

Stanley H. King Counseling Institute

Recommended Reading (revised 5/10/14)

Over the years, we have compiled a collection of resources related to the work of the Institute. Many of these titles have been suggested by past Institute participants. Included also are some “classic” sources that people continue to cite as influential works. Please let us know if there are resources that you have found useful in your life and work, and we will add to the list.

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Apter, Terri E. MYTH OF MATURITY: WHAT TEENAGERS NEED FROM PARENTS TO BECOME ADULTS. 2002

Bazelon, Emily. STICKS AND STONES: DEFEATING THE CULTURE OF BULLYING AND REDISCOVERING THE POWER OF CHARACTER AND EMPATHY. 2013

Brown, Lyn Mikel. GIRLFIGHTING: BETRAYAL AND REJECTION AMONG GIRLS. 2005

Burger, Edward. TEACHING TO FAIL. on the *Inside Higher Education* website:
www.insidehighered.com/views/2012/08/21/essay-importance-teaching-failure

Clydesdale, Tim. THE FIRST YEAR OUT: UNDERSTANDING AMERICAN TEENS AFTER HIGH SCHOOL. 2007

Crosier, Louis, Ed. CASUALTIES OF PRIVILEGE: ESSAYS ON PREP SCHOOLS' HIDDEN CULTURE. 1991

Deak, JoAnn and Barker, Teresa. GIRLS WILL BE GIRLS: RAISING CONFIDENT AND COURAGEOUS DAUGHTERS. 2003

Deak, JoAnn. HOW GIRLS THRIVE: AN ESSENTIAL GUIDE FOR EDUCATORS (AND PARENTS). 2010

Dweck, Carol. MINDSET: THE NEW PSYCHOLOGY OF SUCCESS. 2007

Elkind, David. HURRIED CHILD: GROWING UP TOO FAST TOO SOON. 2006

- Gilligan, Carol, Nona P. Lyons, Trudy J. Hanmer (ed). MAKING CONNECTIONS: THE RELATIONAL WORLDS OF ADOLESCENT GIRLS AT EMMA WILLARD SCHOOL. 2006
- Goldberg, Donna. THE ORGANIZED STUDENT: TEACHING CHILDREN THE SKILLS FOR SUCCESS IN SCHOOL AND BEYOND. 2005
- Goleman, Daniel. EMOTIONAL INTELLIGENCE. 2006
- Honoré, Carl. THE SLOW FIX: SOLVE PROBLEMS, WORK SMARTER, AND LIVE BETTER IN A WORLD ADDICTED TO SPEED. 2013
- Kalter, Neil. GROWING UP WITH DIVORCE: HELPING YOUR CHILD AVOID IMMEDIATE AND LATER EMOTIONAL PROBLEMS. 2005
- Kastner, Laura and J. Wyatt. LAUNCHING YEARS: STRATEGIES FOR PARENTING FROM SENIOR YEAR TO COLLEGE LIFE. 2002
- Kilbourne, Jean. STILL KILLING US SOFTLY (video). Media images that denigrate women.
- Kindlon, Daniel, M. Thompson, and T. Barker. RAISING CAIN: PROTECTING THE EMOTIONAL LIFE OF BOYS. 2000
- Kindlon, Dan J. TOO MUCH OF A GOOD THING: RAISING CHILDREN OF CHARACTER IN AN INDULGENT AGE. 2003
- Lawrence-Lightfoot, Sara. THE ESSENTIAL CONVERSATION: WHAT PARENTS AND TEACHERS CAN LEARN FROM EACH OTHER. 2004
- Levenkron, Steven. ANATOMY OF ANOREXIA. 2000
- Levenkron, Steven. CUTTING: UNDERSTANDING & OVERCOMING SELF-MUTILATION. 1998
- Levin, Diane E. and Jean Kilbourne. SO SEXY SO SOON: THE NEW SEXUALIZED CHILDHOOD. 2009
- Levine, Madeline. THE PRICE OF PRIVILEGE. 2006
- Levine, Mel. A MIND AT A TIME: AMERICA'S TOP LEARNING EXPERT SHOWS HOW EVERY CHILD CAN SUCCEED. 2003
- Luthar, S. "THE CULTURE OF AFFLUENCE: PSYCHOLOGICAL COSTS OF MATERIAL WEALTH." *Child Development*, 2003, 74(6), 1581-1593.
- Marone, Nicky. HOW TO FATHER A SUCCESSFUL DAUGHTER. 1998
- Mogel, Wendy. THE BLESSING OF A B MINUS: USING JEWISH TEACHINGS TO RAISE RESILIENT TEENAGERS. 2010
- Mogel, Wendy. THE BLESSING OF A SKINNED KNEE: USING JEWISH TEACHINGS TO RAISE SELF-RELIANT CHILDREN. 2001
- Munter, Preston K. (ed.). COUNSELING STUDENTS: LESSONS FROM NORTHFIELD, ECHOES FROM FOUNTAIN VALLEY. 1988
- Osherson, Sam. FINDING OUR FATHERS. 2002

