



## Resources- Games, Books, Websites

### Anger resources

#### Books

Attwood, T. (2004) *Exploring Feelings. Cognitive Behavior Therapy to Manage Anger.* Arlington, Tx, Future Horizons, Inc. <If you want a kid who is literate to learn and understand how to use thoughts as tools to manage poisonous feelings this is for you. There are many exercises that go beyond filling out a worksheet into game and role playing that I have done with whole groups. Of all the workbooks I have seen, most of which I didn't like or didn't think a real kid would relate to, this is my top pick.>

Attwood, T. (2008). *The CAT-Kit.* Future Horizons, Arlington, Texas. <This is a therapeutic tool for a therapist, it would be great in a classroom with children on the autism spectrum as a resource to help people identify and express feelings. Costs a couple hundred bucks and has been worth it for me.>

Avery, R. (2008) *Meet Thotso. Your Thought Maker.* Smart Thot, LLC.<This is the book to help young children aged 3-7 understand the relationship between thoughts and feelings and how to make bandage thoughts for your boo-boo thoughts.>

Baker, J. (2005). *The Anger Busting Workbook.* Houston, Tx: Bayou Publishing. <This one is better suited to adults especially those who are angry or aggressive in a relationship.>

Buron, K. D., & Curtis, M. (2003) *The Incredible 1-5 Scale.* Shawnee Mission, KS: Autism Asperger Publishing Company. <I can't even tell you how many times I have used this book and ideas from it to help kids recognize, express, and manage feelings appropriately. Anything that can work with a kid with autism spectrum disorder tends to work wonders for children not on the spectrum.>

Buron, K. D. *A "5" Could Make Me Lose Control!* Autism Asperger Publishing Company, Shawnee Mission, KS. [www.asperger.net](http://www.asperger.net) <This is a 1-5 scale with picture cards so kids can show you what ticks them off. Great way to identify triggers and great way to start working on a problem few kids want to talk about.>

Cox, A. (2008). *No Mind Left Behind.* New York: Penguin Group.  
[www.dradamcox.com](http://www.dradamcox.com) <This is a good book about teaching self-control and organization of behavior in general. Adam Cox has a great website, lots of practical experience and resources, and his newsletter is excellent.>



Dawson, P. and Guare, R. (2009). Smart But Scattered. New York: Guilford Press.  
<The best resource on executive skills I have found. If you or your kid sounds at all like the title give up the 15 bucks and get this.>

Forman, S. (1993). Coping Skills Interventions For Children and Adolescents. San Francisco, Jossey-Bass Publishers. <This will give you thorough review and description of research- proven techniques, a good resource for a therapist or a parent who doesn't mind heavy reading. An excellent resource.>

Goleman, D. (1995). Emotional Intelligence. New York: Bantam Books. <Explains the role of the amygdala in hijacking higher thinking brain functions during emotional responses. Makes a convincing argument for emphasizing emotional intelligence and skills over academics.>

Hightower, N. (2002). Anger Busting 101. Houston, Tx: Bayou Publishing.

Mckay, M., Rogers, P. (2000). The Anger Control Workbook. Oakland, CA: New Harbinger Publications, Inc.

Moser, A. (1988) Don't Feed The Monster On Tuesdays, also Don't Pop Your Cork On Mondays. <Super books for teaching kids about stress management and self-esteem.>

Siegel, D. & Hartzell, M. (2003) Parenting From the Inside Out. New York, New York: Penguin Group. <Heavy reading, research based, one of the best books I have read for myself as a parent, if your kid gets you stressed, I think you should read this and be ready to spend some time with it. I usually read good books in a few days and this one took me weeks, and was worth it. Gives an effective model for how to respond to kid fits in a way that helps the kids grow and doesn't hurt your relationship with them.>

Tavris, C. (1989) Anger- The Misunderstood Emotion. New York, Simon and Schuster. <This book is easy to read and reviews research that will surprise you and challenge your beliefs about anger.>

