4350 North Fairfax Drive, Suite 410
Arlington, Virginia 22203 U.S.A.
Phone: 703-387-1000
Fax: 703-522-4585
www.eapassn.org/

National Association of Alcoholism Drug Abuse Counselors (NAADAC) Certification Commission
901 N. Washington Street, Ste 600
Arlington, VA 22314-1535 USA
phone (800)548-0497 or (703)741-7686
fax (800) 377-1136
www.naadac.org/
ncac@naadac.org

National Board of Certified Counselors (NBCC)
3 Terrace Way
Greensboro, NC 27403-3660
Phone: (336) 547-0607
Fax: (336) 547-0017
nbcc@nbcc.org

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PUBLICATIONS

Distance Learning Center Study Guide for the AODA Counselor Exam 2008

Distance Learning Center Study Guide for the CCS Exam, 2008

Distance Learning Center Study Guide for the CCDP Exam, 2009

TIP 42: Substance Abuse Treatment of Persons with Co-Occurring Disorders

The Ethics of Caring, Taylor, Kylea, Hanford Mead, 1995

Boundaries: Where You End and I Begin, Katherine, Anne, Parkside Publishing, 1991

Bollas, Christopher and Sundelson, David, *The New Informants*, Jason Aronson, Inc., 1995

White, William, *Critical Incidents*, Lighthouse Publication, 1993

Whitfield, Charles, MD, HCI, *Boundaries and Relationships*, Deerfield FL

Ethics and Addiction Professionals, Bissell, LeClair, MD CAC and James E. Royce, S.J. Ph.D., Center City, MN, Hazelton, 1987

The Twelve CORE FUNCTIONS of the Substance Abuse Counselor, Herdman, John W., Ph.D., CADAC Learning Publications, Holmes Florida, 1994

Standards of Ethical Practice, NAADAC – The Association of Addiction Professionals, Alexandria, VA, 1996

Addiction Counseling Competencies: The Knowledge, Skills, and Attitudes of Professional Practice, Center for Substance Abuse Treatment, 1998

Essentials of Chemical Dependency Counseling, Lawson, Rivers, Aspen Publishers, Inc., 1984

The Co-Dependent Counselor, Beebe, John, Herald House/Independence Press, 1990

Chemical Dependency Counseling: A Practical Guide, Perkinson, Robert R., Sage Publications, 2002

WEB BASED RESOURCES

DAADAC – Delaware Association of Alcohol and Drug Abuse Counselors
www.naadac.org/de/

Delaware Certification Board
<http://www.delawarecertificationboard.org/links.asp>
National Board for Certified Counselors
<http://www.nbcc.org/>

National Association for Alcoholism and Drug Abuse Counselors
<http://naadac.org>

American Psychological Association
<http://www.apa.org/>

Delaware Department of State, Division of Professional Regulation, Mental Health & Chemical Dependency Professionals
<http://dpr.delaware.gov/boards/profcounselors/index.shtml>

IC&RC/AODA – International Certification & Reciprocity Consortium
www.icrcaoda.org

Delaware Psychological Association
<http://www.depsych.org/>

National Council on Problem Gambling
<http://www.ncpgambling.org>

Delaware Board for Clinical Social Workers
<http://www.dpr.delaware.gov/boards/socialworkers/>

Commission on Rehabilitation Counselor Certification
<http://www.crccertification.com/>

Delaware Board of Nursing
<http://dpr.delaware.gov/boards/nursing/index.shtml>

Employee Assistance Professionals Association
<http://www.eapassn.org>

COMPASSION FATIGUE

PUBLICATIONS

Anderson, J. *Vicarious Trauma and Its Impact on Advocates, Therapists and Families*. (2004). A publication of The Washington Coalition of Sexual Assault Programs. Can be obtained on line at:
<http://www.wcsap.org/pdf/RAD%206-2.pdf>

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Baker, E. *Caring for Ourselves: A Therapist's Guide to Personal and Professional Well Being.* (2003). American Psychological Association.

Clemans, S.E. *Understanding Vicarious Traumatization – Strategies for Social Workers.* (2004). Social Work Today, Vol. 4, No. 2, 13. Also available on line at www.socialworktoday.com/archive/swt_0204p13.htm

Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized.

Figley, C.R. (Ed), (1995). Brunner-Routledge.

The Therapist's Workbook: Self-Assessment, Self-Care, and Self-Improvement Exercises for Mental Health Professionals. Kottler, J.A. (1998). Jossey-Bass.

