

Bibliotherapy: Adolescents with Social Anxiety Disorder

Nicholas Ladavat

University of Pittsburgh

December 2011

### References

Biegel, G. M. (2010). *The stress reduction workbook for teens: Mindfulness skills to help you deal with stress*. Oakland, CA: New Harbinger Publications, Inc.

Gina Biegel, a psychotherapist whose focus is teaching mindfulness-based stress reduction, wrote this workbook to specifically help adolescents with stress and anxiety. The workbook includes 37 activities that would be helpful for the adolescent diagnosed with an anxiety disorder. Each activity includes an educational paragraph or two that describes symptoms and features of anxiety to the adolescent. After the brief paragraphs there are therapeutic activities and diagrams for the adolescent to fill out and perform. An adolescent who wants to learn about their anxiety and obtain information and techniques on how to cope with their anxiety would greatly benefit from this workbook.

Chansky, T. E. (2004). *Freeing your child from anxiety: Powerful, practical solutions to overcome your child's fears, worries, and phobias*. New York, NY: Broadway Books.

Dr. Tamar Chansky is the Founder and Director of The Children's Center for OCD and Anxiety in Plymouth, Meeting, PA, and of the educational website: [worrywisekids.org](http://worrywisekids.org). In her book, Dr. Chansky presents information to parents on how to identify whether or not their child is displaying symptoms of an anxiety disorder and what to do if their child is diagnosed with an anxiety disorder. The book is written in a

way that is easy to follow and understand and gives many examples of day-to-day situations that parents may face. Parents of children with an anxiety disorder and teachers would find this book helpful, since there are many useful tips and guidelines to treatment and even examples of how to talk and communicate with the child.

Colasanti, S. (2009). *Waiting for you*. New York, NY: Viking Juvenile.

Susane Colasanti is an author of teen romance novels. She has a bachelor's degree from the University of Pennsylvania in Astrophysics/Earth and Space Science with a minor in Psychology, and a master's degree from New York University in Physics Education. She was a high school science teacher for almost ten years before becoming a full-time author. In her book, Susane writes about Marisa, a girl with an anxiety disorder who wants to get a fresh start for her sophomore year. Marisa is determined to show everyone at school that she "is not a freak anymore". The book has many topics that an adolescent with social anxiety disorder will be able to identify with, such as the obsessive negative thoughts that Marisa experiences. This book is recommended for adolescents with an anxiety disorder because it is a fictional story that they would be able to relate to, but since it is a fictional story about growing up and falling in love, it is suitable for all adolescents.

Dewitt, S., Siedor, C., & Savage, K. (Producers). (2005). *Reality matters: High anxiety pressure cooker* [DVD]. Silver Spring, MD: Discovery School.

This 27-minute video is part of the Discovery Education series of videos and includes interviews with adolescents about what causes anxiety and stress in their daily lives. The Discovery Education videos are to be used by teachers in the classroom to educate children on specific topics and create classroom awareness and discussion. Topics on this video range from peer pressure, grades, terrorism, and coping mechanisms. In addition to students' commentary there is also input from educators and professionals about coping skills. This video is recommended for teachers who want to bring awareness to stress and anxiety in the classroom. It would be an important tool to show students that everyone has stress and anxiety and could be a vital way to introduce classroom discussion about anxiety and coping skills.

Foa, E. B., & Andrews, L. M. (2006). *If your adolescent has an anxiety disorder: An essential resource for parents*. New York, NY: Oxford University Press, Inc.

This book was written by Dr. Edna B. Foa, a Professor of Clinical Psychology in Psychiatry at the University of Pennsylvania and Director of the Center for the Treatment and Study of Anxiety. She is currently one of the world leading experts in social phobia. The book she has written is an important resource for parents of a child with an anxiety disorder and is in a language that is easy to read. The book provides the

parent with a wealth of information and provides answers to questions that parents may have about how an anxiety disorder is diagnosed, what types of therapy have been effective in treating anxiety disorders, the pros and cons of medication, and how they can help their child succeed in school. Any adult involved with a child who has an anxiety disorder would find this book to be helpful.

