Book Study
Alternate Field Hours Assignment
Spring 2020

This assignment is designed to allow the student to complete field hours by building on knowledge and demonstrating skills learned throughout the course of their professional graduate education. Please note that the assignment aligns with the Council on Social Work Education’s Social Work Competencies, as outlined below.

The book study for *The Boy Who Was Raised as a Dog*, by Dr. Bruce Perry, has been provided as a template example.

**Goal**
- Interns will create a book study using the guidelines below. The book study will be a product that can be left with the agency should they decide to hold a book study with the employees at the agency. Future interns will also be an audience for the book study, both as participants and facilitators.

**Objectives**
1. Complete an assessment to determine a book that would be most well received by the employees at your agency. Support your decision from both a social justice lens as well as a cultural lens. Consult with your FI/FL for goodness-of-fit. (Competencies 1, 2, 3, 7)
2. Read the book. (Competency 1)
3. Provide a brief summary of each chapter, highlighting key take-aways including social justice and cultural components. What issues of race and power are relevant? If the book is a clinical treatment manual, how might the interventions need to be adapted for different cultural groups at your agency? This will require the intern to evaluate the information in the chapter and determine the most important ideas. (Competencies 2, 3, 9)
4. Create three to five discussion questions for each chapter. The intern should ensure that the questions are engaging and dynamic to maintain the participants’ interest. Social justice, cultural, and ethical issues raised in the chapter should be included in the questions. (Competencies 1, 2, 3, 6)
5. Develop a short list of talking points from which the facilitator can pull to encourage discussion during the meetings. (Competency 1)

**Note**
- The final assignment product can also serve as a resume-builder, demonstrating to potential employers the student’s ability to assess an agency’s learning needs, create a viable learning opportunity, and use competency-based skills to promote peer-to-peer learning.
The following pages contain a list of recommended books. This is not an exhaustive list; you may select a book that you feel will best serve your population, but you must have it pre-approved by your field instructor or faculty liaison before receiving credit. You may reach out to your field instructor to find out which books they feel are most appropriate for the agency. You should discuss how many credit hours you will earn with your faculty liaison who will approve 20-40 hours of field credit hours depending on the number of students (1 or 2) sharing the project and the length and content of the book.

The books are sorted into the following categories:

- **General:** The books in this section are appropriate for a general audience including lay people as well as people with clinical or policy experience. For example, teachers, support staff, interdisciplinary staff, and clinical staff and interns.

- **Clinical:** The books in this section are primarily appropriate for clinical staff, MSSW first field, and final clinical interns. These books will be appropriate for a study in which people with clinical background and interest are participating.

Once you have selected your book, present your assessment to your FI and FL for approval. The assessment should include the following:

1. How will the content of the book enrich your agency's understanding of their client population, workspace, and/or cultural climate?
2. How will your book selection address social justice issues in your agency?
3. What are some ethical considerations to take into account that may arise in response to your selection?
4. In what ways does your selection address the cultural aspects of your agency, the clients served, and the employees?
General

The books in this section are appropriate for a general audience including lay people as well as people with clinical experience. For example, teachers, support staff, interdisciplinary staff, and clinical staff and interns.
All levels of social work interns are eligible to receive 20-40 hours of field credit with approval from their faculty liaison.

A Child Called It: One Child’s Courage to Survive By David Pelzer
This book chronicles the unforgettable account of one of the most severe child abuse cases in California history. It is the story of Dave Pelzer, who was brutally beaten and starved by his emotionally unstable, alcoholic mother: a mother who played tortuous, unpredictable games—games that left him nearly dead. He had to learn how to play his mother's games in order to survive because she no longer considered him a son, but a slave; and no longer a boy, but an "it." The outside world knew nothing of his living nightmare. He had nothing or no one to turn to, but his dreams kept him alive—dreams of someone taking care of him, loving him and calling him their son.

A Piece of Cake By Cupcake Brown
This is the heart-wrenching true story of a girl named Cupcake and it begins when, aged eleven, she is orphaned and placed in the 'care' of sadistic foster parents. But there comes a point in her preteen years - maybe it's the night she first tries to run away and is exposed to drugs, alcohol, and sex all at once - when Cupcake's story shifts from a tear-jerking tragedy to a dark, deeply disturbing journey through hell.

Ain't I a Woman: Black Women and Feminism By bell hooks
A groundbreaking work of feminist history and theory analyzing the complex relations between various forms of oppression. Ain't I a Woman examines the impact of sexism on black women during slavery, the historic devaluation of black womanhood, black male sexism, racism within the recent women's movement, and black women's involvement with feminism.

American Paper Son: A Chinese Immigrant in the Midwest By Wayne Hung Wong
During the height of racist anti-Chinese U.S. immigration laws, illegal aliens were able to come into the States under false papers identifying them as the sons of those who had returned to China to marry and have children. American Paper Son is the story of one such Chinese immigrant who came to Wichita, Kansas, in 1935 as a thirteen-year-old "paper son" to help in his father's restaurant there.

