

Resources

Groups

The following are resources we have found helpful.

Couples and Relationships

Hold me Tight: Seven Conversations for a Lifetime of Love. Dr. Sue Johnson, 2008. An excellent introduction to Emotionally Focused Couple Therapy.

www.eft.ca - The official website for Emotionally Focused Couple Therapy. Contains links to the scientific research on the efficacy of this therapy. University of Ottawa, Canada.

www.Sdc4eft.us - San Diego Center for EFT. A leading source of training in and information about Emotionally Focused Couple Therapy.

www.Gottman.com - The Gottman Institute is a great source of scientifically validated methods for improving your relationship.

The Seven Principles for Making Marriage Work. Dr. John M. Gottman and Nan Silver, 1999.

The Relationship Cure: A 5-Step Guide to Strengthening Your Marriage, Family and Friendships. Dr. John M. Gottman, 2002.

After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful. Dr. Janis Abrahms Spring with Michael Spring, 1996.

The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are. Daniel Siegel, M.D., 2001.

Prostate Cancer Support

www.UsToo.org - A wealth of information on all aspects of prostate cancer. This site is the host of the PCAI - prostate cancer and intimacy listserve. A very valuable resource.

www.Twccaz.org - Arizona Wellness Community. In Phoenix. A great source of support for individuals with any form of cancer. All services are free.

www.Prostate-help.org

www.Malecare.com

www.hisprostatecancer.com

Intimacy with Impotence: The Couple's Guide to Better Sex after Prostate Disease. Ralph and

Barbara Alterowitz, 2004.

Making Love Again: Hope for Couples Facing Loss of Sexual Intimacy. Virginia and Keith Laken, 2002.

Prostate Cancer for Dummies. Paul H. Lange, MD with Christine Adamec, 2003.

Saving Your Sex Life: A Guide for Men with Prostate Cancer. John P. Mulhall, MD, 2008. Provides detailed, practical information by the director of the Sexual and Reproductive Medicine Program, Division of Urology, Memorial Sloan-Kettering Cancer Center.

Depression, Anxiety, and other Mental Health Concerns

www.nimh.nih.gov - National Institute of Mental Health homepage, from which you can search for the topic of interest (depression, anxiety, panic attacks, etc.). This is a major clearinghouse of excellent information.

www.medscape.com - A good source for scholarly information. Registration is required, but free.

www.webMD.com - A generally reliable but less regulated site for physical and mental health.

Mind over Mood: Change How You Feel by Changing the Way You Think. Dennis Greenberger and Christine Padesky, 1995. A practical introduction to cognitive behavioral therapy that you can use in conjunction with therapy and many people have used on their own.

Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder From Childhood Through Adulthood. Edward Hallowell. 1995. How to understand and manage adult ADD.

Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger and Impulsiveness. Daniel G. Amen, M.D., 1999.

Sex on the Brain: 12 Lessons to Enhance Your Love Life. Daniel G. Amen, M.D., 2008.

Anxiety and Phobia Workbook. Edmund J. Bourne 4th Edition, 2005.

The Highly Sensitive Person: How to Thrive When the World Overwhelms You. Elaine N. Aron, 1999.

Wherever You Go, There You Are. Jon Kabat-Zinn, 2005.

Skills Training Manual for Treating Borderline Personality Disorder. Marsha M. Linehan, Ph.D., 1993.

The Stop Walking on Eggshells Workbook: Practical Strategies for Living with Someone Who

Has Borderline Personality Disorder. Randi Kreger with James Paul Shirley, 2002.

24-Hour Crisis Line. Helpful for a **Mental Health Crisis** anytime of the day or night, for anyone in Maricopa County, Arizona. **602-222-9444 (or, toll free, 1-800-631-1314)**.

24-Hour Hotline to find a domestic violence shelter. **602-263-8900 (or, toll free, 1-800-799-7739)**.

Community Information & Referral, 602-263-8856.

Emotional & Social Intelligence

Emotional Intelligence: 10th Anniversary Edition; Why It Matters More than IQ. Daniel Goleman, 2006.

Social Intelligence: The New Science of Human Relationships. Daniel Goleman, 2007.

Men's Issues

Iron John: A Book About Men. Robert Bly, 1990.

King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine. Robert Moore and Douglas Gillette, 1990.

The Myth of Male Power: Why Men Are the Disposable Sex. Warren Farrell, Ph.D., 1993.

The New Male Sexuality, Revised Edition. Bernie Zilbergeld, Ph.D., 1999.

Parenting

1-2-3 Magic: Effective Discipline for Children 2-12. 3rd Edition. Dr. Thomas W. Phelan, 2003.

Surviving Your Adolescents: How to Manage and Let Go Of Your 13-18 Year Olds. 2nd Edition. Dr. Thomas W. Phelan, 1998.

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive. Daniel Siegel, MD, and Mary Hartzell, 2003.

Substance Abuse

BUZZED: The Straight Facts about the Most Used and Abused Drugs from Alcohol to Ecstasy. Revised Edition. Cynthia Kuhn, Ph.D., Scott Swartzwelder, Ph.D., Wilkie Wilson, Ph.D. (Duke University Medical Center), 2003. An excellent source for the facts about drugs, without exaggeration or embellishment. It was written for college students and is suitable for ages 14 and above.

Loosening the Grip: A Handbook of Alcohol Information. 5th Edition, Jean Kinney and Gwen Leaton, 1995.

National Alcohol & Drug Abuse Hotline –1- 800-662-HELP.

www.alcoholics-anonymous.org

Successful Aging

Ageing Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development. George E. Vaillant, MD, 2002.

From AGE-ING to SAGE-ING: A Profound New Vision of Growing Older, Zalman Schachter-Shalomi and Ronald S. Miller, 1995.

www.hhs.gov/aging

www.aarp.org

www.benefitscheckup.org A service of the National Council on Aging that identifies the benefits you qualify for and can enroll you for some of these, right on this website.

City of Phoenix Senior Services – 602-262-7379

24-hour help line for the Maricopa County office of the Area Agency on Aging – **602-264-4357**. A central clearing house for resources for elders.

To give us feedback on these or other resources, call **480-990-9128 (Sandy)** or **602-538-9094 (Douglas)** or email us at **info@couples-counseling-phoenix.com**.

Sandy Jardine, MS, LPC ♥ Douglas Jardine, Ph.D., LMFT, LISAC
7411 E. 6th Ave. Suite 204 / Scottsdale, Arizona 85251
480-990-9128 (Sandy) or 602-538-9094 (Douglas)
www.couples-counseling-phoenix.com

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