## Games

Land of Psymon (8-up) Western Psychological Services <this game teaches incorrect unhealthy ways of thinking and smarter ways to think so you can avoid unnecessary freak-outs. If you are a therapist and work with kids you should have this. Great game to play in a family, too. I made handouts to go with it on my website  
[www.bradmasoncounselor.com](http://www.bradmasoncounselor.com)>

My First Therapy Game (6-12) Childtherapytoys.com



Escape From Anger Island (6-12) Instant Help Publications

Ungame [www.talicor.com](http://www.talicor.com)

The Talking, Feeling, and Doing Game (4-15) Creative Therapeutics

Helpful Websites

[www.athealth.com](http://www.athealth.com) <A-Z quick reference mental health resource>

[www.difficultchild.com](http://www.difficultchild.com) <This is the best behavioral approach to unwanted behavior I have ever seen. If you can see Howard Glasser in a workshop, go, or get his book Transforming the Difficult Child: The Nurtured Heart Approach. If you want to find out how to quit feeling drained and being stuck in the punishment cycle check this out.>

tonyattwood.com, <I know, his site says Asperger's, doesn't matter, he has great resources for all kids.>

[www.psychpage.com](http://www.psychpage.com) <mental health book reviews>

[www.effectiveparenting.com](http://www.effectiveparenting.com)

[www.bullies2buddies.com](http://www.bullies2buddies.com) <If your kid has trouble getting picked on or can't take teasing, go here.>

Self Talk, Self Esteem, and Emotional Control Resources

Adler, A. (1992) *Understanding Human Nature*. Oxford, England, Oneworld Publications. <Outlines the inferiority complex and potentially the source of much human anxiety, recommended for braniacs>

Attwood, T. (2008). *The CAT-Kit*. Future Horizons, Arlington, Texas. <Great resource for therapists for helping concrete thinkers, boys and men identify and sort through feelings>

Attwood, T. (2004) *Exploring Feelings, Cognitive Behavior Therapy to Manage Anxiety*. Arlington, Tx, Future Horizons, Inc. <Excellent workbook for teaching kids aged 8-40 thinking skills for managing worries>

Avery, R. (2008) *Meet Thotso, Your Thought Maker*. Smart Thot, LLC. <Introduces the power of thought in creating and mediating emotional responses for very young children ages 2-8>



Buron, K. D., & Curtis, M. (2003) *The Incredible 1-5 Scale*. Shawnee Mission, KS: Autism Asperger Publishing Company. <I can't even tell you how many times I have used this book and ideas from it to help kids recognize, express, and manage feelings appropriately. Anything that can work with a kid with autism spectrum disorder tends to work wonders for children not on the spectrum.>

Buron, K. D. *A "5" Could Make Me Lose Control!* Autism Asperger Publishing Company, Shawnee Mission, KS. [www.asperger.net](http://www.asperger.net) <This is a 1-5 scale with picture cards so kids can show you what ticks them off. Great way to identify triggers and great way to start working on a problem few kids want to talk about.>

Curtis & Cornell (2002) *I'm Gonna Like Me, Letting Off A Little Self-Esteem*. USA: [www.harperchildrens.com](http://www.harperchildrens.com) <Bibliotherapy for younger kids about self-esteem.>

Madrigal, S., Winner, M. (2008) *Superflex... A Superhero Social Thinking Curriculum*. San Jose, CA: Think Social Publishing, Inc. <Kid friendly cognitive behavior therapy teaching kids to use self-talk for self-control.>

McKay, M. and Fanning, P. (2000). *Self-Esteem, Third Edition*. Oakland, CA, New Harbinger Publications, Inc. <Very thorough resource for cognitive strategies to boost self-esteem mostly for adults but applicable to children as well.>

Moser, A. (1988) *Don't Feed The Monster On Tuesdays*, also *Don't Pop Your Cork On Mondays*. <Super books for teaching kids about stress management and self-esteem.>

Schiraldi, G. (2001). *The Self-Esteem Workbook*. Oakland, CA, New Harbinger Publications, Inc. <Adolescent/adult self-help for self-esteem.>