Being Mortal: Medicine and What Matters in the End By Atul Gawande
Through eye-opening research and gripping stories of his own patients and family, Atul Gawande, a practicing surgeon, reveals the suffering this dynamic has produced. Nursing homes, devoted above all to safety, battle with residents over the food they are allowed to eat and the choices they are allowed to make. Doctors, uncomfortable discussing patients’ anxieties about death, fall back on false hopes and treatments that are actually shortening lives instead of improving them. Riveting, honest, and
Being Mortal shows how the ultimate goal is not a good death but a good life—all the way to the very end.

Black Feminist Thought: Knowledge, Consciousness, and the Politics of Empowerment By Patricia Hill Collins
In spite of the double burden of racial and gender discrimination, African American women have developed a rich intellectual tradition that is not widely known. In Black Feminist Thought, Patricia Hill Collins explores the words and ideas of Black feminist intellectuals as well as those African American women outside academe. She provides an interpretive framework for the work of such prominent Black feminist thinkers as Angela Davis, bell hooks, Alice Walker, and Audre Lorde. The result is a superbly crafted book that provides the first synthetic overview of Black feminist thought.

Brainstorm: The Teenage Brain from the Inside Out By Dan Siegel
In Brainstorm, Siegel illuminates how brain development affects teenagers' behavior and relationships. Drawing on important new research in the field of interpersonal neurobiology, he explores exciting ways in which understanding how the teenage brain functions can help parents make what is in fact an incredibly positive period of growth, change, and experimentation in their children's lives less lonely and distressing on both sides of the generational divide.

Choosing Civility: The Twenty-Five Rules of Considerate Conduct By P.M. Forni
Most people would agree that thoughtful behavior and common decency are in short supply, or simply forgotten in hurried lives of emails, cellphones, and multi-tasking. In Choosing Civility, P. M. Forni identifies the twenty-five rules that are most essential in connecting effectively and happily with others. Finally, Forni provides examples of how to put each rule into practice and so make life—and the lives of others—more enjoyable, companionable, and rewarding.

Conscious Discipline: 7 Basic Skills for Brain Smart Classroom Management By Becky Bailey
A Trio of three masterpieces: A Child's Heart, Klein and Wagner, and Klingsor's Last Summer. Provides an introduction to Conscious Discipline, a social and emotional intelligence classroom management program designed to give teachers the discipline skills they need to address the emotional and social issues of children in the twenty-first century.

Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt By Kevin Hines
At 19 years old, Kevin attempted to take his own life by jumping off the Golden Gate Bridge. Recently diagnosed with bi-polar disorder, Kevin had begun to hear voices telling him he had to die, and days before his attempt, he began to believe them. The fall would break his body, but not his spirit. His story chronicles the extraordinary will of the author to live mentally well in the face of his mental illness: bipolar disorder with psychotic features. With each mental breakdown, however, the author's desire to live mentally well--and to be a mental health advocate--pulls him from the depths of his condition.
Divided Minds: Twin Sisters and Their Journey Through Schizophrenia By Carolyn Spiro
Divided Minds is a dual memoir of identical twins, one of whom faces a life sentence of schizophrenia, and the other who becomes a psychiatrist, after entering the spotlight that had for so long been focused on her sister. Told in the alternating voices of the sisters, Divided Minds is a heartbreaking account of the far reaches of madness, as well as the depths of ambivalence and love between twins. It is a true and unusually frank story of identical twins with very different identities and wildly different experiences of the world around them.

Dopesick: Dealers, Doctors and the Drug Company that Addicted America By Beth Macy
Beth Macy takes us into the epicenter of America’s twenty-plus year struggle with opioid addiction. From distressed small communities in Central Appalachia to wealthy suburbs; from disparate cities to once-idyllic farm towns; it’s a heartbreaking trajectory that illustrates how this national crisis has persisted for so long and become so firmly entrenched.

Dry By Augusten Burrows
You may not know it, but you've met Augusten Burroughs. You've seen him on the street, in bars, on the subway, at restaurants: a twenty-something guy, nice suit, works in advertising. Regular. Ordinary. But when the ordinary person had two drinks, Augusten was circling the drain by having twelve; when the ordinary person went home at midnight, Augusten never went home at all. Loud, distracting ties, automated wake-up calls, and cologne on the tongue could only hide so much for so long. At the request (well, it wasn’t really a request) of his employers, Augusten landed in rehab. But when Augusten is forced to examine himself, something actually starts to click, and that’s when he finds himself in the worst trouble of all. Because when his thirty days are up, he has to return to his same drunken Manhattan life and live it sober. What follows is a memoir that’s as moving as it is funny, as heartbreaking as it is real.

