

Can I Catch It Like A Cold Coping With A Parents Depression

Tears of a Tiger Sharon M. Draper 2013-07-23 Three boys struggle to come to terms with the death of a friend in a drunk-driving auto accident in which all four were involved, in a story told through newspaper stories, diary entries, school announcements, telephone conversations, and classroom assignments.

Developing Empathy Katharina Manassis 2017-04-21 Empathy is valued across cultures, and has a profound impact on psychotherapy, our children, and our world. Why then are many human relationships not empathetic? This volume describes in detail the neurobiological, psychological, and social elements involved with empathy. Ideas are brought to life with case examples and reflective questions which help the reader learn ways to overcome empathetic barriers. The book shows how fear, anger, and anxiety all take away the power to feel for others, while also looking at the topic through a global lens. *Developing Empathy* is an easy-read book, backed by science, useful to the clinician, and to all readers interested in the topic.

Coping with Absent Parents Mary Colson 2011-01-01 Provides information about the possible causes for absent parents and advice for coping with the absence.

Disability Representation in Film, TV, and Print Media Michael S. Jeffress 2021-08-19 Using sources from a wide variety of print and digital media, this book discusses the need for ample and

healthy portrayals of disability and neurodiversity in the media, as the primary way that most people learn about conditions. It contains 13 newly written chapters drawing on representations of disability in popular culture from film, television, and print media in both the Global North and the Global South, including the United States, Canada, India, and Kenya. Although disability is often framed using a limited range of stereotypical tropes such as victims, supercrips, or suffering patients, this book shows how disability and neurodiversity are making their way into more mainstream media productions and publications with movies, television shows, and books featuring prominent and even lead characters with disabilities or neurodiversity. *Disability Representation in Film, TV, and Print Media* will be of interest to all scholars and students of disability studies, cultural studies, film studies, gender studies, and sociology more broadly.

Please Explain Anxiety to Me! Laurie Zelinger 2010-01-01
What's happening to me? This book translates anxiety from the jargon of psychology into concrete experiences that children can relate to. Children and their parents will understand the biological and emotional components of anxiety responsible for the upsetting symptoms they experience. *Please Explain Anxiety to Me* gives accurate physiological information in child friendly language. A colorful dinosaur story explains the link between brain and body functioning, followed by practical therapeutic techniques that children can use to help themselves. Children will learn that they can handle most issues if they are explained at their developmental level. *Please Explain Anxiety to Me* identifies the brain/body connection underlying anxiety, identifies with the examples given, finds comfort and reassurance in knowing that others have the same experience, provides strategies and ideas to help them change their anxiety responses, and is able to enjoy childhood and to give up unnecessary worrying. Therapists and Educators Praise "Please Explain Anxiety To Me" "On any given day, around thirty percent of my patients have

anxiety related symptoms. The simplicity and completeness of the explanations and treatment of anxiety given in this book is remarkable. Defining the cause, treating the core symptoms, and most importantly bringing it to a child's level accompanied by wonderful illustrations, is an incredible feat. I will definitely use this book in my practice." Zev Ash, M.D. F.A.A.P., Pediatrician "Anxiety is, of course, a complicated neuro-physiological process but it has been reduced to understandable terms in this brilliantly illustrated book for children. I would go even further and say that there are adults who could benefit from the straightforward approach." Rick Ritter, MSW, author of "Coping with Physical Loss and Disability" "This excellent book is perfect for parents to read and discuss with their children. It's also perfect for school professionals to use in the school setting." Herb R. Brown, Ed.D., Superintendent of Schools Oceanside Public Schools, New York "...A charming--and calming--explanation of anxiety that will help both children and their parents turn their internal worry switches to the OFF position." Ellen Singer, New York Times-acclaimed bestselling author Learn more at www.DrZelinger.com From the "Growing With Love" Series at Loving Healing Press www.LHPress.com SEL036000, Self-Help : Anxieties & Phobias PSY006000 Psychology : Psychotherapy - Child & Adolescent JNF053050 Juvenile Nonfiction : Social Issues - Emotions & Feelings