Burnout: The Cost of Caring. Maslach, C. (2003). Malor Books

McCann, I.L. & Pearlman, L.A., *Vicarious traumatization: A framework for understanding the psychological effects of working with victims.* (1990). *Journal of Traumatic Stress*, Vol. 1, No. 1, 131-149

Norcross, J., & Guy, J.D. *Leaving it at the Office: A Guide to Psychotherapist Self-Care.* (2007). Guilford Press.

Pearlman, L., & Saakvitne, K. *Trauma and the Therapist.* (1995). W.W. Norton & Co.

Remen, Rachel Naomi. *Kitchen Table Wisdom: Stories That Heal.* (1997) Riverhead Books

Remen, Rachel Naomi. *My Grandfathers Blessings: Stories of Strength, Refuge, and Belonging.* (2001) Riverhead Books

Rothschild, B. & Rand, M. *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma.* (2006). W.W. Norton.

Saakvitne, K.W., & Pearlman, LA. *Transforming the Pain: A Workbook on Vicarious Traumatization.* (1996) W.W. Norton

Stamm, B.H., Editor *Secondary Traumatic Stress: Self-Care Issues for Clinicians, Researchers, and Educators.* (1999). Sidran Press

Trippany, R.L., White Kress, V.E. & Wilcoxon, S.A. *Sitting with the shattered soul.*

Steele, Kathy, (Nov/Dec 1989). *Pilgrimage*, Vol. 16, No. 6, 19-24 (2004). *Preventing vicarious trauma: What counselors should know when working with trauma survivors.* *Journal of Counseling & Development*, Winter '04, Volume 82, 31-37. Available on line at:

www.counseling.org/Files/FD.ashx?guid=1d5d04c0-c5aa-4842-a16c-3f0d0e0b59b1

Weiss, L., *Therapist's Guide to Self-Care.* (2004). Routledge.

Wicks, R., *The Resilient Clinician.* (2007). Oxford Press.
WEB BASED RESOURCES

Headington Institute –Care for Caregivers World Wide
<http://www.headington-institute.org/Default.aspx?tabid=2648>

Gift from Within – PTSD Resources for Survivors and Caregivers
<http://www.giftfromwithin.org/>

Idaho State University – Traumatic Stress & Secondary Traumatic Stress, Compassion Fatigue.
<http://www.isu.edu/~bhstamm/TS.htm>

David Baldwin's Trauma Information Pages
<http://www.trauma-pages.com/>

Sidran Institute – Traumatic Stress Education & Advocacy,
http://www.sidran.org/store/index.cfm?fuseaction=product.display&Product_ID=331

National Center for Posttraumatic Stress Disorder, part of the U.S. Department of Veterans Affairs,
<http://www.ncptsd.va.gov/nemain/index.jsp>

CO-OCCURRING MENTAL HEALTH AND SUBSTANCE USE CONDITIONS

PUBLICATIONS

Mueser, KT, Noordsy, DL, Drake, RE, Fox, L. *Integrated Treatment for Dual Disorders: A Guide to Effective Practice.* New York, NY: Guilford Press, 2003.

Najavits L, *Seeking Safety, A Treatment Manual for PTSD and Substance Abuse.* New York, NY: Guilford Press. 2002.

Roberts LJ, Shaner A, & Eckman TA. *Overcoming addictions: skills training for people with schizophrenia.* W.W. Norton, New York. 1999.

Ekleberry, SC. *Co-occurring Disorders: Personality Disorders and Addiction.* In Press (2008). Also: sekleberry@hotmail.com

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Daley, CD, Howard BM (2002): *Dual Disorders – Counseling Clients with Chemical Dependency and Mental Illness*, Third Edition. Hazelden, Center City, MN

Managing Depressive Symptoms in Substance Abuse Clients During Early Recovery, Treatment Improvement Protocol Series No. 48 (2008) Consensus Panel Chair: Rose M. Urban, MSW., JD., LCSW, LCAS. The Center for Substance Abuse Treatment. (Available from the National Clearinghouse on Alcohol and Drug Information. (800) 729-6686)

Mee-Lee, David (2001): "Treatment Planning for Dual Disorders". *Psychiatric Rehabilitation Skills* Vol.5. No.1, 52-79.

Mueser KT, Noordsy DL, Drake RE, Fox L (2003): "Integrated Treatment for Dual Disorders – A Guide to Effective Practice" The Guilford Press, NY.

