

New Books in the Autism Training Center Lending Library

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The Sibling Survival Guide: Indispensable Information for Brothers and Sisters of Adults with Disabilities

Summary- If you're a teenaged or adult brother or sister of someone with a disability, then this book is expressly for you. It offers a sense that you're not alone, tips on how to talk to your parents about plans for your sibling, and a crash course in guardianship, medical & legal issues, and government benefits if you're already caring for your sib. Edited by experts in the field of disabilities and sibling relationships, The Sibling Survival Guide focuses on the topmost concerns identified in a survey of hundreds of siblings. The chapter authors experienced siblings and service providers offer practical information and anecdotes about: statistics & research about siblings, younger siblings' feelings, impact on your life decisions, caring for multiple generations, aging and disability, taking care of yourself, getting services & advocacy and future planning. Parents, counselors, and disability service agencies will also want a copy of this useful and upbeat book.

Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People

Summary- The Anxiety Gremlin loves one thing - to feed on your anxiety! But watch out, as the fuller he gets, the more anxious you get! How can you stop him? Starve him of his favourite food - your anxiety - and he'll shrink and shrivel away. Starving the Anxiety Gremlin is a unique resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder. Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlin in order to manage their anxiety. This engaging workbook uses fun activities and real life stories, and can be used by young people aged 10+ on their own or with a parent or practitioner. It is also an ideal anxiety management resource for those working with young people, including mental health practitioners, social workers, education sector staff and youth workers.

Impact Therapy: The Courage to Counsel

Summary- Impact Therapy is an active approach to individual and group counseling developed by Dr. Ed Jacobs, Dr. Chris Schimmel, and Dr. Danie Beaulieu. This multisensory approach to counseling is a form of brief therapy that emphasizes making counseling sessions clear, concrete and thought provoking. Impact Therapy encourages counselors to combine creative counseling techniques with various counseling theories. This innovative approach to counseling has been very well received by school counselors and therapists from all areas of the mental health field including private practice, mental health and drug and alcohol treatment centers, hospitals, and correctional facilities.

How Does Your Engine Run? Leader's Guide to the Alert Program for Self-Regulation

Summary- How Does Your Engine Run? A Leader's Guide to the Alert Program for Self-Regulation draws from Mary Sue Williams and Sherry Shellenberger's years of experience working in the schools and therapy clinics. This practical book explains the Alert Program in its entirety. It guides you through the twelve steps to teach independent self-regulation with an extensive list of activities and clinical stories. The book includes all worksheets, charts and pictures needed for the program with permission to copy for educational use. Join the thousands of parents, teachers, and therapists who are helping children through the use of this outstanding program.

Inclusive Programming for Elementary Students with Autism

Summary- Winner of the Autism Society of America's Literary Work of the Year Award, this first book in Sheila Wagner's Inclusive Programming series provides an inclusion program for students with autism spectrum disorders. Teachers, parents, and students alike will benefit from Sheila's insight and presentation as she outlines both theories and applications of inclusive programming for elementary school students. Her engaging and readable style, coupled with her extensive knowledge and classroom practice, make this book indispensable for professionals and nonprofessionals alike.

The Teacher's Pocket Guide for Effective Classroom Management

Summary- Teachers give the highest marks to this bestselling classroom management guides and now it's better than ever! Developed by Tim Knoster, a behavior expert and former teacher whose in-demand workshops have inspired thousands, this new edition is the friendly how-to book educators need to increase desired behavior in today's K-12 classrooms. The second edition weaves in timely NEW guidance for teachers implementing multi-tiered systems of support in tandem with positive behavior interventions and supports (PBIS), though it's still a great resource for teachers in more traditional school settings. With the time-efficient, research-based strategies relayed with humor and vivid examples, teachers will unlock the mysteries of student behavior, prevent disruptions to learning, and support better outcomes for every student.