Ford, E., Liebowitz, M., & Andrews, L. M. (2007). *What you must think of me: A firsthand account of one teenager's experience with social anxiety disorder*. New York, NY: Oxford University Press, Inc.

Emily Ford has a Masters Degree in Secondary Education English and is involved in mental health consumer advocacy. In this book Emily shares her first hand experiences and how she has learned to cope with her anxiety that has affected her for most of her life. With the help of Dr. Michael Liebowitz, a Professor of Clinical Psychiatry at Columbia University, Emily also presents factual information about social anxiety disorder and various treatments for the disorder. The book is written at a 10<sup>th</sup> grade reading level and is recommended for all adolescents since it would be a good learning experience to understand the daily life and hardships of someone with social anxiety disorder.

Leahy, R. L. (2010). *Anxiety free: Unravel your fears before they unravel you*. Carlsbad, CA: Hay House.

Dr. Robert L. Leahy is the director of the American Institute for Cognitive therapy in New York City and clinical professor of psychology at Weill-Cornell Medical School. Dr. Leahy is recognized worldwide as one of the most respected writers and speakers on cognitive therapy. In this book Dr. Leahy looks at the origins of anxiety and teaches the reader how to overcome their fears and live a less stressful life. Some of the techniques that are taught in the book include the areas of relaxation, diet and exercise, medication, and how to identify and deal with anxious thoughts. This book would be recommended for parents that want to help their adolescent and gain a better understanding of cognitive therapy since the book may be at a more advanced reading level for most adolescents.

MacGregor, L. (2001). *Everything you need to know about social anxiety*. New York, NY:

The Rosen Publishing Group.

This book is divided into chapters that are filled with general information about social anxiety disorder. It is an Accelerated Reader book for students and is part of the Need to Know Library; which is a collection of books written for adolescents in an educational/textbook format. Included in the book are facts about social anxiety, treatment and research, a glossary of terms, and where one with social anxiety disorder can go for help. There are also quizzes on the information available online, so the book would be a valuable learning tool in the classroom. This book would be great for

teachers to use in their classrooms, but also for students who have been diagnosed with social anxiety disorder so that they can get a general overview on the topic and gain an understanding of the disorder.

Miller, A. R. (2008). *Living with anxiety disorders*. New York, NY: Checkmark Books.

This book is part of the Teen's Guide Series, written by Dr. Allen R. Miller. The Teen's Guide series also includes the books, *Living With Stress*, and *Living With Depression*. In the book, *Living With Anxiety Disorders*, Dr. Miller presents factual information about various anxiety disorders. Other information includes explaining the difference between fear and anxiety, how to get a psychological evaluation, how to help others cope with anxiety and screening tools used for anxiety disorders. Since the book is part of the Teen's Guide series, it would be beneficial to an adolescent with social anxiety disorder, or those adolescents who know someone with the disorder. The book is easy to read and presents many facts on anxiety disorders in a language that is geared toward adolescents.

Merrell, K. (2008). *Helping students overcome depression and anxiety: A practical guide*. New York, NY: Gulliford Press.

Dr. Ken Merrell was a professor and co-director of the University of Oregon School Psychology program. His book is a guide for school counselors, teachers, and

mental health specialists in assessing and treating depression, anxiety and other related internalizing problems in school settings. The intervention techniques that are presented in the book are evidence based and presented in a way that is easy to understand and implement. There are also worksheets included in the book that could be helpful for those working with the students. Since the book is focused around a school setting, it would be a great tool for all teachers and counselors who would be interested in exploring intervention techniques and worksheets that could help their students with depression and anxiety.

Schab, L. M. (2008). *The anxiety workbook for teens: Activities to help you deal with anxiety and worry*. Oakland, CA: New Harbinger Publications, Inc.