I Had a Black Dog Matthew Johnstone 2012-03-01 'I Had a Black Dog says with wit, insight, economy and complete understanding what other books take 300 pages to say. Brilliant and indispensable.' - Stephen Fry 'Finally, a book about depression that isn't a prescriptive self-help manual. Johnston's deftly expresses how lonely and isolating depression can be for sufferers. Poignant and humorous in equal measure.' Sunday Times There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity

mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

What to Say to Kids When Nothing Seems to Work Adele Lafrance 2020-02-05 *Finalist for Best Overall Non-Fiction and Best Parenting & Family Book in the 2020 International Book Awards!*

What to Say to Kids When Nothing Seems to Work offers parents an effective, step-by-step guide to some of the most common struggles for kids aged 5-12. Written by mental health professionals with over 30 years' experience listening to kids' thoughts and feelings, this book provides a framework to explore new ways of responding to your child that will help them calm down faster and boost their resilience to stress. With a dose of humor and plenty of real-life examples, the authors will guide you to "build a bridge" into your child's world to make sense of their emotions and behavior. Sample scenarios and scripts are provided for you to customize based on your caregiving style and your child's personality. These are then followed by concrete support strategies to help you manage current and future situations in a way that leaves everyone feeling better. Chapters are organized by common kid-related issues so you can quickly find what's relevant to you. Suitable for parents, grandparents, and other caregivers of children and pre-teens, as well as professionals working closely with families, What to Say to Kids When Nothing Seems to Work is an accessible resource for efficiently navigating the twists, turns, and sometimes total chaos of life with kids.

How You Can Survive When They're Depressed Anne Sheffield 2009-02-04 Each year more than 17 million Americans suffer from a depressive illness, yet few suffer in solitude. How You Can Survive When They're Depressed explores depression from the perspective of those who are closest

to the sufferers of this prevalent disorder--spouses, parents, children, and lovers--and gives the successful coping strategies of many people who live with a clinical depressive or manic-depressive and often suffer in silence, believing their own problems have no claim to attention. Depression fallout is the emotional toll on the depressive's family and close friends who are unaware of their own stressful reactions and needs. Sheffield outlines the five stages of depression fallout: confusion, self-doubt, demoralization, anger, and finally, the desire to escape. Many people will find relief in the knowledge that their self-blame, guilt, sadness, and resentment are a natural result of living with a depressed person. Sheffield brings together many real-life examples from the pioneering support group she attends at Beth Israel Medical Center of how people with depression fallout have learned to cope. From setting boundaries to maintaining an outside social life, she gives practical tactics for handling the challenges and emotional stresses on a day-to-day basis.

Depression in Parents, Parenting, and Children Institute of Medicine 2009-10-28 Depression is a widespread condition affecting approximately 7.5 million parents in the U.S. each year and may be putting at least 15 million children at risk for adverse health outcomes. Based on evidentiary studies, major depression in either parent can interfere with parenting quality and increase the risk of children developing mental, behavioral and social problems. *Depression in Parents, Parenting, and Children* highlights disparities in the prevalence, identification, treatment, and prevention of parental depression among different sociodemographic populations. It also outlines strategies for effective intervention and identifies the need for a more interdisciplinary approach that takes biological, psychological, behavioral, interpersonal, and social contexts into consideration. A major challenge to the effective management of parental depression is developing a treatment and prevention strategy that can be introduced within a two-generation framework, conducive for

parents and their children. Thus far, both the federal and state response to the problem has been fragmented, poorly funded, and lacking proper oversight. This study examines options for widespread implementation of best practices as well as strategies that can be effective in diverse service settings for diverse populations of children and their families. The delivery of adequate screening and successful detection and treatment of a depressive illness and prevention of its effects on parenting and the health of children is a formidable challenge to modern health care systems. This study offers seven solid recommendations designed to increase awareness about and remove barriers to care for both the depressed adult and prevention of effects in the child. The report will be of particular interest to federal health officers, mental and behavioral health providers in diverse parts of health care delivery systems, health policy staff, state legislators, and the general public.