Individuals with Co-Occurring Disorders in Managed Care Systems: Standards of Care, Practice Guidelines, Workforce Competencies, and Training Curricula. K. Minkoff, Chair, Panel on Co-Occurring Disorders, SAMHSA Managed Care Initiative. January, 1998.

Report to Congress on the Prevention and Treatment of Co-occurring Substance Abuse and Mental Disorders. Substance Abuse and Mental Health Services Administration. Washington DC, SAMHSA. 2002.

Changing the World: the design and implementation of comprehensive continuous integrated systems of care for individuals with co-occurring disorders. Minkoff K & Cline C, *Psychiatric Clinician North America*, 27:727-743, 2004

Developing welcoming systems for individuals with co-occurring disorders: the role of the comprehensive continuous integrated system of care model. Minkoff K & Cline C, *Journal of Dual Diagnosis*, 1(1):39-64, 2005

WEB BASED RESOURCES

American Society of Addiction Medicine (ASAM)
www.asam.org

David Mee-Lee, M.D.
www.DavidMeeLee.com

VIDEO-BASED RESOURCES

Promise of Recovery. Gerald T. Rogers Productions. 800-227-9100.

Double Trouble. Gerald T. Rogers Productions.

Out of the Tunnel; Into the Light. Hazelden.
www.hazelden.org 800-328-9000.

12 Steps & Dual Disorders. Hazelden.

Dual Diagnosis.(1994) NIDA, Rockville, MD.
www.drugabuse.gov.

Dual Diagnosis Series, Hazelden www.hazelden.org
Understanding Bipolar Disorder and Addiction

Understanding Depression and Addiction

Understanding Major Anxiety Disorders and Addiction

Understanding Personality Problems and Addiction

Understanding Posttraumatic Stress Disorder and Addiction.

Dual Diagnosis: An Integrated Model for Treatment.
Kenneth Minkoff, MD. Mental Illness Education Project.
800-343-5540. www.miepvideos.org

Recovery Stories, DVD or VHS, (Co-Occurring Consumer Stories) CCSME/NAMI Maine, 207-878-6170,
www.ccsme.org

COUNSELING

PUBLICATIONS

Adler. A. (1956). *The individual psychology of Alfred Adler* (Ansbacher, H. L., & Ansbacher, R. R.) (Eds.). New York: Harper & Row.

Beck, A. T. (1976). *Cognitive therapy and the emotional disorders*. New York: New American Library.

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- Lazarus, A. A. (1989). *The practice of multimodal therapy*. Baltimore: Johns Hopkins.
- Linehan, M. M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. New York: Guilford.
- Mahrer, A. R. (1989). *How to do experiential psychotherapy*. Ottawa, Ontario: University of Ottawa.
- McMullin, R. E. (1986). *Handbook of cognitive therapy techniques*. New York: W. W. Norton.
- Meichenbaum, D. B. (1977). *Cognitive-behavior modification: An integrative approach*. New York: Plenum.
- Ottens, A. J., & Hanna, F. J. (1998). Cognitive and existential therapies: Toward an integration. *Psychotherapy*, 35, 312-324.
- Polster, I. & Polster, M. (1973). *Gestalt therapy integrated: Contours of theory and practice*. New York: Vintage Books.
- Yalom, I. D. (1980) *Existential psychotherapy*. New York: BasicBooks.
- Vicarious Trauma and Its Impact on Advocates, Therapists and Families*. Anderson, J. (2004). A publication of The Washington Coalition of Sexual Assault Programs. Can be obtained on line at: <http://www.wcsap.org/pdf/RAD%206-2.pdf>
- Caring for Ourselves: A Therapist's Guide to Personal and Professional Well Being*. Baker, E. (2003). American Psychological Association.
- Understanding Vicarious Traumatization – Strategies for Social Workers*. Clemans, S.E. (2004). *Social Work Today*, Vol. 4, No. 2, 13. Also available on line at http://www.socialworktoday.com/archive/swt_0204p13.htm
- Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized*. Figley, C.R. (Ed), (1995). Brunner-Routledge.
- The Therapist's Workbook: Self-Assessment, Self-Care, and Self-Improvement Exercises for Mental Health Professionals*. Kottler, J.A. (1998). Jossey-Bass.
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- Vicarious traumatization: A framework for understanding the psychological effects of working with victims*. McCann, I.L. & Pearlman, L.A., (1990). *Journal of Traumatic Stress*, Vol. 1, No. 1, 131-149
- Leaving it at the Office: A Guide to Psychotherapist Self-Care*. Norcross, J., & Guy, J.D. (2007). Guilford Press.
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- Kitchen Table Wisdom: Stories That Heal*. Remen, Rachel Naomi. (1997) Riverhead Books
- My Grandfathers Blessings: Stories of Strength, Refuge, and Belonging*. Remen, Rachel Naomi. (2001) Riverhead Books
- Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*. Rothschild, B. & Rand, M. (2006). W.W. Norton.
- Transforming the Pain: A Workbook on Vicarious Traumatization*. Saakvitne, K.W., & Pearlman, LA. (1996) W.W. Norton
- Secondary Traumatic Stress: Self-Care Issues for Clinicians, Researchers, and Educators*. Stamm, B.H., Editor (1999). Sidran Press
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- Therapist's Guide to Self-Care*. Weiss, L. (2004). Routledge.
- The Resilient Clinician*. Wicks, R., (2007). Oxford Press.