Easy to Love, Difficult to Discipline By Becky Bailey
You love your children, but if you’re like most parents, you don’t always love their behavior. But how can you guide them without resorting to less-than-optimal behavior yourself? Dr. Becky Bailey's unusual and powerful approach to parenting has made thousands of families happier and healthier. Focusing on self-control and confidence-building for both parent and child, Dr. Bailey teaches a series of linked skills to help families move from turmoil to tranquility.
**Enrique’s Journey** By Sonia Nazario

A true story from award-winning journalist Sonia Nazario recounting the odyssey of a Honduran boy who braves hardship and peril to reach his mother in the United States.

**Ghost Boy** By Martin Pistorius & Megan Lloyd Davies

In January 1988 Martin Pistorius, aged twelve, fell inexplicably sick. First, he lost his voice and stopped eating. Then he slept constantly and shunned human contact. Doctors were mystified. Within eighteen months he was mute and wheelchair bound. Martin’s parents were told an unknown degenerative disease left him with the mind of a baby and less than two years to live. Martin was moved to care centers for severely disabled children. The stress and heartache shook his parents’ marriage and their family to the core. Their boy was gone. Or so they thought. Ghost Boy is the heart-wrenching story of one boy’s return to life through the power of love and faith. In these pages, readers see a parent’s resilience, the consequences of misdiagnosis, abuse at the hands of cruel caretakers, and the unthinkable duration of Martin’s mental alertness betrayed by his lifeless body.

**Guilty by Reason of Insanity: A Psychiatrist Explores the Minds of Killers** By Dorothy Otnow Lewis

A psychiatrist and an internationally recognized expert on violence, Dorothy Otnow Lewis has spent the last quarter century studying the minds of killers. Among the notorious murderers she has examined are Ted Bundy, Arthur Shawcross, and Mark David Chapman, the man who shot John Lennon. Now she shares her groundbreaking discoveries—and the chilling encounters that led to them. From a juvenile court in Connecticut to the psychiatric wards of New York City's Bellevue Hospital, from maximum security prisons to the corridors of death row, Lewis and her colleague, the eminent neurologist Jonathan Pincus, search to understand the origins of violence. Guilty by Reason of Insanity is an utterly absorbing odyssey that will forever change the way you think about crime, punishment, and the law itself.

**High Price: A Neuroscientist’s Journey of Self-Discovery That Challenges Everything You Know About Drugs and Society** By Carl Hart

A pioneering neuroscientist shares his story of growing up in one of Miami’s toughest neighborhoods and how it led him to his groundbreaking work in drug addiction. Today he is a cutting-edge neuroscientist—Columbia University’s first tenured African American professor in the sciences—whose landmark, controversial research is redefining our understanding of addiction. In this provocative and eye-opening memoir, he recalls his journey of self-discovery and weaves his past and present. Hart goes beyond the hype of the antidrug movement as he examines the relationship among drugs, pleasure, choice, and motivation, both in the brain and in society. His findings shed new light on common ideas about race, poverty, and drugs, and explain why current policies are failing.
**How Can I Talk if My Lips Don’t Move?: Inside My Autistic Mind**
By Tito Raja

An astounding new work by the author of The Mind Tree that offers a rare insight into the autistic mind and how it thinks, sees, and reacts to the world. When he was three years old, Tito was diagnosed as severely autistic, but his remarkable mother, Soma, determined that he would overcome the problem by teaching him to read and write. The result was that between the ages of eight and eleven he wrote stories and poems of exquisite beauty, which Dr. Oliver Sacks called amazing and shocking. Their eloquence gave lie to all our assumptions about autism. Here Tito goes even further and writes of how the autistic mind works, how it views the outside world and the normal people he deals with daily, how he tells his stories to the mirror and hears stories back, how sounds become colors, how beauty fills his mind and heart.

**I Have the Right To: A High School Survivor’s Story of Sexual Assault, Justice and Hope**
By Chessy Prout & Jenn Abelson

A young survivor tells her searing, visceral story of sexual assault, justice, and healing in this gut-wrenching memoir.

**The Middle of Everywhere: Helping Refugees Enter the American Community**
By Mary Pipher

Over the past decade, Mary Pipher has been a great source of wisdom, helping us to better understand our family members. Now she connects us with the newest members of the American family--refugees. In cities all over the country, refugees arrive daily. Their endurance in the face of tragedy and their ability to hold on to the virtues of family, love, and joy are a lesson for Americans. Their stories will make you laugh and weep--and give you a deeper understanding of the wider world in which we live. The Middle of Everywhere moves beyond the headlines into the homes of refugees from around the world.