Encyclopedia of Environmental Health 2019-08-22 Encyclopedia of Environmental Health, Second Edition, Six Volume Set presents the newest release in this fundamental reference that updates and broadens the umbrella of environmental health, especially social and environmental health for its readers. There is ongoing revolution in governance, policies and intervention strategies aimed at evolving changes in health disparities, disease burden, trans-boundary transport and health hazards. This new edition reflects these realities, mapping new directions in the field that include how to minimize threats and develop new scientific paradigms that address emerging local, national and global environmental concerns. Represents a one-stop resource for scientifically reliable information on environmental health Fills a critical gap, with information on one of the most rapidly growing scientific fields of our time Provides comparative approaches to environmental health practice and research in different countries and regions of the world Covers issues behind specific questions and describes the best available scientific methods for environmental risk assessment

Tabbner's Nursing Care Gabby Koutoukidis 2012-10 This text covers a wide range of issues surrounding nursing, midwifery and health visiting. The topics it covers are the structure and functions of the human body, nursing care and nursing needs, care of the individual with a body system disorder, and special aspects of nursing care. This edition written for Australia and NZ students.

Depressed Child Dougals A. Riley 2001-02-01 By emphasizing how parents can talk to their children about thoughts and feelings, exploring how children develop negative beliefs about themselves, and teaching parents how to help their children change those hopeless self-perceptions, this book outlines practical methods that parents and children together can use to find solutions to the dark thoughts that plague so many young people today.

I Can Handle It MS Laurie Wright 2016-08-29 Can Sebastien handle his problems? Of course he can, with the help of a mindful mantra! He could try something silly, or he could try something funny! Chances are whatever his problem may be, he can handle it. Help your child learn to deal with difficult emotions along with Sebastien, and provide a tool for lifelong confidence! Depression and anxiety don't discriminate and our kids need help. I Can Handle It equips children with a necessary skill in order to alleviate everyday anxieties that arise in their lives. And because teachers and parents have such a difficult and important job, this book includes a resource for both. Simply go to bit.ly/LaurieWright to get it!

River of Time Naomi Judd 2016-12-06 Naomi Judd's life as a country music superstar has been nonstop success. But offstage, she has battled incredible adversity. Struggling through a childhood of harsh family secrets, the death of a young sibling, and absent emotional support, Naomi found herself reluctantly married and an expectant mother at age seventeen. Four years later, she was a

single mom of two, who survived being beaten and raped, and was abandoned without any financial support and nowhere to turn in Hollywood, CA. Naomi has always been a survivor: She put herself through nursing school to support her young daughters, then took a courageous chance by moving to Nashville to pursue their fantastic dream of careers in country music. Her leap of faith paid off, and Naomi and her daughter Wynonna became The Judds, soon ranking with country music's biggest stars, selling more than 20 million records and winning six Grammys. At the height of the singing duo's popularity, Naomi was given three years to live after being diagnosed with the previously incurable Hepatitis C. Miraculously, she overcame that too and was pronounced completely cured five years later. But Naomi was still to face her most desperate fight yet. After finishing a tour with Wynonna in 2011, she began a three-year battle with Severe Treatment Resistant Depression and anxiety. She suffered through frustrating and dangerous roller-coaster effects with antidepressants and other drugs, often terrifying therapies and, at her absolute lowest points, thoughts of suicide. But Naomi persevered once again. RIVER OF TIME is her poignant message of hope to anyone whose life has been scarred by trauma.

The Psychology of Poverty, Wealth, and Economic Inequality Deborah Belle 2023-01-05 Economic inequality is a defining issue of our time, with a handful of individuals in the United States today owning more wealth than half the population in the country. What are the psychological consequences of living in a profoundly unequal society? This comprehensive textbook is among the first to examine poverty, wealth, and economic inequality from a psychological perspective. Written by two leading scholars in the field, it provides an intersectional analysis of the impact of economic inequality on cognitive, emotional, interpersonal, intergroup, physiological, and health outcomes. Students are introduced to the diverse methods used to study poverty, wealth, and economic

inequality and the strengths and weaknesses of various approaches, while the text focuses on solutions at the individual, community, and national levels to restore optimism and encourage action. Chapter features include exercises and reflection questions that help students think critically about the implications of research findings for their own lives.

