



Resource List (books, audio material)

OVERVIEWS AND SELF-HELP BOOKS FOR DEPRESSION

Church, M (2003), **Adrenalin Junkies - A Guide to Life in the Fast Lane**, also **Serotonin Seekers**. Sydney: ABC Books. *Two local booklets, giving much the same information as 'Natural Prozac' from an Australian context.*

Copeland, ME (1992), **The Depression Workbook: A Guide for Living with Depression and Manic Depression**. New Harbinger. *Dealing with depression, stopping further episodes.*

Cowan, G (2007), **Back from the Brink: Australians tell their Stories of overcoming Depression**. Bird in Hand Media.

Ellis, TE, Newman, CF (1996), **Choosing to Live: How to Defeat Suicide Through Cognitive Therapy**. New Harbinger. *Interesting CBT-based program for helping with suicidal ideation. People needing this book should consider discussing their thoughts with others.*

Holmes, R, Holmes, J (1993), **The Good Mood Guide**. Dent. *A great little book with a Zen twist, describing the moods we experience and with strategies for dealing with them.*

Karp, DA (1996), **Speaking of Sadness**. New York: Oxford University Press. *A thoughtful, personal view of depression.*

McCormick, E (1996), **Change for the Better: Self-Help Through Practical Psychotherapy**. London: Cassell.

McKay M, Davis M, Fanning P (1997), **Thoughts & Feelings: Taking Control of Your Moods and Your Life**. Oakland: New Harbinger Publications.

Milligan S, Clare A (1994), **Depression and How to Survive it**. London: Arrow.

Varma, V (Ed) (1997), **Managing Manic Depressive Disorders**. Jessica Kingsley. *An excellent guide for Bipolar Disorder although much is appropriate for those with depression.*

O'Hanlon, Bill (1999), **Do One Thing Different: Ten Simple Ways to Change Your Life**. Quill. *A very useful book with practical solution-focussed strategies to think and act differently.*

Parker, G (2004), **Dealing with Depression: A Common Sense Guide to Mood Disorders**. (Second Edition) Allen & Unwin. *A comprehensive overview of depression from an Australian perspective.*

Parker, G (2002), **The Depressions**. Australian Doctor (25th October 2002) *provides a summary of the BDI approach to depression types and management approaches.*

Robertson, J, Monte, T (1997), **Natural Prozac: Learning to Release Your Body's Own Antidepressants**. Harper Collins. *More sensible than title suggests. An interesting, holistic approach to depression with discussion of antidepressants.*

Styron, W (1991), **Darkness Visible: A Memoir of Madness**. London: J Cape.

Tanner S, Ball J (1989), **Beating the Blues: A Self-help Approach to Overcoming Depression**. Doubleday. *A step-by-step program based on CBT to help overcome depression. Very readable and informative book with questionnaires, self-tests and case studies.*

Wigney, T, Parker, G & Evers, K (editors) (2007), **Journeys with the Black Dog**. Allen & Unwin. *Inspirational stories of bringing depression to 'heel', excerpts from the BDI writing competition.*

Wilson, P (1995), **Instant Calm, and Calm at Work**. Both by Penguin. *Comprehensive look at relaxation strategies – something for everyone.*

Williams, M (1997), **Cry of Pain - Understanding Suicide and Self-Harm**. London: Penguin Books. *For those who wish to understand more about the dynamics of suicidal and self harm behaviour.*

Yapko, Michael (1997), **Breaking the Patterns of Depression**. Doubleday. *A very thoughtful book about re-evaluating life after depression with useful strategies for change. Highly recommended for people serious about making meaningful changes in their lives.*

RE-EVALUATING LIFE AFTER RECOVERY FROM DEPRESSION

Albrecht K (1980), **Brain Power - Learn to Improve Your Thinking Skills**. New York: Prentice Hall Press. *For those wishing to understand more about how the brain works and how to maximise their potential.*

Barlow, David H, Rapee, Ronald M (1997), **Mastering Stress: A Lifestyle Approach**. Lifestyle Press. *Just as it says; a series of practical and helpful suggestions for handling stress.*

Biddulph S (1995), **Manhood: An Action Plan for Changing Men's Lives**. Finch. *Very readable book discussing how men of all ages can make changes in areas such as finding meaning in work, making real friends and coming to terms with their own psychological issues.*

Cusick A (1995), **Choices**. Simon & Schuster. *Considers why one makes particular choices at different stages of life, discusses how to make priorities in life and strategies for change.*

Fairburn C (1995), **Overcoming Binge Eating**. New York: Guilford Press. *A readable and helpful self help approach to binge eating by a UK expert in the field.*

Fanning P (1994), **Visualisation for change**. Oakland: New Harbinger. *Very useful visualisations for sport, study, anger, depression, anxiety, smoking, illness.*

Hoptman C, Hoptman N (1996), **Help Yourself to Health**. Alexandria: Millennium Books. *For those interested in implementing a more healthy lifestyle.*

Kirshenbaum M (1996), **Too Good to Leave, Too Bad to Stay**. London: Penguin Group. *A thought provoking book about re-evaluating relationships.*

McKay M, Fanning P (2000), **Self-esteem**, 3rd Edition. Oakland: New Harbinger Publications. *Gives helpful advice and exercise in a number of areas affecting self esteem.*

Merlevede PE, Bridoux D, Vandamme R (2001), **Seven Steps to Emotional Intelligence**. Carmarthen UK: Crown House Publishing. *An insightful overview of the area with practical user friendly advice on applying the principles.*

Montgomery B, Evans L (1986), **Living and Loving Together**. Melbourne : Nelson. *An Australian book considering how couples improve their relationships and live harmoniously.*