- Perlstein, L. MOT MUCH, JUST CHILLIN': THE HIDDEN LIVES OF MIDDLE SCHOOLERS. 2003
- Pipher, Mary. REVIVING OPHELIA: SAVING THE SELVES OF ADOLESCENT GIRLS. 2005
- Pollack, William. REAL BOYS: RESCUING OUR SONS FROM THE MYTHS OF BOYHOOD. 1999
- Powers, William. HAMLET'S BLACKBERRY: A PRACTICAL PHILOSOPHY FOR BUILDING A GOOD LIFE IN THE DIGITAL AGE. 2010
- Riera, Michael. RIGHT FROM WRONG: INSTILLING A SENSE OF INTEGRITY IN YOUR CHILD. 2002
- Riera, Michael. STAYING CONNECTED TO YOUR TEENAGERS: HOW TO KEEP THEM TALKING TO YOU AND HOW TO HEAR WHAT THEY'RE SAYING. 2003
- Roberts, Walter B. BULLYING FROM BOTH SIDES: STRATEGIC INTERVENTIONS FOR WORKING WITH BULLIES AND VICTIMS. 2005
- Robinson, Ken. OUT OF OUR MINDS: LEARNING TO BE CREATIVE. 2011
- Roffman, Deborah. SEX AND SENSIBILITY: THE THINKING PARENT'S GUIDE TO TALKING SENSE ABOUT SEX. 2001
- Sadker, David & Myra. FAILING AT FAIRNESS: HOW AMERICA'S SCHOOLS CHEAT GIRLS. 1995
- Schwebel, Robert. SAYING NO IS NOT ENOUGH: HELPING YOUR KIDS MAKE WISE DECISIONS ABOUT ALCOHOL, TOBACCO, AND OTHER DRUGS. 1999
- Selekman, Matthew D. WORKING WITH SELF-HARMING ADOLESCENTS. 2006
- Shandler, Sara. OPHELIA SPEAKS: ADOLESCENT GIRLS WRITE ABOUT THEIR SEARCH FOR SELF. 1999
- Siegel, Michele. and J. Brisman. SURVIVING AN EATING DISORDER: NEW PERSPECTIVES AND STRATEGIES FOR FAMILIES AND FRIENDS. 3rd ed., 2009
- Simmons, Rachel. ODD GIRL OUT: THE HIDDEN CULTURE OF AGGRESSION IN GIRLS. 2003
- Strauch, Barbara, THE PRIMAL TEEN: WHAT THE NEW DISCOVERIES ABOUT THE TEENAGE BRAIN TELL US ABOUT OUR KIDS. 2004
- Thompson, Michael, Ph.D., L. Cohen, and C.O. Grace. BEST FRIENDS, WORST ENEMIES: UNDERSTANDING THE SOCIAL LIFE OF CHILDREN. 2002
- Turkle, Sherry. ALONE TOGETHER: WHY WE EXPECT MORE FROM TECHNOLOGY AND LESS FROM EACH OTHER. 2011
- Wallin, David J. ATTACHMENT IN PSYCHOTHERAPY. 2007
- Wiseman, Rosalind, QUEEN BEES & WANNABES: HELPING YOUR DAUGHTER SURVIVE CLIQUES, GOSSIP, BOYFRIENDS, & OTHER REALITIES OF ADOLESCENCE. 2009
- Wolf, Anthony E. GET OUT OF MY LIFE BUT FIRST COULD YOU DRIVE ME & CHERYL TO THE MALL: A PARENT'S GUIDE TO THE NEW TEENAGER. 2002
- Wood, Chip. YARDSTICKS: CHILDREN IN THE CLASSROOM, AGES 4-14 – A RESOURCE FOR PARENTS AND TEACHERS. 2007

SEXUAL ORIENTATION/IDENTITY

CALL GLSEN – Gay, Lesbian, and Straight Educators Network – (212-727-0135) to receive a copy of “The Book Store” Catalogue. Also visit www.glsen.org for extensive resources (articles, information on local chapters, networking, events, starting gay/straight alliances, etc.).

www.leewind.org: Online resource for gay teens.