WEB BASED RESOURCES

Headington Institute – Care for Caregivers World Wide,
<http://www.headington-institute.org/Default.aspx?tabid=2648>

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PARTNERSHIPS: Changing The World Resource List

Gift from Within – PTSD Resources for Survivors and Caregivers

<http://www.giftfromwithin.org/>

Idaho State University – Traumatic Stress & Secondary Traumatic Stress, Compassion Fatigue.

Contains references, archived articles, and measures of traumatic stress

<http://www.isu.edu/~bhstamm/TS.htm>

David Baldwin's Trauma Information Pages

<http://www.trauma-pages.com/>

Sidran Institute – Traumatic Stress Education & Advocacy,

http://www.sidran.org/store/index.cfm?fuseaction=product.display&Product_ID=331

National Center for Posttraumatic Stress Disorder, part of the U.S. Department of Veterans Affairs,

<http://www.ncptsd.va.gov/ncmain/index.jsp>

CRISIS INTERVENTION

PUBLICATIONS

Campbell, Jacquelyn C. PhD, RN, FAAN, Editor
Assessing Dangerousness; Violence by Batterers and Child Abusers, Second Edition.

Gould MS, Kalafat J, Munfakh JLH, Kleinman M: An evaluation of crisis hotline outcomes, Part II: Suicidal Callers. *Suicide and Life Threatening Behavior* 2007;37(3): 338-352

WEB BASED RESOURCES

American Association of Suicidology
www.suicidology.org

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org

Delaware Contact, Inc.
www.contactlifeline.org

<http://www.dangerassessment.com>

DSM-IV

PUBLICATIONS

American Psychiatric Association (APA) Text Revision. (2000). *Diagnostic and Statistical Manual of Mental Disorders (4th Ed., DSM-IV)*. Washington, DC: Author.

ENGAGING CONSUMERS

PUBLICATIONS

Miller, S.D., Mee-Lee, D., & Plum, B. (2005): *Making Treatment Count: Client-Directed, Outcome Informed Clinical Work with Problem Drinkers*. In J. Lebow (ed.). *Handbook of Clinical Family Therapy*. New York: Wiley.

Mee-Lee D (2007). *Engaging resistant and difficult-to-treat patients in collaborative treatment*. *Current Psychiatry* January, 2007 6(1):47-61.

Mee-Lee, David (2005): *Helping People Change – What Families Can Do to Make or Break Denial Paradigm*. Vol. 10, No. 1 Winter 2005. pp. 12-13, 22.
www.addictionrecov.org/paradigm/P_PR_W05/paradigmW05.pdf

Mee-Lee D (2001). *Persons with addictive disorders, System failures, and managed care*. In E. Clarke Ross (ed.). *Managed Behavioral Health Care Handbook*. Aspen Publishers, Inc., Gaithersburg, MD, pp. 225-266.

Prochaska, JO; Norcross, JC; DiClemente, CC (1994): *Changing For Good*. Avon Books, New York.