Boarding School Syndrome Joy Schaverien 2015-06-05 Boarding School Syndrome is an analysis of the trauma of the 'privileged' child sent to boarding school at a young age. Innovative and challenging, Joy Schaverien offers a psychological analysis of the long-established British and colonial preparatory and public boarding school tradition. Richly illustrated with pictures and the narratives of adult ex-boarders in psychotherapy, the book demonstrates how some forms of enduring distress in adult life may be traced back to the early losses of home and family. Developed from clinical research and informed by attachment and child development theories 'Boarding School Syndrome' is a new term that offers a theoretical framework on which the psychotherapeutic treatment of ex-boarders may build. Divided into four parts, History: In the Name of Privilege; Exile and Healing; Broken Attachments: A Hidden Trauma, and The Boarding School Body, the book includes vivid case studies of ex-boarders in psychotherapy. Their accounts reveal details of the suffering endured: loss, bereavement and captivity are sometimes compounded by physical, sexual and psychological abuse. Here, Joy Schaverien shows how many boarders adopt unconscious coping strategies including dissociative amnesia resulting in a psychological split between the 'home self' and the 'boarding school self'. This pattern may continue into adult life, causing difficulties in intimate relationships, generalized depression and separation anxiety amongst other forms of psychological distress. Boarding School Syndrome demonstrates how boarding school may damage those it is meant to be a reward and discusses the wider implications of this tradition. It will be

essential reading for psychoanalysts, Jungian analysts, psychotherapists, art psychotherapists, counsellors and others interested in the psychological, cultural and international legacy of this tradition including ex-boarders and their partners.

Helping Children with Troubled Parents Margot Sunderland 2017-04-28 This book is designed to enable practitioners to help children whose emotional wellbeing is being adversely affected by troubled parents. These are children who live with the burden of having to navigate their parent's troubled emotional states, often leaving them with a mass of painful feelings about a chaotic and disturbing world. They can feel alarmed by their parent rather than experiencing them as 'home', and a place of safety and solace. The author explores the fact that when parents are preoccupied with their own troubles, they are often unable to effectively address their child's core relational needs, e.g. soothing, validating, attunement, co-adventure, interactive play. As a result, children are left self-helping, which all too often means drugs, drink, self-harm, depression, anxiety, eating disorders or problems with anger in the teenage years. This guidebook offers readers a wealth of vital theory and effective interventions for working with these children and, specifically, the key feelings such children need help with. Particular focus is given to the effects on children of: family breakdown; separation and divorce; witnessing parents fighting; and parents who suffer from depression or anxiety, mental or physical ill-health, alcohol or drug addiction. Readers will learn: the complexity of children's feelings about their troubled parents; how to enable children to address their unspoken hurt, fear, grief, rage, and resentment about their troubled parent in order to move forward in their lives; how to empower children to find their voice when they have been left in the role of impotent bystander; effective parent-child intervention when parental troubles are adversely affecting the child; and how to help a parent and child 'find' each other again.

Coping with Teenage Depression Kathleen McCoy 1985

Helping Children with Loss Margot Sunderland 2017-05-08 This is a guidebook to help children who: are suffering from the pain of loss or separation from someone or something they love deeply; have had a parent, relative or important friend leave or die; are obsessed with their absent parent; have lost someone they love, but have never really mourned; are trying to manage all their painful feelings of loss by themselves; feel that they have lost the love of someone they love deeply; are suffering from separation anxiety; and are adopted or fostered children who miss their birth parent terribly. **Helping Children with Loss** Using this engaging story and practical guidebook you can help children suffering from the pain of loss or separation. They may be: grieving for the death of a parent, relative or important friend; obsessed with an absent parent; struggling to mourn a loss; trying to manage all of their painful feelings by themselves; suffering from separation anxiety; and adopted or fostered children who miss their birth parent.