**Invisible Nations: Homeless Families in America**
By Richard Schweid

More than 2.5 million children are homeless in the United States every year. In every state, children are living packed in with relatives, or in cars, or motel rooms, or emergency shelters, the only constant being too many people in too little space. In a vividly written narrative, experienced journalist Richard Schweid takes us on a spirited journey through this "invisible nation," giving us front-row dispatches. Based on in-depth reporting from five major cities, Invisible Nation looks backward at the historical context of family homelessness, as well as forward at what needs to be done to alleviate this widespread, although often hidden, poverty.

**It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living**
By Dan Savage

After a number of suicides by LGBT students who were bullied in school, syndicated columnist Dan Savage uploaded a video to YouTube with his partner, Terry Miller, to inspire hope for LGBT youth. The video launched the 'It Gets Better Project', initiating a worldwide phenomenon. This is a collection of expanded essays and new material from celebrities and everyday people who have posted videos of encouragement. We can show LGBT youth the happiness, potential, and positivity their lives will have if they can get through their teen years. "It Gets Better" reminds teenagers in the LGBT community that they are not alone--and it WILL get better.

**Lit**
By Mary Karr
Mary Karr’s bestselling, unforgettable sequel to her beloved memoirs The Liars’ Club and Cherry—and one of the most critically acclaimed books of the year—Lit is about getting drunk and getting sober; becoming a mother by letting go of a mother; learning to write by learning to live.

**Methland: The Death and Life of an American Small Town** By Nick Reding

The dramatic story of the methamphetamine epidemic as it sweeps the American heartland a timely, moving, very human account of one community’s attempt to battle its way to a brighter future.

**Nickel and Dimed** By Barbara Ehrenreich

Millions of Americans work full-time, year-round, for poverty-level wages. In 1998, Barbara Ehrenreich decided to join them. Nickel and Dimed reveals low-wage America in all its tenacity, anxiety, and surprising generosity—a land of Big Boxes, fast food, and a thousand desperate stratagems for survival. Instantly acclaimed for its insight, humor, and passion, this book is changing the way America perceives its working poor.

**No Drama Discipline** By Dan Siegel & Tina Payne Bryson

Highlighting the fascinating link between a child’s neurological development and parents’ reactions to misbehavior, this book provides an effective, compassionate road map for dealing with tantrums, tensions, and tears—without causing a scene. Defining the true meaning of the "d" word (to instruct, not to shout or reprimand), the authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth. By doing so, the cycle of negative behavior (and punishment) is essentially brought to a halt, as problem solving becomes a win/win situation.

**Post Traumatic Slave Syndrome: America’s Legacy of Enduring Injury and Healing** By Joy DeGruy

While African Americans managed to emerge from chattel slavery and the oppressive decades that followed with great strength and resiliency, they did not emerge unscathed. Slavery produced centuries of physical, psychological and spiritual injury. Post Traumatic Slave Syndrome: America’s Legacy of Enduring Injury and Healing lays the groundwork for understanding how the past has influenced the present and opens up the discussion of how we can use the strengths we have gained to heal.

**Prozac Nation** By Elizabeth Wurtzel

A harrowing story of breakdowns, suicide attempts, drug therapy, and an eventual journey back to living, this poignant and often hilarious book gives voice to the high incidence of depression among America’s youth. A collective cry for help from a generation who have come of age entrenched in the culture of divorce, economic instability, and AIDS, here is the intensely personal story of a young girl full of promise, whose mood swings have risen and fallen like the lines of a sad ballad.

**Redefining Realness** By Janet Mock

This powerful memoir follows Mock’s quest for identity, from an early, unwavering conviction about her gender to a turbulent adolescence in Honolulu that saw her transitioning during the tender years of high school, self-medicating with hormones
at fifteen, and flying across the world alone for sex reassignment surgery at just eighteen. With unflinching honesty, Mock uses her own experience to impart vital insight about the unique challenges and vulnerabilities of trans youth and brave girls like herself.

**Saving Normal: An Insider's Revolt Against Out-Of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life By Allen Frances**

By a Duke professor and the former chairperson of DSM 4, the leading critic of the proposed revisions to the "bible of psychology," the DSM, which promises to greatly widen the bounds of mental illness, explores the remarkable resilience and self-healing power of the "normal brain".

**So You Want to Talk about Race By Ijeoma Oluo**

Editor at Large of The Establishment, Ijeoma Oluo offers a contemporary, accessible take on the racial landscape in America, addressing head-on such issues as privilege, police brutality, intersectionality, micro-aggressions, the Black Lives Matter movement, and the "N" word. Perfectly positioned to bridge the gap between people of color and white Americans struggling with race complexities, Oluo answers the questions readers don't dare ask, and explains the concepts that continue to elude everyday Americans.