WEB BASED RESOURCES

Institute for the Study of Therapeutic Change – Scott Miller, PhD.
www.talkingcure.com

ETHICS

PUBLICATIONS

The Ethics of Caring, Taylor, Kylea, Hanford Mead, 1995

Boundaries: Where You End and I Begin, Katherine, Anne, Parkside Publishing, 1991

The New Informants, Bollas, Christopher and Sundelson, David, Jason Aronson, Inc., 1995

Critical Incidents, White, William, Lighthouse Publication, 1993

Boundaries and Relationships, Whitfield, Charles, MD, HCI, Deerfield FL

Ethics and Addiction Professionals, Bissell, LeClair, MD CAC and James E. Royce, S.J. Ph.D., Center City, MN, Hazelton, 1987

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The Power of Ethical Management, Blanchard, Kenneth and N.V. Peale, New York, NY, Morrow, 1988

Standards of Ethical Practice, NAADAC – The Association of Addiction Professionals, Alexandria, VA, 1996

GAMBLING

Miller, W.R. (2000). *Rediscovering fire: Small interventions, large effects*. Psychology of Addictive Behaviors, Vol 14(1), pp. 6-18.

MENTAL FITNESS RESOURCES

ORGANIZATIONS

Delaware Health and Social Services, Division of Services for Aging and Adults with Physical Disabilities
(302)255-9390,(800)223-9074
www.dhss.delaware.gov/dsaapd

Delaware Coalition for Mental Fitness,
Sue Getman, (302) 651-3401
srgetman@wilmingtonseniorcenter.org

University of Delaware Academies of Lifelong Learning
Wilmington Campus: (302)573-4411, links to Southern Academy at Lewes, (302)645-4111
www.academy.udel.edu

PUBLICATIONS

Birren, J. E. & Cochran, K.N. (2001). *Telling the Stories of Life through Guided Autobiography Groups*.# Baltimore, Maryland: The John Hopkins University Press.

Bloom, F. E., Beal, M. F. & Kupfer, D. J. (2003) *The Dana Guide to Brain Health*. (2002). New York: The Dana Press.

Nussbaum, P. (2003) *Brain Health and Wellness*.# Word Association Publishers.

Spence, L. (1997). *Legacy: A Step-by-step Guide to Writing Personal History*. Athens, Ohio: Swallow Press/Ohio University Press.

Berloquin, P. (1998) *365 Exercises for the Mind*.# New York: Sterling Publishing Co., Inc.

Bragdon, A. D. (1999). *Exercises for the Whole Brain*.# Cape Cod: Allen D. Bragdon Publishers

Bragdon, A. & Monbleau, M. (1999) *Right-Brain Teasers: A Photo-Quiz for the Mind's Eye*.# Cape Cod: Allen D. Bragdon Publishers, Inc.

Carter, P. & Russell, K. (2001) *Workout for a Balanced Brain*.# Pleasantville, New York: The Reader's Digest Association, Inc.

Gamon, D. & Bragdon, A. D. (1998) *Building Mental Muscle: Conditioning Exercises for the Six Intelligence Zones*.# San Francisco: Allen D. Bragdon Publishers, Inc.

Gordon, P. (2003) *Giant Book of Pencil Puzzles*.# New York: Sterling Publishing Company.

Katz, L. & Rubin, M. (1999) *Keep Your Brain Alive*.# New York: Workman Publishing Company

Kurland, M & Lupoff, R. A. (1999). *The Complete Idiot's Guide to Improving Your Memory*.# USA: Alpha Books, Penguin Group

Small, Gary. (2002). *The Memory Bible*.# New York: Hyperion.

Streeter, K. (2005) *Creative Thinking for Multiple Learning Styles*.# Westminster CA: Teacher Created Resources. Inc.

WEB BASED RESOURCES

12,000 brain teasers, riddles, logic problems, quizzes and mind puzzles
www.braingle.com

A variety of brain-stimulating opportunities
www.aarp.org/fun/puzzles/

Brain games to challenge different parts of the brain
www.fitbrains.com

MENTAL HEALTH RESOURCES

WEB BASED RESOURCES

Medline Literature Searches
www.nlm.nih.gov (Click on "Medline" and "PubMed" then type in search subject)

American Society of Addiction Medicine (ASAM)
www.asam.org

American Psychiatric Association (APA)
www.psych.org

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PARTNERSHIPS: Changing The World Resource List

MOTIVATIONAL INTERVIEWING MOTIVATIONAL ENHANCEMENT

PUBLICATIONS

Enhancing Motivation for Change in Substance Abuse Treatment, Treatment Improvement Protocol Series No. 35 (1999) Consensus Panel Chair: William R. Miller, Ph.D. The Center for Substance Abuse Treatment. (Available from the National Clearinghouse on Alcohol and Drug Information.(800) 729-6686)

Motivational Interviewing - Preparing People for Change. Miller, William R; Rollnick, Stephen (2002), Second Edition, New York, NY., Guilford Press.