Lisa M. Schab is a licensed clinical social worker and author of twelve self-help books and workbooks for children, teens, and adults. In this book, Lisa presents 42 activities to help adolescents cope with their anxiety and worry. The workbook will help teens deal with day-to-day challenges of anxiety and help develop a positive self-image. There is also information presented to the teen that would want to seek additional help and support. The activities can be done alone or with the help of a counselor, so it would be a good workbook for those teens that are already in counseling. The book would also be beneficial to counselors since they could use some of the activities with the teens that they are currently working with.



Stein, M. B., & Walker, J. R. (2002). *Triumph over shyness: Conquering shyness and social anxiety*. New York, NY: McGraw- Hill.

Dr. Murray B. Stein is Professor of Psychiatry and Director of the Anxiety & Traumatic Stress Program at the University of California San Diego. Dr. John R. Walker is a registered clinical psychologist and Director of the Anxiety Disorders Program at St. Boniface General Hospital in Winnipeg, Canada. In their book, Dr. Stein and Dr. Walker present techniques to overcome social anxiety, the latest information on medication and treatments, and ways to improve relationships and manage symptoms. The book is divided into three parts: Understanding shyness and social anxiety, helping yourself overcome shyness and social anxiety, improving your relationships. Since the book may be at a more advanced reading level than most adolescents, it is recommended for adults who would want to help their child with social anxiety disorder, since they could explain the self help techniques to the child and help them read through the book as well.

Swigget, C. (2010). *Rae: My true story of fear, anxiety and social phobia*. Deerfield Beach, FL: Health Communications, Inc.

This book is part of the Louder Than Words book series, which are teen-authored memoirs that tell powerful stories. Chelsea Rae Swigget, a 19 year old who is in college

as an English major, tells her own story of how she lived with social anxiety. Chelsea was an extremely socially awkward girl and in her book she recalls all of the hardships and difficulties she faced during high school. Since a teenager wrote the book, it would be a very powerful story in which those adolescents with social anxiety disorder would relate to very much. It would be very uplifting for an adolescent with social anxiety disorder to know that there are others that have gone through what they are currently experiencing. Even those students that are not diagnosed with social anxiety disorder should read the book because it is very emotional and gives a glimpse of what it is like to live with social anxiety disorder.

Szabo, R., & Hall, M. (2007). *Behind happy faces: Taking charge of your mental health- A guide for teens*. Los Angeles, CA: Bonus Books.

Ross Szabo was Director of Outreach for the National Mental Health Awareness Campaign and an award-winning speaker. He has spoken to over one million people about mental health. In his book, he tells about his own struggles with bipolar disorder and the stigma that is attached to having a mental disorder. In addition to Szabo's narratives, the book also discusses symptoms of common disorders, including social anxiety disorder. The main focus of the book is to stress the point that the mental disease does not define the person. This book can be beneficial to everyone, but most importantly teachers, school counselors, and all high school students. It is very

important for young people to be able to overcome the stigma of having a mental illness and be strong enough to seek out help and receive treatment. This book will help give children the confidence that they need.

Tompkins, M. A., & Martinez, K. A. (2009). *My anxious mind: A teen's guide to managing anxiety and panic*. Washington, DC: Magination Press.

Dr. Michael Tompkins is an Assistant Clinical Professor at the University of California, Berkley and a founding partner of the San Francisco Bay Area Center for Cognitive Therapy along with Dr. Katherine Martinez. This book is written especially for teens. Through the chapters in the book, the authors help readers to recognize anxiety and its mental and physical effects. Therapies and resources for overcoming anxiety are also recommended to the reader. There are also real-life situations and vignettes presented in order for the information to be more informal and relatable to the reader. Adolescents with social anxiety disorder would benefit greatly from this book since there are many illustrations and real life examples for them to relate to and learn from. Curious adults who would like to gain insight on treatment strategies for their children could also profit from reading this book.