#### Games:

Berg, B. (2005). *The Self-Concept Game*. USA: Western Psychological Services. < Good game for teaching awareness and correction of self-talk in a variety of self-image domains.>

Vogel, E. (2004). *Land of Psymon*. USA: Western Psychological Services. <Great instructional aid for teaching older children and adolescents about thinking errors and cognitive behavioral therapy. I use this in my office several times a week.>



## Resources for Anxiety

### Books

Adler, A. (1992) *Understanding Human Nature*. Oxford, England, Oneworld Publications. <Outlines the inferiority complex and potentially the source of much human anxiety, recommended for braniacs>

Allen, J. and Klein, R. (1996) *Ready. Set. Relax.* Watertown, Wisconsin, Inner Coaching. <Good scripts for progressive muscle relaxation>

Attwood, T. (2008). *The CAT-Kit*. Future Horizons, Arlington, Texas. <Great resource for therapists for helping concrete thinkers, boys and men identify and sort through feelings>

Attwood, T. (2004) *Exploring Feelings. Cognitive Behavior Therapy to Manage Anxiety.* Arlington, Tx, Future Horizons, Inc. <Excellent workbook for teaching kids aged 8-40 thinking skills for managing worries>

Avery, R. (2008) *Meet Thotso, Your Thought Maker*. Smart Thot, LLC. <Introduces the power of thought in creating and mediating emotional responses for very young children ages 2-8>

Buron, K. D., & Curtis, M. (2003) *The Incredible 1-5 Scale*. Shawnee Mission, KS: Autism Asperger Publishing Company. <This is a must-have resource if you work with someone who has trouble recognizing, grading, and expressing emotional states!>

Buron, K. D. *A "5" Could Make Me Lose Control!* Autism Asperger Publishing Company, Shawnee Mission, KS. [www.asperger.net](http://www.asperger.net) <This can help even very young children (3) identify stress triggers>

Buron, K. D. (2006) *When My Worries Get Too Big*. Shawnee Mission, Kansas, Autism Asperger Publishing Company. <Cute workbook in the flavor of the previous two>

Cox, A. (2008). *No Mind Left Behind*. New York: Penguin Group. [www.dradamcox.com](http://www.dradamcox.com) like the next on this list, helps you understand how to teach the thinking skills needed to have emotional control and flexibility>

Dawson, P. and Guare, R. (2009). *Smart But Scattered*. New York: Guilford Press. <This would be my current bible of executive skills, brain ways of self-control that are teachable. Superior resource.>

Dyer, W. (1995) *Your Erroneous Zones*. New York , NY, Avon Books. <Written more for adults and full of great ways to defeat worry>



Forman, S. (1993). *Coping Skills Interventions For Children and Adolescents*. San Francisco, Jossey-Bass Publishers. <Great review and description of research-based strategies>

Goleman, D. (1995) *Emotional Intelligence*. New York, NY, Bantam Books.

Moser, A. (1988) *Don't Feed The Monster On Tuesdays*, also *Don't Pop Your Cork On Mondays*. Kansas City, MS, Landmark Editions, Inc.

Niner, H. (2004) *Mr. Worry, A Story About OCD*. Morton Grove, Ill., Albert Whitman and Co.

Shapiro, L., Sprague, R. (2009) *The Relaxation and Stress Reduction Workbook for Kids*. Oakland, CA, New Harbinger.

## Games

*Don't Stress Game* (6-12) Childsworld/Childsplay

*Land of Psymon* (8-up) Western Psychological Services

*My First Therapy Game* (6-12) Childtherapytoys.com

*The Talking, Feeling, and Doing Game* (4-15) Creative Therapeutics

*Moods*-( teen/adult ) Hasbro

## Websites

[www.childanxiety.net](http://www.childanxiety.net)

[www.socialthinking.com](http://www.socialthinking.com)

[www.adaa.org](http://www.adaa.org).

[www.worrywisekids.org](http://www.worrywisekids.org)

[www.myanxiouschild.com](http://www.myanxiouschild.com)

[www.helpguide.org](http://www.helpguide.org)