[Hear My Silence](#) Karina Colgan 2016-05-17 Dublin journalist Karina Colgan was rescued from the apartment she had barricaded herself into by her husband Gerry and son Karl, who feared for her life. Karina - like one in four people in Ireland - found herself unexpectedly fighting depression and for a long time did not know how to win the battle. Here she writes openly and honestly about how she felt overwhelmed by a number of events that happened over a short period of time, which saw her dealing with grief, tragedy, marriage difficulties and financial ruin. Before she knew it, she found herself in the deep, dark pits of chronic depression. But this is just the opening chapter of Karina's book, which goes on to tell the stories of some of the 400,000 people in Ireland - women and men, old and young, including young children - who suffer from depression, and separates the myths from the facts. The book also includes practical advice from professionals for sufferers and

their families on how best they can recognise and cope with this debilitating illness. Karina also writes of the stigma still surrounding this illness, often at the expense of a sufferer seeking help, and calls for greater resources to be put into providing care and treatment for those affected by it and into education for those who are not.

Can I Catch It Like a Cold? Centre For Addiction And Mental Health 2011-11-24 In partnership with the Centre for Addiction and Mental Health (CAMH), Tundra is proud to launch an important series of books for children who have to cope with adult-sized problems. Young Alex's father had been a policeman until he began to suffer from depression, perhaps the most common mental health issue we face. Alex's questions are those that are often asked by the children of parents who have depression: is the parent simply lazy? Does he no longer care? And is it something I can catch, like a cold? In simple, straightforward language, the book explains what depression is and how it is treated. It also prepares a child for working with a helping professional. And perhaps most important, it reassures a child that he or she is not alone. Written by Canada's foremost experts in the field, this is an important book to spur discussion and allay fears of those affected by depression.

Pastoral Care of Depression Glendon Moriarty 2014-01-02 This book provides the essential tools needed to transform negative God images in depressed clients! Pastoral Care of Depression: Helping Clients Heal Their Relationship with God is designed to help clergy and mental health professionals understand how depression negatively affects the way people emotionally experience God and how, through therapy, this hurtful God image can be changed into a much more positive one focused on healing. In the past, the God image (as well as the essential differentiation between God image and God concept) has been explained in dull, analytic terms that are difficult to understand. This book's jargon-free language and engaging presentation make it an effective learning tool for students and

professionals alike. Inside, you'll find numerous psychological tests, complete with sample test forms, that identify the God image. These are clearly explained and include all the information needed to take, administer, and interpret them. Pastoral Care of Depression teaches you to use psychodynamic and cognitive interventions to change a client's God image, including foundational knowledge and clearly presented techniques to implement in the therapeutic relationship. This comprehensive treatment manual arms you with the most comprehensive array of cognitive interventions published to date, with tens of easy-to-follow techniques designed to tap directly into an individual's subjective experience of God. Two appendixes give you a sample God Image Automatic Thought Record and Treatment Plan form. Part I: Depression and the God Image examines: the nature and development of depression symptoms of depression specific to religious people defining a client's image of God, how it developed, and what it reveals the relationship between self, depression, and God image, and how God images relate to Christian thought Part II: Changing the God Image addresses: the importance of self-evaluation for therapists and counselors—and how to do it the nature of the therapeutic relationship counseling skills that strengthen the therapeutic relationship how to conduct an God Image Assessment Interview and how to work with what that interview reveals transference, countertransference, cyclical maladaptive patterns, and internalization in psychodynamic psychotherapy appropriate, effective psychodynamic interventions the essentials of cognitive therapy and how it can be utilized to positively affect the God image treatment planning and case conceptualization important ethical issues for consideration With well-designed test and exercise forms and clear instructions on their use and interpretation, Pastoral Care of Depression provides the essential tools needed to work effectively with this important client group. Make it a part of your professional/teaching collection

today!