**Stir It Up: Lessons in Community Organizing and Advocacy By Rinku Sen**

Stir It Up--written by renowned activist and trainer Rinku Sen--identifies the key priorities and strategies that can help advance the mission of any social change group. This groundbreaking book addresses the unique challenges and opportunities the new global economy poses for activist groups and provides concrete guidance for community organizations of all orientations. Throughout the book, Sen walks readers through the steps of building and mobilizing a constituency and implementing key strategies that can effect social change. The book is filled with illustrative case studies that highlight best organizing practices in action and each chapter contains tools that can help groups tailor Sen’s model for their own organizational needs.

**The Body Keeps the Score By Bessel van der Kolk**

Trauma is a fact of life. Traumatic experiences inevitably leave traces on minds, emotions, and even on biology. Sadly, trauma sufferers frequently pass on their stress to their partners and children. Renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. In The Body Keeps the Score, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain’s wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies. Based on Dr. van der Kolk's own research and that of other leading specialists, The Body Keeps the Score offers proven alternatives to drugs and talk therapy—and a way to reclaim lives.

**The Bully Society: School Shootings and the Crisis of Bullying in America’s Schools By Jessie Klein**

In today’s schools, kids bullying kids is not an occasional occurrence but rather an everyday reality where children learn early that being sensitive, respectful, and kind earns them no respect. Jessie Klein makes the provocative argument that the rise of
school shootings across America, and childhood aggression more broadly, are the consequences of a society that actually promotes aggressive and competitive behavior. The Bully Society is a call to reclaim America’s schools from the vicious cycle of aggression that threatens our children and our society at large.

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity By Dr. Nadine Burke Harris

Dr. Nadine Burke Harris was already known as a crusading physician delivering targeted care to vulnerable children. The stunning news of Burke Harris’s research is just how deeply our bodies can be imprinted by ACEs—adverse childhood experiences like abuse, neglect, parental addiction, mental illness, and divorce. Childhood adversity changes our biological systems, and lasts a lifetime. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the fascinating scientific insight and innovative, acclaimed health interventions in The Deepest Well represent vitally important hope for preventing lifelong illness for those we love and for generations to come.

The Glass Castle By Jeanette Walls

A tender, moving tale of unconditional love in a family that, despite its profound flaws, gave the author the fiery determination to carve out a successful life on her own terms. As the dysfunction of the family escalated, Jeannette and her brother and sisters had to fend for themselves, supporting one another as they weathered their parents' betrayals and, finally, found the resources and will to leave home.

The Habit of Surviving: Black Women’s Strategies for Life By Kesho Yvonne Scott

In this combination of oral history, biography, and autobiography, Scott chronicles the lives of five black women, including her own, as they struggle to achieve success and survive as women of color in America. In her interviews, Scott identifies the different survival modes or "habits" that black women pass down from generation to generation.

The Insanity Offense: How America’s Failure to Treat the Seriously Mentally Ill Endangers Its Citizens By E. Fuller Torrey

Beginning in the 1960s in the United States, scores of patients with severe psychiatric disorders were discharged from public mental hospitals. At the same time, activists forced changes in commitment laws that made it impossible to treat half of the patients that left the hospital. The combined effect was profoundly destructive. The author takes full stock of this phenomenon, exploring the causes and consequences as he weaves together narratives of individual tragedies in three states with sobering national data on our failure to treat the mentally ill. In the book's final chapters, he outlines what needs to be done to reverse this ongoing—and accelerating—disaster.

The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes By Diane Ehrensaft & Norman Spack

In her groundbreaking first book, Gender Born, Gender Made, Dr. Diane Ehrensaft coined the term gender creative to describe children whose unique gender
expression or sense of identity is not defined by a checkbox on their birth certificate. Now, with The Gender Creative Child, she returns to guide parents and professionals through the rapidly changing cultural, medical, and legal landscape of gender and identity. In this up-to-date, comprehensive resource, Dr. Ehrensaft explains the interconnected effects of biology, nurture, and culture to explore why gender can be fluid, rather than binary. As an advocate for the gender affirmative model and with the expertise she has gained over three decades of pioneering work with children and families, she encourages caregivers to listen to each child, learn their particular needs, and support their quest for a true gender self.

**The Last Time I Wore a Dress** By Daphne Scholinski

At fifteen years old, Daphne Scholinski was committed to a mental institution and awarded the dubious diagnosis of "Gender Identity Disorder." She spent three years—and over a million dollars of insurance—"treating" the problem...with makeup lessons and instructions in how to walk like a girl. Daphne's story—which is, sadly, not that unusual—has already received attention from such shows as 20/20, Dateline, Today, and Leeza. But her memoir, bound to become a classic, tells the story in a funny, ironic, unforgettable voice that "isn't all grim; Scholinski tells her story in beautifully evocative prose and mines her experiences for every last drop of ironic humor, determined to have the last laugh."