Potter-Efron R, Potter-Efron P (1995), **Letting Go of Anger: The 10 Most Common Anger Styles and What to do About Them**. Oakland: New Harbinger Publications. *The title is self-explanatory.*

DEALING WITH CHRONIC PAIN

Nicholas M et al (2000), **Manage Your Pain**. Sydney: ABC Books. *An excellent and informative book written on experience from local pain experts. Very helpful.*

POSITIVE PSYCHOLOGY AND HEALTHY AGING

Chopra, D (1993), **Ageless Body, Timeless Mind**. London: Random House. *Introduction to concepts of yoga and meditation to assist in healthy ageing.*

Devanand, DP (2001), **The Memory Program: How to Prevent Memory Loss and Enhance Memory Power**. New York: John Wiley & Sons. *Helpful advice for those with and without memory problems.*

Linder-Pelz, S (1991), **Well Over Fifty**. Sydney: Allen & Unwin. *Current issues from Australian context.*

Seligman, M (1991), **Learned Optimism**, and (2002), **Authentic Happiness**. Random House. *The first discusses ways of changing thinking styles, how to evaluate and change the impact of earlier negative experience on present thinking and behaviour; the second has more on positive psychology, looking at strengths.*

Snowdon, D (2001), **Ageing with Grace**. New York: Random House. *An interesting book considering research from the Nuns' Study, following a group of nuns over some decades.*

Sturrock, M (1996), **Life Begins at Fifty-Something**. Sydney: Harper Collins.

PHARMACOLOGY

Australian Medicines Handbook (2004). www.amh.net.au

Begg, E (2000), **Clinical Pharmacology Essentials**. Adis Books: www.adis.com

Mant, A (1999), **Thinking About Prescribing. A handbook for quality use of medicines**. Roseville: McGraw-Hill.

National Prescribing Service: www.nps.org.au *Information for prescribers and consumers about quality use of medicines.*

Therapeutic Guidelines: www.tg.com.au *Information for prescribers.*

WRITING AND HEALTH

DeSalvo, L (1999), **Writing as a Way of Healing**. Boston: Beacon. *Helpful advice for writing as a means of promoting emotional closure and healing.*

Fox, J (1997), **Poetic Medicine: The Healing Art of Poem-Making**. NY: Putman. *Promoting use of poetry for emotional closure and healing.*

Pennebaker, J (1997), **Opening Up: The Healing Power of Expressing Emotions**. NY: Guilford. *How journal writing can improve health, mood and accelerate coping.*

TAPES

King, Petrea, **Soar Like an Eagle** plus other assorted tapes. For more info, see website: www.questforlife.com.au. *The tape 'Soar like an eagle' is particularly good for staying cool and focussed.*

Yapko, Michael, **Focusing on feeling good**. Series of tapes. Available from www.Yapko.com



Resource List - Websites

SITES FOR ADULTS / MENTAL HEALTH PROFESSIONALS

www.auseinet.flinders.edu.au Website for the Australian Network for Promotion/ Prevention / Early intervention for mental health. Variety of good information, also for organisations as well as families and carers.

www.blackdoginstitute.org.au Black Dog Institute – one-stop-shop for information and resources on mood disorders.

www.beyondblue Beyondblue – national depression initiative: good links including to Beyond baby blues initiative.

www.Bluepages Contains information on depression and treatments from ANU, Canberra.

www.crufad.org and www.gpcare.org Centre for Anxiety and Depression at St Vincent's Hospital, Sydney website includes an information section supporting the provision of mental health care and focussed psychological strategies under the Better Outcomes in Mental Health Care initiative.

www.depressioNet Australian site, developed and mostly written by a person recovered from depression. Tips on how to cope, monitored chat room.

www.infrapsych.com Contains information mood disorders. Good information on medications (dosage, side effects, interactions etc), ECT and overview of the different psychotherapies [Australian].

www.moodGYM Program for self help with depression, from ANU, Canberra.

www.managing-depression-intelligently.com

www.mindbodylife.com.au

www.mja.com.au/public/mentalhealth/index.html A series of articles on a number of mental health topics, all by Australian experts Keks Nicholas A, Burrows Graham D (Eds) (1998), MJA Practice Essentials: Mental Health. Sydney: Australasian Medical Publishing Company Limited and MJA

www.spheregp.com Sphere national depression project. You can purchase a variety of therapy and treatment manuals to assist in delivery of CBT for GPs and their patients.

BIPOLAR DISORDER

www.psycheducation.org Good quality and referenced information about bipolar disorder type II written by American psychiatrist Dr Phelps, good site for people learning about the diagnosis for the first time.

www.windsofchange.com for the non-professional, tips on living with bipolar. Has message rooms and a chat room.

SITES FOR CHILDREN / ADOLESCENTS

www.bpkids.org Site on bipolar disorder in children and adolescents. Good information for professionals with audio/ lectures from experts on treatment issues. American site. Also has Message boards, online supports.

www.friendsinfo.net aimed at prevention of anxiety and depression. Contains information for teachers. Has a "Find a Psychologist" search engine from the Australian Psychological Society.

<http://online.curriculum.edu.au/mindmatters/about/about.htm> resources for schools. Promotes wellbeing and good mental health in students.

SITES FOR MEDITATION

www.calming.org Non-profit site that reviews audio/visual relaxation tapes available for purchase over the net, audio samples made available at no cost.

www.learningmeditation.com takes you through a series of different meditations using audio. Has a 1-minute meditation that can be done at work.

www.questforlife.com.au has some tapes and CDs available using a number of meditation techniques.

www.meditation.org.au website for the Meditation Association of Australia. Has some free meditation information sheets and downloads of meditation sessions. There is also lots of information regarding local meditation groups, plus tapes and CDs available for purchase over the net.