

Therapy And Assessment Resources For Helping Children



Catalogs Of Resources For Helping Children, Adolescents, & Adults

- Creative Therapy Store www.creativetherapystore.com 1-800-648-8857
- Courage To Change www.couragetochange.com 1-800-440-4003
- ADD Warehouse www.addwarehouse.com 1-800-233-9273
- SOS Programs www.sosprograms.com 1-800-576-1582
- Research Press www.researchpress.com 1-800-519-2707
- CWCP The online catalog at www.childswork.com is poor. Call 1-800-962-1141 & ask only for "ChildsWork ChildsPlay print catalog."
- Albert Ellis Institute www.rebt.org Rational Emotive Behavior Therapy. The home study Certificate in REBT for professionals is excellent. 1-800-323-4738

Child And Parent Assessment And Research Tools

In this seminar we have studied the assessment tools of: The Three Way Sort, Two Column Assessment Of Multiple Behaviors, ABC Assessment Strategy For One Behavior, and Pinpoint, Record, Consequence, & Evaluate.

- Behavior Assessment System for Children (BASC)
- Child Behavior Check List (CBCL) by Achenbach. Internalizing - Externalizing behavior; parent form, teacher form
- Child Management Skills Test (CMST) by Clark. Free download at <www.sosprograms.com>
- Conners Rating Scales - Revised (CRS-R) by Conners. Conners Parent Rating Scales - Revised, Long Form or Short Form. Available from MHS <www.mhs.com>
- Eyberg Child Behavior Inventory by Eyberg. Available from Psychological Assessment Resources PAR <www.parinc.com>
- Parenting Stress Index (PSI) by Abidin, Long Form (100 questions) or Short Form (30 questions, about 10 minutes). Child Domain (perceived behavior), Parent Domain (perceived self-report of stress), and a Composite Score for parents of children two to 12 years old. Social Competence and Behavior Evaluation Preschool Edition (SCBE) <www.mhs.com>
- Time-Out Parent Inventory (TOPI) by Clark. Free download at <www.sosprograms.com>

Sources For Assessment And Research Tools

Multi-Health Systems MHS	< www.mhs.com >
Pro•Ed	< www.proedinc.com >
PsychCorp	< www.harcourt.com >
Psychological Assessment Resources PAR	< www.parinc.com >
SOS Programs & Parents Press	< www.sosprograms.com >
Western Psychological Services	< www.wpspublish.com >

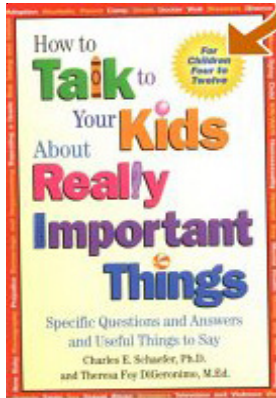
Proposed Research Topic: Improving Child Behavior through Parent Education

Objective: To assess possible improvement in child's behavior or emotional adjustment (or reduction in parenting stress) following five or more sessions of parent education using materials from *SOS Help For Parents* educational programs or another educational program.

The amount of learning by a parent in an educational program could be assessed by his or her performance on the Child Management Skills Test (CMST). On the CMST the parent demonstrates the ability to identify the correct principles for managing behavior and to identify errors and mistakes in managing behavior, while watching vignettes of child-parent interaction. Of course, a control group would be needed.

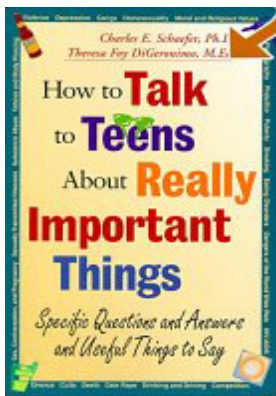
Two Of My Favorite Books For Counseling Children, Teens, And Their Parents

Lynn Clark, PhD



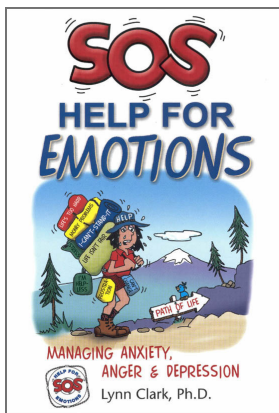
Children 5 to 12

How to Talk to Your Kids About Really Important Things by Schaefer & DiGeronimo (ISBN1-55542-611-5) is an excellent resource **for counseling children and counseling their parents**. 32 topics including divorce, death, pornography, puberty, drug abuse. I have found the recommendations to be practical and useful for helping counselors in developing recommendations and a treatment plan.



Teens 13 to 19

How to Talk to Teens About Really Important Things by Schaefer & DiGeronimo (ISBN 0-7879-4358-4) is a resource **for counseling teens and parents**. 20 topics including date rape, cults, violence, drug abuse. There are many practical recommendations for counseling teens and their parents facing serious issues.



Self-Help 14 to 90

SOS is a self-help guide for people 14 to 90. With over 100 illustrations, teens find this self-help book appealing.

Assign teens quizzes and exercises in conjunction with your counseling. See pp. 249 to 268 & p. 272.



Q: "What do I do with my anger, put the lid on it or let it boil over?"

A: "Turn the heat down! Manage your anger and other unpleasant emotions by managing your self-talk and beliefs."

For recommended self-help books on managing anxiety, anger, and depression see pages 237 - 240 in *SOS Help For Emotions*. For recommended books on behavior management and parenting see pages 179 to 184 in *SOS Help For Parents*.

Enhance your counseling effectiveness! Stock several of your best resources for resale to clients. **Ask your client for a deposit (your cost for the book) and you return the deposit when the book is returned.** *Never loan your only copy. One in five clients keeps loaned books! And one in three professionals keeps loaned books!*