The Stressed Years of Their Lives Dr. B. Janet Hibbs 2019-04-23 From two leading child and adolescent mental health experts comes a guide for the parents of every college and college-bound student who want to know what's normal mental health and behavior, what's not, and how to intervene before it's too late. "The title says it all...Chock full of practical tools, resources and the wisdom that comes with years of experience, *The Stressed Years of their Lives* is destined to become a well-thumbed handbook to help families cope with this modern age of anxiety." — Brigid Schulte, Pulitzer Prize-winning journalist, author of *Overwhelmed* and director of the Better Life Lab at New America All parenting is in preparation for letting go. However, the paradox of parenting is that the more we learn about late adolescent development and risk, the more frightened we become for our children, and the more we want to stay involved in their lives. This becomes particularly necessary, and also particularly challenging, in mid- to late adolescence, the years just before and after students head off to college. These years coincide with the emergence of many mood disorders and other mental health issues. When family psychologist Dr. B. Janet Hibbs's own son came home from college mired in a dangerous depressive spiral, she turned to Dr. Anthony Rostain. Dr. Rostain has a secret superpower: he understands the arcane rules governing privacy and parental involvement in students' mental health care on college campuses, the same rules that sometimes hold parents back from getting good care for their kids. Now, these two doctors have combined their expertise to corral the crucial emotional skills and lessons that every parent and student can learn for a successful launch from home to college.

[Helping Your Struggling Teenager](#) Les Parrott 2000 A parent's guide to teenagers explores thirty-six common teen issues and problems, from sexuality to suicide, offering advice on how to lead

struggling teens through these difficult challenges. Original.

Pockets Full of Rocks Yair Engelberg 2021-01-05 This gentle, hopeful book will help kids cope with a parent's mental illness. As a young girl gently questions her depressed father, he offers direct answers that help her understand what he is going through and promotes the hope that he will become his old self again. This gentle, hopeful book is developmentally appropriate--examples of the father's behavior are spot-on and Ella's questions are exactly the kinds of questions a child would ask--and will be very useful guide for parents as well as psychologist and mental health professionals working young children.

15-Minute Focus: Depression: Signs and Strategies for Counselors, Educators, and Parents

Melisa Marsh 2021-05-13 In 15-Minute Focus: Depression: Signs and Strategies for Counselors, Educators, and Parents, Dr. Melisa Marsh provides a comprehensive look at depression and its effects on children and teenagers. While depression is a common problem in our world today, it often goes unreported and untreated. And sadly, many youth believe they are alone in their pain. Children and teens may not know how to identify their troubling thoughts and emotions, so they need the adults in their lives to recognize their cries for help. This book will equip counselors, educators, and family members with a detailed understanding of depression and offer tools for intervention so no student or peer goes unnoticed in their struggle. In this book, you'll discover: - Symptoms of depression - Different types of depressive disorders - How to identify depression versus sadness - The connection between depression and other mental illnesses - How school staff can support students with depression - Successful management of depression Each chapter includes a case study that illustrates an aspect of dealing with depression, along with questions to apply the book's principles in your own context. In addition, Dr. Marsh provides a comprehensive list of tools

adults can use to support and improve the overall mental health of students, themselves, and peers. *Understanding Your Teenager's Depression* Kathleen McCoy 1994 Helps parents recognize the frequently obscured symptoms of depression and offers appropriate and practical advice to cope with this critical problem.