**The Line Becomes a River** By Francisco Cantú

For Francisco Cantú, the border is in the blood: his mother, a park ranger and daughter of a Mexican immigrant, raised him in the scrublands of the Southwest. Haunted by the landscape of his youth, Cantú joins the Border Patrol. Plagued by nightmares, he abandons the Patrol for civilian life. But when an immigrant friend travels to Mexico to visit his dying mother and does not return, Cantú discovers that the border has migrated with him, and now he must know the whole story. Searing and unforgettable, The Line Becomes a River makes urgent and personal the violence our border wreaks on both sides of the line.

**The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study** By Howard S. Friedman and Leslie R. Martin

For years we have been told to obsessively monitor when we’re angry, what we eat, how much we worry, and how often we go to the gym. So why isn’t everyone healthy? Drawing from the most extensive study of long life ever conducted, The Longevity Project busts many long-held myths about aging and living well.

**The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions** By Christopher K. Germer & Sharon Salzberg

Over his decades of experience as a therapist and mindfulness meditation practitioner, Dr. Christopher Germer has learned a paradoxical lesson: We all want to avoid pain but letting it in—and responding compassionately to our own imperfections, without judgment or self-blame—are essential steps on the path to healing. This wise and eloquent book illuminates the power of self-compassion and offers creative, scientifically grounded strategies for putting it into action. You’ll master practical techniques for living more fully in the present moment -- especially
when hard-to-bear emotions arise -- and for being kind to yourself when you need it the most.

**The Miracle of Mindfulness By Thich Nhat Hanh**
In this beautiful and lucid guide, Zen master Thich Nhat Hanh offers gentle anecdotes and practical exercise as a means of learning the skills of mindfulness--being awake and fully aware. From washing the dishes to answering the phone to peeling an orange, he reminds us that each moment holds within it an opportunity to work toward greater self-understanding and peacefulness.

**The Naked Truth: Young, Beautiful, and (HIV) Positive By Marvelyn Brown with Courtney Martin**
At nineteen years of age, Marvelyn Brown was lying in a stark white hospital bed at Tennessee Christian Medical Center, feeling hopeless. A former top track and basketball athlete, she was in the best shape of her life, but she was battling a sudden illness in the intensive care unit. Doctors had no idea what was going on. It never occurred to Brown that she might be HIV positive. Having unprotected sex with her Prince Charming had set into swift motion a set of circumstances that not only landed her in the fight of her life, but also alienated her from her community. Rather than give up, however, Brown found a reason to fight and a reason to live. The Naked Truth is an inspirational memoir that shares how an everyday teen refused to give up on herself, even as others would forsake her. More, it’s a cautionary tale that every parent, guidance counselor, and young adult should read.

**The New Human Rights Movement: Reinventing the Economy to End Oppression By Pete Joseph**
In our interconnected world, self-interest and social-interest are rapidly becoming indistinguishable. If current negative trajectories remain, including growing climate destabilization, biodiversity loss, and economic inequality, an impending future of ecological collapse and societal destabilization will make “personal success” virtually meaningless. If true human rights progress is to be achieved today, it is time to dig deeper, rethinking the very foundation of our social system. In this engaging, important work, the author draws from economics, history, philosophy, and modern public-health research to present a bold case for rethinking activism in the 21st century.

**Three Little Words By Ashley Rhodes Courter**
Painful memories of being taken away from her home quickly become consumed by real-life horrors, where Ashley is juggled between caseworkers, shuffled from school to school, and forced to endure manipulative, humiliating treatment from a very abusive foster family. In this inspiring, unforgettable memoir, Ashley finds the courage to succeed - and in doing so, discovers the power of her own voice.

**Tweak: Growing Up on Methamphetamines By Nic Sheff**
Nic Sheff was drunk for the first time at age eleven. In the years that followed, he would regularly smoke pot, do cocaine and Ecstasy, and develop addictions to crystal meth and heroin. Even so, he felt like he would always be able to quit and put his life together whenever he needed to. It took a violent relapse one summer in California to convince him otherwise. In a voice that is raw and honest, he tells us the compelling, heartbreaking, and true story of his relapse and the road to recovery.
**White Fragility By Robin DiAngelo & Michale Eric Dyson**
Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, anti-racist educator Robin DiAngelo examines how white fragility develops, how it protects racial inequality, and what can be done to engage more constructively.

**Why Be Happy When You Could Be Normal? By Jeanette Winterson**
This is a memoir about a life's work to find happiness. It's a book full of stories: about a girl locked out of her home, sitting on the doorstep all night; about a religious zealot disguised as a mother who has two sets of false teeth and a revolver in the dresser, waiting for Armageddon; about growing up in an north England industrial town now changed beyond recognition; about the Universe as Cosmic Dustbin. It is the story of how a painful past that Jeanette thought she’d written over and repainted rose to haunt her, sending her on a journey into madness and out again, in search of her biological mother.