Clark, Don H., *LOVING SOMEONE GAY*. 2009

Clausen, Jan and M.B. Duberman, Eds. *BEYOND GAY OR STRAIGHT: UNDERSTANDING SEXUAL ORIENTATION*. 1996

D’Augelli; Anthony R. and Charlotte J. Patterson. Eds. *LESBIAN, GAY AND BISEXUAL IDENTITIES AND YOUTH: PSYCHOLOGICAL PERSPECTIVES*. 2001

Fairchild, Betty and N. Hayward. *NOW THAT YOU KNOW: A PARENT’S GUIDE TO UNDERSTANDING THEIR GAY AND LESBIAN CHILDREN*. 1998

Garner, Abigail. *FAMILIES LIKE MINE: CHILDREN OF GAY PARENTS TELL IT LIKE IT IS*. 2005

Harris, Mary B., ed. *SCHOOL EXPERIENCES OF GAY AND LESBIAN YOUTH: THE INVISIBLE MINORITY*. 1998

Lipkin, Arthur, *BEYOND DIVERSITY DAY: A Q AND A ON GAY AND LESBIAN ISSUES IN SCHOOLS*. 2003

Lipkin, Arthur. *UNDERSTANDING HOMOSEXUALITY; CHANGING SCHOOLS*. 2001

Woog, Dan. *SCHOOL’S OUT: THE IMPACT OF GAY AND LESBIAN ISSUES ON AMERICA’S SCHOOLS*. 2000

RACIAL/CROSS-CULTURAL/ETHNIC EDUCATION

Ahktar, S. *IMMIGRATION AND IDENTITY: TURMOIL, TREATMENT, AND TRANSFORMATION*. 1999

Anson, Robert Sam. *BEST INTENTIONS: THE EDUCATION AND KILLING OF EDMUND PERRY*. 1988

Banks, James A. & C. A. Banks (ed.). *MULTICULTURAL EDUCATION: ISSUES AND PERSPECTIVES*. 2009

Banks, James A. *TEACHING STRATEGIES FOR ETHNIC STUDIES*, 8th ed. 2008

Cary, Lorene. *BLACK ICE*. 1992

Charles, C., Fischer, M., Mooney, M., & Massey, D. *TAMING THE RIVER: NEGOTIATING THE ACADEMIC, FINANCIAL, AND SOCIAL CURRENTS IN SELECTIVE COLLEGES AND UNIVERSITIES*. 2009

THE COLOR OF FEAR – film directed by Lee Mun Wah; conversations between men of various races about their experiences of racism and the transformative power of understanding someone else’s reality.