PERSONALITY DISORDERS

PUBLICATIONS

Mason, Paul T. Kreger, Randi; *Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder* by (Paperback - Jul 1998)

Linehan, Marsha M.; *Skills Training Manual for Treating Borderline Personality Disorder* (Paperback) Guilford Press; 1 edition (May 21, 1993)ISBN-10: 0898620341 ISBN-13: 978-0898620344

Payson, Eleanor *The Wizard of Oz and Other Narcissists: Coping with the One-Way Relationship in Work, Love, and Family* (Paperback - Oct 1, 2002) Julian Day Publications (October 1, 2002) ISBN-10: 0972072837

Tinman, Ozzie *One Way Ticket To Kansas: Caring About Someone With Borderline Personality Disorder And Finding A Healthy You*

PHARMACOTHERAPY FOR SUBSTANCE USE

PUBLICATIONS

Leshner, A I: *Addiction is a Brain Disease and it Matters.* Science (1997) 278 (5335) 45-47

The Pharmacology of Alcohol and Street Drugs in the Context of Trauma Care. Tommasello A.C. Trauma Quarterly (2000) 14(4) 365-384

Buprenorphine How to Use it Right Johnson RE, Strain EC, and Amass L.: Drug and Alcohol Dependence (2003) 70:S59-S77.

WEB BASED RESOURCES

National Alliance of Advocates for Buprenorphine Treatment
<http://naabt.org/>

Substance Abuse & Mental Health Services Administration
http://buprenorphine.samhsa.gov/bwns_locator/index.html

National Institute on Drug Addiction
www.nida.nih.gov/researchreports/prescription.html

PRIVATE PRACTICE

PUBLICATIONS

Pope, K; Sonne, J; Greene, B (2006) *What Therapists Don't Talk About and Why: Understanding Taboos that Hurt Us and Our Clients:* APA

Smith, E.W.L (2003) *The Person of the Therapist;* McFarland

Newman, Stewart S. (2005) *Considering Fees in Psychodynamic Psychotherapy: Opportunities for Residents:* Academic Psychiatry

WEB BASED RESOURCES

Zur, Ofer, *Fees in Therapy; Summary and Guidelines.*
www.zurinstitute.com

Glenn, Eileen: *Private practice policy:*
www.eglenn.com/private_practice_policy.html

RELAPSE PREVENTION

PUBLICATIONS

Annis, H.M. A relapse prevention model for treatment of alcoholics. In: Miller, W.R., and Heather, N., eds. *Treating Addictive Behaviors: Processes of Change.* New York: Plenum Press, 1986. pp. 407-433.

Anton, R.F., AND Drobos, D.J. Clinical measurement of craving in addiction. *Psychiatric Annals* 28:553-560, 1998.

Bandura, A. Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review* 84(2): 191-215, 1977.

Carter, B.L., Tiffany, S.T. Meta-analysis of cue-reactivity in addiction research. *Addiction* 94: 327-340, 1999.

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Cooney, N.L.; Litt, M.D.; Morse, P.A.; Bauer, L.O.; and Gaupp, L. Alcohol cue reactivity, negativemood reactivity, and relapse in treated alcoholic men. *Journal of Abnormal Psychology* 106:243–250, 1997.

Marlatt, G.A. Taxonomy of high-risk situations for alcohol relapse: Evolution and development of a cognitive-behavioral model. *Addiction* 91(suppl): 37–49, 1996.

Marlatt, G.A.; Gordon, J.R. Determinants of relapse: Implications for the maintenance of behavior change. In: Davidson, P.O., and Davidson, S.M., eds. *Behavioral Medicine: Changing HealthLifestyles*. New York: Brunner/Mazel, 1980. pp. 410–452.

Marlatt, G.A.; Gordon, J.R. EDS. *RelapsePrevention: Maintenance Strategies in the Treatment of Addictive Behaviors*. New York: Guilford Press, 1985.

Marlatt, G.A.; Barrett, K., and Daley, D.C. Relapse prevention. *The American Psychiatric Press Textbook of Substance Abuse Treatment*. 2d ed. 1999. pp. 393–407.