**Women, Race, and Class By Angela Y. Davis**
- A powerful study of the women’s movement in the U.S. from abolitionist days to the present that demonstrates how it has always been hampered by the racist and classist biases of its leaders.

**Clinical**

The books in this section are primarily appropriate for clinical staff and MSW first field and final clinical interns. These books will be appropriate for a study in which people with clinical background and interest are participating. All levels of social work interns are eligible to receive 20-40 hours of field credit with approval from their faculty liaison.

**Acceptance & Commitment Therapy for Anxiety Disorders: A Practitioner’s Treatment Guide to Using Mindfulness, Acceptance, And Values-Based Behavior Change Strategies By Georg H. Eifert & John P. Forsyth**
This much-anticipated book is the first how-to guide to offer a detailed and practical application of acceptance and commitment therapy (ACT) to the treatment of persons suffering from any of the broad class of anxiety disorders. The book provides clear and flexible, session-by-session guidelines for applying and integrating acceptance, mindfulness, and value-guided behavior change methods into a powerful and effective anxiety treatment approach. It offers strategies that work to remove barriers to change and foster meaningful movement forward. Theoretical information in the book is supported by detailed examples of individual therapy sessions, worksheets, and experiential exercises—as well as new assessment measures that make learning and teaching these techniques easy and engaging.

**Anxiety and Its Disorders, Second Edition: The Nature and Treatment of Anxiety and Panic By David H. Barlow**
Integrating insights from emotion theory, recent advances in cognitive science and neuroscience, and increasingly important findings from developmental psychology and learning, David H. Barlow comprehensively examines the phenomena of anxiety and panic, their origins, and the roles that each plays in normal and pathological functioning. Chapters coauthored by Barlow with other leading experts then outline what is currently known about the classification, presentation, etiology, assessment, and treatment of each of the DSM-IV anxiety disorders.

**Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families** By Susan M. Johnson

Drawing on cutting-edge research on adult attachment—and providing an innovative roadmap for clinical practice—Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, Johnson now extends her attachment-based approach to individuals and families. The volume shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example.

**Clinical Handbook of Obsessive-Compulsive Disorder and Related Problems** By Jonathan S. Abramowitz, Dean McKay & Steven Taylor

In this handbook, Jonathan S. Abramowitz, Dean McKay, and Steven Taylor present an approach to diagnosis and treatment that considers subtype and spectrum concepts. They examine specific presentations of OCD—the symptoms—that are often seen in practice as well as the many disorders that may fall within the OCD spectrum. For each symptom and putative spectrum condition, they discuss empirical support, theories of etiology, and treatment issues. The volume covers cognitive-behavioral and biological factors, as well as the latest approaches to psychological and pharmacologic therapy, including complicating factors in treatment.

**Compulsive Hoarding and Acquiring: Therapist Guide (Treatments That Work)** By Gail Steketee and Randy O. Frost

Written by the developers of this groundbreaking treatment, this manual is the first to present an empirically supported and effective CBT program for treating compulsive hoarding and acquiring. This guide gives clinicians the information to understand hoarding and proven tools to help clients overcome their compulsive behaviors. It teaches individuals how to recognize errors in thinking and uses both imagined and real exposures to teach them the skills they need to manage their problem. Homework exercises include behavioral experiments to test personal beliefs about possessions, developing an organization plan and filing system, and sorting and organizing items room-by-room. Complete with case examples and strategies for dealing with problems, this user-friendly guide is a dependable resource that no clinician can do without.

**DBT Skills Manual for Adolescents** By Jill H. Rathus
From leading experts who have trained thousands of professionals in dialectical behavior therapy (DBT), this manual provides indispensable tools for treating adolescents with emotional or behavioral problems of any level of severity. Clinicians are guided step by step to teach teens and parents five sets of skills: Mindfulness, Distress Tolerance, Walking the Middle Path (a family-based module developed by the authors specifically for teens), Emotion Regulation, and Interpersonal Effectiveness. Designed for optimal clinical utility, the book features session outlines, teaching notes, discussion points, examples, homework assignments, and 85 reproducible handouts, in a large-size format for easy photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials.

**DBT Skills Training: Manual By Marsha Linehan**
From Marsha M. Linehan--the developer of dialectical behavior therapy (DBT)--this comprehensive resource provides vital tools for implementing DBT skills training. The reproducible teaching notes, handouts, and worksheets used for over two decades by hundreds of thousands of practitioners have been significantly revised and expanded to reflect important research and clinical advances. The book gives complete instructions for orienting clients to DBT, plus teaching notes for the full range of mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills. Handouts and worksheets are not included in the book; purchasers get access to a Web page where they can download and print all the handouts and worksheets discussed, as well as the teaching notes.