- Delpit, Lisa D. and H. Kohl. OTHER PEOPLE'S CHILDREN: CULTURAL CONFLICT IN THE CLASSROOM. 2006
- Delpit, Lisa, J.K. Dowdy, ed. THE SKIN THAT WE SPEAK: THOUGHTS ON LANGUAGE AND CULTURE IN THE CLASSROOM. 2008
- Freire, Paulo, D. Macedo (translator). TEACHERS AS CULTURAL WORKERS: LETTERS TO THOSE WHO DARE TEACH. 2005
- Gay, Geneva and J.A. Banks. CULTURALLY RESPONSIVE TEACHING: THEORY, RESEARCH, AND PRACTICE. 2010
- hooks, bell. TEACHING TO TRANSGRESS: EDUCATION AS THE PRACTICE OF FREEDOM. 1994
- Howard, Gary, J. Banks, S. Nieto. WE CAN'T TEACH WHAT WE DON'T KNOW: WHITE TEACHERS, MULTIRACIAL SCHOOLS. 2006
- Kincheloe, Joe L. (Ed.) WHITE REIGN: DEPLOYING WHITENESS IN AMERICA. 2000
- Kozol, Jonathan. SAVAGE INEQUALITIES: CHILDREN IN AMERICA'S SCHOOLS. 1992
- Ladson-Billings, Gloria. DREAMKEEPERS: SUCCESSFUL TEACHERS OF AFRICAN-AMERICAN CHILDREN. 2009
- Landman, Julie. A WHITE TEACHER TALKS ABOUT RACE. 2009
- Lee, Andre Robert. THE PREP SCHOOL NEGRO. Documentary film of Lee's experience of being a student in an independent school. Offers an accompanying program for faculty and students.
www.theprepschoolnegro.org
- Osherson, Sam. REKINDLING THE FLAME: HOW JEWS ARE RETURNING TO JUDAISM. 2001
- Southgate, Martha. THE FALL OF ROME. (a novel about racial dynamics in a boarding school) 2002.
- Steele, Claude. WHISTLING VIVAVLDI: HOW STEREOTYPES AFFECT US AND WHAT WE CAN DO. 2011
- Steele, Claude – video on YouTube.com
- Suskind, Ron. A HOPE IN THE UNSEEN: AN AMERICAN ODYSSEY FROM THE INNER CITY TO THE IVY LEAGUE. 1999
- Tatum, Beverly Daniel. WHY ARE ALL THE BLACK KIDS SITTING TOGETHER IN THE CAFETERIA? AND OTHER CONVERSATIONS ABOUT RACE, 5th edition. 2003

LEARNING ISSUES

Barkley, Russell A. TAKING CHARGE OF ADHD: THE COMPLETE, AUTHORITATIVE GUIDE FOR PARENTS. 2000

Bruns, Jerome. THEY CAN BUT THEY DON'T: HELPING STUDENTS OVERCOME WORK INHIBITION. 1993

FRUSTRATION, ANXIETY, TENSION, F.A.T. CITY (Workshop video) Designed and presented by Richard D. Lavoie. Produced for Eagle Hill School Outreach, CT- PBS Video, 1989

Hallowell, Edward M., M.D. and John J. Ratey, M.D. DRIVEN TO DISTRACTION: RECOGNIZING AND COPING WITH ATTENTION DEFICIT DISORDER FROM CHILDHOOD THROUGH ADULTHOOD. 1995

Rief, Sandra F. HOW TO REACH AND TEACH ADD/ADHD CHILDREN: PRACTICAL TECHNIQUES, STRATEGIES, AND INTERVENTIONS FOR HELPING CHILDREN WITH ATTENTION PROBLEMS AND HYPERACTIVITY. 2005

LISTENING SKILLS

Barasch, Marc Ian. FIELDNOTES ON A COMPASSIONATE LIFE: A SEARCH FOR THE SOUL OF KINDNESS. 2005

Burley-Allen, Madelyn. LISTENING -- THE FORGOTTEN SKILL: A SELF-TEACHING GUIDE. 1995

Leo, Pam. CONNECTION PARENTING: PARENTING THROUGH CONNECTION INSTEAD OF COERCION, THROUGH LOVE INSTEAD OF FEAR. 2007

Nichols, Michael. THE LOST ART OF LISTENING. 2009

Reindl, Sheila M. and M. Suzanne Renna. LISTENING TO AND TALKING WITH FELLOW STUDENTS: A GUIDE FOR PEER COUNSELORS, PEER EDUCATORS, AND PEER ADVISERS. Bureau of Study Counsel, Harvard University, 2012.

Williams, Mark, Danny Penman and Jon Kabat-Zinn. MINDFULNESS: AN EIGHT-WEEK PLAN FOR FINDING PEACE IN A FRANTIC WORLD. 2012

SUICIDE PREVENTION AND RESPONSE

www.sprc.org/library/AfteraSuicideToolkitforSchools.pdf

ADVISING

“NEED A HAND WITH ADVISING? HERE’S A HANDBOOK,” The Center for Spiritual and Ethical Education csee.org/products/54

Reindl, Sheila M. and M. Suzanne Renna. LISTENING TO AND TALKING WITH FELLOW STUDENTS: A GUIDE FOR PEER COUNSELORS, PEER EDUCATORS, AND PEER ADVISERS. Bureau of Study Counsel, Harvard University, 2012.