Rohsenow, D.J.; Childress, A.R.; Monti, P.M.; Niaura, R.S.; and Abrams, D.B. Cue reactivity in addictive behaviors: Theoretical and treatment implications. *International Journal of the Addictions* 25(7A–8A):957–993, 1990–1991.

WEB BASED RESOURCES

www.health.org

www.drugabuse.gov

www.samhsa.gov

<http://www.kap.samhsa.gov/products/manuals/pdfs/substanceabuserelapse.pdf>

RESILIENCY

PUBLICATIONS

J. Belmont, *86 T.I.P.S. and Tools for the Therapeutic Toolbox*, PESI, 2006

J. Belmont, *103 Group Activities and T.I.P.S.*, PESI, 2006

WEB BASED RESOURCES

www.worksiteinsights.com

SUBSTANCE USE CONDITIONS

ORGANIZATIONS

Delaware Certification Board

298 S. Progress Ave.

Harrisburg, PA 17109

Phone: 1-717-540-4456

E-mail: www.delawarecertificationboard.org

Northeast Center for Application of Prevention Technologies (NECAPT)

Phone: 1-888-EDC-CAPT

E-mail: capt@edc.org

Web site: www.edc.org/

PUBLICATIONS

Annis, H.M. A relapse prevention model for treatment of alcoholics. In: Miller, W.R., and Heather, N., eds. *Treating Addictive Behaviors: Processes of Change*. New York: Plenum Press, 1986. pp. 407–433.

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WEB BASED RESOURCES

www.health.org

www.drugabuse.gov

www.samhsa.gov

http://www.kap.samhsa.gov/products/manuals/pdfs/substance_abuserelapse.pdf

American Society of Addiction Medicine (ASAM)
www.asam.org

**Center for Substance Abuse Treatment
Treatment Improvement Exchange – Treatment
Improvement Protocols**
www.treatment.org

SUICIDE PREVENTION

ORGANIZATIONS

**Mental Health Association in Delaware (Support
Groups, Education, and Advocacy)**
Victoria Kim, MSW (302)654-6833
vkim@mhainde.org

**Office of Prevention and Early Intervention
(Delaware’s Children Department)**
Marybeth Johns, MSW (302)892-5827
marybeth.willis@state.de.us

Project LIFE (Living is For Everyone)
Marybeth Johns, MSW (302)892-6833

Suicide Helpline
Phone: 1-800 SUICIDE (1-800-784-2433)

National Suicide Prevention Lifeline- Crisis intervention,
funded by SAMHSA
Phone: 1-800-273-TALK (1-800-273-8255)
www.suicidepreventionlifeline.org

PUBLICATIONS

Goldsmith, SK; Pellmar, TC; Kleinman, AM; & Bunney, WE (eds.) *Reducing Suicide: A National Imperative*, Washington, D.C.: The National Academic Press, 2002.

Quinnett, Paul G. *Suicide: The Forever Decision* (1987). . . New York: the Crossroads Publishing Company, printed 2009

Gould MS, Kalafat J, Munfakh JLH, Kleinman M: *An evaluation of crisis hotline outcomes, Part II: Suicidal Callers*. *Suicide and Life Threatening Behavior* 2007;37(3): 338-352

WEB BASED RESOURCES

QPR: (Question, Persuade, Refer)
www.qprinstitute.com

Mental Health Association in Delaware
www.mhainde.org

Suicide Prevention Resource Center:
www.sprc.org

American Association of Suicidology
www.suicidology.org

National Institute of Mental Health
www.nimh.nih.gov

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org

Delaware Contact, Inc.
www.contactlifeline.org

SYSTEMS OF CARE (Partnerships)

PUBLICATIONS

Institute of Medicine. (2001). *Crossing the Quality Chasm: A New Health System for the 21st Century*. Institute of Medicine, The National Academies Press, Washington, DC.

Institute of Medicine. (2006). *Improving the Quality of Health Care for Mental and Substance-Use Conditions. Quality Chasm Series*, Institute of Medicine, The National Academies Press, Washington, DC.

Kizer, KW (2001): *Establishing Health Care Performance Standards in an Era of Consumerism* JAMA 286:(1213-1217)

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Mee-Lee D (2001). *Persons with addictive disorders, System failures, and managed care*. In E. Clarke Ross (ed.). *Managed Behavioral Health Care Handbook*. Aspen Publishers, Inc., Gaithersburg, MD, pp. 225-266.

