

Secondary resource list

The Talkabout series books by Alex Kelly

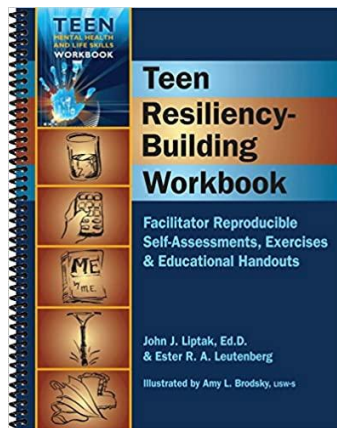
The Anxiety Gremlin for young people etc. Starving the Anxiety Gremlin; Banish the self esteem thief

The Workbook for teens series- on a variety of subjects, by different authors e.g. the Self-Esteem workbook for teens

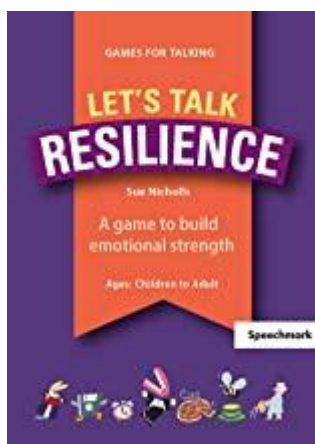
Think Good Feel Good by Paul Stallard

TES resources for ELSA's
e.g. Anger management programme

Anger Management by EA Morris



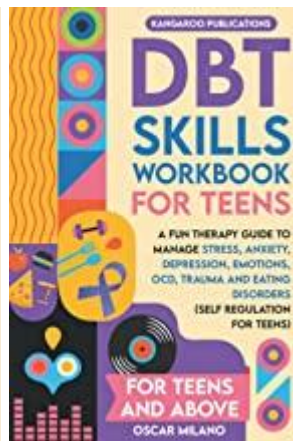
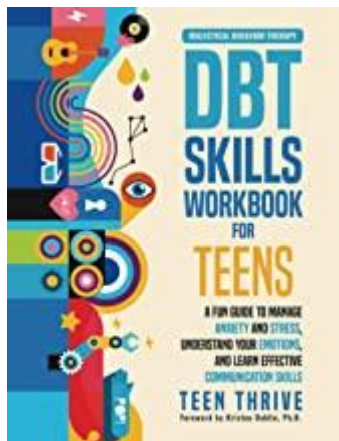
This is one of a series of books by the same authors, including one on stress.



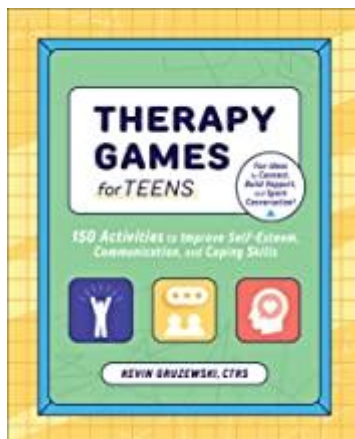
By Sue Nicholls again part of a series of resources let's talk Assertiveness and Let's talk feelings. These cards are organised so that a small selection are used each week to form the basis of discussion and build skills. They also serve to depersonalise the issues as they ask what 'might' the young person do in that situation.

Resources such as mindful colouring, craft activities such as dot pictures and beaded jewellery.

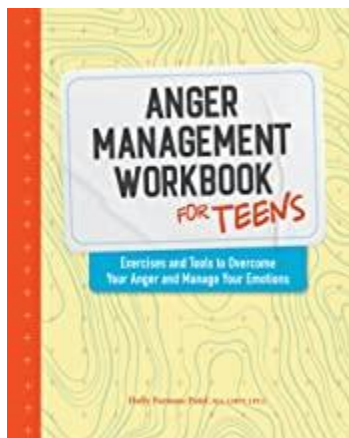
Games such as Uno, Dobble and Jenga



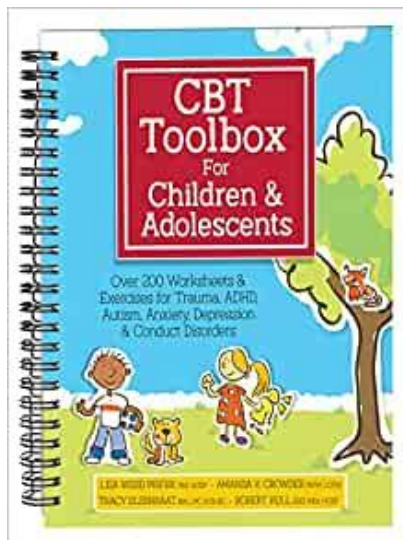
DBT is Dialectical Behaviour Therapy



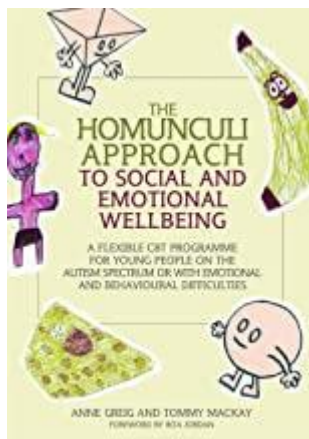
By Kevin Gruzewski



By Holly Forman-Patel



By Margot Sunderland and Nicky Armstrong



This is described as a flexible CBT programme for Young people with Autism. It might need further training to properly follow this approach.



By Lucie Hemmen

Therapist Recommended

A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma by Karen Treisman

https://www.amazon.co.uk/Therapeutic-Treasure-Children-Adolescents-Developmental/dp/1785922637/ref=asc_df_1785922637/?tag=googshopuk-21&linkCode=df0&hvadid=310831412334&hvpos=&hvnetw=g&hvrnd=10719320082590252668&hvpone=&hvptwo=&hvgmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9046802&hvtargid=pla-420795471027&psc=1&mcid=b0279572da0e39a0bf0bcbdef24e9c6f&th=1&psc=1