**I Hate You. Don't Leave Me: Understanding the Borderline Personality By Jerold J. Kreisman & Hal Straus**
People with Borderline Personality Disorder experience such violent and frightening mood swings that they often fear for their sanity. They can be euphoric one moment, despairing and depressed the next. There are an estimated 10 million sufferers of BPD living in America today—each displaying remarkably similar symptoms. For years BPD was difficult to describe, diagnose, and treat. Dr. Jerold J. Kreisman and health writer Hal Straus offer much-needed professional advice, helping victims and their families to understand and cope with this challenging syndrome.

**Motivational Interviewing for School Counselors By Reagan A. North**
Motivational Interviewing (MI) is a powerful counseling approach that has helped thousands of people make positive changes in their lives. This book is the first training experience ever created to help School Counselors learn to use MI in their unique context. Written by a School Counselor, this work is a powerfully practical explanation of MI ideas and techniques. Full of examples from the school context, the book is designed to help busy School Counselors learn these tools in a quick and enjoyable way. Students need help accessing their own motivation to improve grades, grow relationships, kick bad habits, and pursue deeply meaningful lives. School Counselors are perfectly positioned to help them do so, and MI is the tool they need.
**Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experiences Therapist Guide**

By Edna Foa, Elizabeth Hembree and Barbara Olasov Rothbaum

This guide gives clinicians the information they need to treat clients who exhibit the symptoms of PTSD. It is based on the principles of Prolonged Exposure Therapy, the most scientifically tested and proven treatment used to effectively treat victims of all types of trauma. Whether your client is a veteran of combat, a victim of a physical or sexual assault, or a casualty of a motor vehicle accident, the techniques and strategies outlined in this book will help. In this treatment clients are exposed to imagery of their traumatic memories, as well as real-life situations related to the traumatic event in a step-by-step, controllable way. Through these exposures, your client will learn to confront the trauma and begin to think differently about it, leading to a marked decrease in levels of anxiety and other PTSD symptoms.

**Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process**

By Nancy McWilliams

This is the first text to come along in many years that makes psychoanalytic personality theory and its implications for practice accessible to beginning practitioners. The last book of its kind, which was published more than 20 years ago, predated the development of such significant concepts as borderline syndromes, narcissistic pathology, dissociative disorders and self-defeating personality.

**The Broken Mirror: Understanding and Treating Body Dysmorphic Disorder**

By Katharine A. Phillips

In a world obsessed with appearances, it is not surprising that body dysmorphic disorder, or BDD, has manifested itself as a troubling and relatively common problem for many individuals. In *The Broken Mirror*, the first and most definitive book on BDD, Dr. Katharine Phillips draws on years of clinical practice, scientific research, and professional evaluations of over 700 patients to bring readers her expertise and experience with this often debilitating illness.

**The Family Guide to Mental Health Care**

By Lloyd I. Sederer

The Family Guide to Mental Health Care is the first comprehensive print resource for the millions of people who have loved ones suffering from some kind of mental illness. In this book, families can find the answers to their most urgent questions. What medications are helpful and are some as dangerous as I think? How do I navigate privacy laws so I can discuss my adult daughter’s treatment with her doctor? Is my teenager experiencing typical adolescent distress or an illness? From understanding depression, bipolar illness and anxiety to eating and traumatic disorders, schizophrenia, and more, readers will learn what to do and how to help.

**Treating Trauma and Traumatic Grief in Children and Adolescents**

By Judith A. Cohen, Anthony P. Mannarino & Esther Deblinger

This is the authoritative guide to conducting trauma-focused cognitive-behavioral therapy (TF-CBT), a systematic, evidence-based treatment for traumatized children and their families. Here is a comprehensive framework for assessing posttraumatic
stress disorder, depression, anxiety, and other symptoms; developing a flexible, individualized treatment plan; and working collaboratively with children and parents to build core skills in such areas as affect regulation and safety. Specific guidance is offered for responding to different types of traumatic events, with an entire section devoted to grief-focused components. Useful appendices feature resources, reproducible handouts, and information on obtaining additional training. TF-CBT has been nationally recognized as an exemplary evidence-based program.

What You Must Think of Me: A Firsthand Account of One Teenager’s Experience with Social Anxiety Disorder By Emily Ford, Michael R. Liebowitz, and Linda Wasmer

Emily's frank, often witty, sometimes poignant account of how she negotiated all the obstacles of social anxiety--and eventually overcame them with the help of therapy and hard work--makes for compelling reading. More than just a memoir, Emily’s story is coupled with the latest medical and scientific information about the causes, diagnosis, treatment, and self-management of social anxiety disorder (or SAD). She outlines the various psychotherapies available for those with SAD and explains how to seek professional help, how to talk to family and friends about the illness, and how to handle difficult social situations. The result is an absorbing story and a useful guide that will help to ease the isolation caused by SAD, encouraging young people to believe that, with commitment and hard work, they can overcome this illness.