K. Minkoff, Chair, Panel on Co-Occurring Disorders, SAMHSA Managed Care Initiative. *Individuals with Co-Occurring Disorders in Managed Care Systems: Standards of Care, Practice Guidelines, Workforce Competencies, and Training Curricula*. January, 1998.

Substance Abuse and Mental Health Services Administration. *Report to Congress on the Prevention and Treatment of Co-occurring Substance Abuse and Mental Disorders*. Washington DC, SAMHSA. 2002.

Minkoff K & Cline C, *Changing the World: the design and implementation of comprehensive continuous integrated systems of care for individuals with co-occurring disorders*. Psychiatr Clin N.Am 27:727-743, 2004

Minkoff K & Cline C, *Developing welcoming systems for individuals with co-occurring disorders: the role of the comprehensive continuous integrated system of care model*. *J. Dual Diagnosis, 1(1)*:39-64, 2005

THERAPEUTIC RELATIONSHIPS

PUBLICATIONS

Miller, W.R. (2000). *Rediscovering fire: Small interventions, large effects*. *Psychology of Addictive Behaviors*, Vol 14(1), pp. 6-18.

Novick, J., & Novick, K.K. (2000). *Love in the therapeutic alliance*. *Journal of the American Psychoanalytic Association*, Vol 48(1), pp. 189-218.

Rodriguez, L. (2005). *What's love got to do with it*. *Existential Analysis*, Vol 16(2), pp. 370-377.

Barasch, M.I. (2005). *Field notes on the compassionate life: A search for the soul of kindness*. New York: Rodale Books.

Dalai Lama. (2007). *Mind in comfort and ease: The vision of enlightenment in the great perfection*. Boston: Wisdom Publications.

Dalai Lama, & Ekman, P. (2008). *Emotional awareness: Overcoming the obstacles to psychological balance and compassion*. New York: Times Books.

Goleman, D. (2006). *Social intelligence: The new science of human relationships*. New York: Bantam Books.

Hick, S.F., & Bien, T. (2008). *Mindfulness and the therapeutic relationship*. New York: The Guilford Press.

Wicks, R.J. (2007). *Touching the holy: Ordinariness, self-esteem, and friendship*. Notre Dame, IN: Sorin Books.

WEB BASED RESOURCES

Campaign for Love and Forgiveness:
www.loveandforgive.org

Schenk, J.W.(2009) *What makes us happy?* The Atlantic Online, www.theatlantic.com/doc/print/200906/happiness

TRAUMATIZATION (VICARIOUS)

ORGANIZATIONS

Sidran Traumatic Stress Institute
200 East Joppa Road, Suite 207
Baltimore, MD. 21286
Phone: 1-410-825-8888
www.sidran.com

Headington Institute – Care for Caregivers World Wide, <http://www.headington-institute.org/Default.aspx?tabid=2648>

Gift from Within – PTSD Resources for Survivors and Caregivers
<http://www.giftfromwithin.org/>

Idaho State University – Traumatic Stress & Secondary Traumatic Stress, Compassion Fatigue. Contains references, archived articles, and measures of traumatic stress
<http://www.isu.edu/~bhstamm/TS.htm>

David Baldwin's Trauma Information Pages
<http://www.trauma-pages.com/>

National Center for Posttraumatic Stress Disorder, part of the U.S. Department of Veterans Affairs,
<http://www.ncptsd.va.gov/ncmain/index.jsp>

PUBLICATIONS

Anderson, J. *Vicarious Trauma and Its Impact on Advocates, Therapists and Families*. (2004). A publication of The Washington Coalition of Sexual Assault Programs. Can be obtained on line at:
www.wcsap.org/pdf/RAD%206-2.pdf

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Baker, E. *Caring for Ourselves: A Therapist's Guide to Personal and Professional Well Being.* (2003). American Psychological Association.

Clemans, S.E. *Understanding Vicarious Traumatization – Strategies for Social Workers* (2004). Social Work Today, Vol. 4, No. 2, 13. Also available on line at www.socialworktoday.com/archive/swt_0204p13.htm

Figley, C.R. *Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder in Those Who Treat the Traumatized.* (Ed), (1995). Brunner-Routledge.

Kottler, J.A. *The Therapist's Workbook: Self-Assessment, Self-Care, and Self-Improvement Exercises for Mental Health Professionals.* (1998). Jossey-Bass.

Maslach, C.; *Burnout: The Cost of Caring.* (2003). Malor Books

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