The Disabled Woman's Guide to Pregnancy and Birth Judith Rogers, OTR 2005-06-01 The Disabled Woman's Guide to Pregnancy and Birth was a finalist for a 2005 Foreward Magazine Best Book of the Year Award and a 2006 Ben Franklin Award! This comprehensive and useful guide is based on the experiences of ninety women with disabilities who chose to have children. In order to bring an intimate focus and understanding to the issues involved in being pregnant and disabled, author Judith Rodgers conducted in-depth interviews with women with 22 different types of disabilities and with a total of 143 pregnancies. Thoroughly researched and informative, this book is a practical guide both for disabled women planning for pregnancy and the health professionals who work with them. The Disabled Woman's Guide to Pregnancy and Birth supports the right of all women to choose motherhood, and will be useful for any disabled woman who desires to have a child. The subjects covered include: an introduction to the ninety women and their specific disabilities; the decision to have a baby; parenting with a disability; emotional concerns of the mother, family and friends; nutrition and exercise in pregnancy; a look at each trimester; labor and delivery; caesarean delivery; the postpartum period; and breast-feeding. A list of references and a glossary will assist the reader in obtaining additional information and understanding medical terminology. Empathetic, balanced, comprehensive, and practical, this guide provides all the facts needed by disabled women and their families. It stresses the importance of informed communication among the pregnant woman, her family members, and health care professionals. It is the only book that answers critical

questions and provides guidance for the woman with a disability facing one of the biggest challenges of her life.

Can I Catch It Like a Cold? Gretchen Kelbaugh 2002 The Centre for Addiction and Mental Health recognized the need for materials to help healthy children deal with depression in their families.

This book is the result of the creative thinking and dynamic collaboration of a variety of people.

Parents with Mental and/or Substance Use Disorders and their Children Joanne Nicholson

2020-01-17 This eBook is a collection of articles from a Frontiers Research Topic. Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series: they are collections of at least ten articles, all centered on a particular subject. With their unique mix of varied contributions from Original Research to Review Articles, Frontiers Research Topics unify the most influential researchers, the latest key findings and historical advances in a hot research area! Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office: frontiersin.org/about/contact.

Parenting Matters National Academies of Sciences, Engineering, and Medicine 2016-11-21

Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For

instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Beyond Endurance Ronald J. Knapp PhD 2005-01-31 No event is as traumatic as the death of a child. Dr. Knapp has interviewed over 155 families who experienced such a loss to determine how they coped or failed to cope. This book presents the results of his research, shedding light on constructive measures for responding to the tragedy, and calling attention to the special needs of surviving family members. Dr. Knapp examines three types of death: death occurring after a long illness, sudden or unexpected death, and death by murder.

Undoing Depression Richard O'Connor 2021-09-28 The bestselling approachable guide that has

inspired thousands of readers to manage or overcome depression — fully revised and updated for life in the 21st century. Depression rates around the world have skyrocketed in the 20-plus years since Richard O'Connor first published his classic book on living with and overcoming depression. Nearly 40 million American adults suffer from the condition, which affects nearly every aspect of life, from relationships, to job performance, physical health, productivity, and, of course, overall happiness. And in an increasingly stressful and overwhelming world, it's more important than ever to understand the causes and effects of depression, and what we can do to overcome it. In this fully revised and updated edition — which includes updated information on the power of mindfulness, the relationship between depression and other diseases, the risks and side effects of medication, depression's effect on thinking, and the benefits of exercise — Dr. O'Connor explains that, like heart disease and other physical conditions, depression is fueled by complex and interrelated factors: genetic, biochemical, environmental. But Dr. O'Connor focuses on an additional factor that is often overlooked: our own habits. Unwittingly we get good at depression. We learn how to hide it, and how to work around it. We may even achieve great things, but with constant struggle rather than satisfaction. Relying on these methods to make it through each day, we deprive ourselves of true recovery, of deep joy and healthy emotion. Undoing Depression teaches us how to replace depressive patterns with a new and more effective set of skills. We already know how to "do" depression—and we can learn how to undo it. With a truly holistic approach that synthesizes the best of the many schools of thought about this painful disease, and a critical eye toward medications, O'Connor offers new hope—and new life—for sufferers of depression.

Loving Your Parents When They Can No Longer Love You Terry Hargrave 2010-05-04 Insights on Caring for Any Aging Parent • Timely guidance for the challenges • Encouragement for the

journey You had plans for this time in your life, but now a parent needs care. It's a confusing, stressful, and exhausting time. But it can also be a time of remarkable spiritual growth. *Loving Your Parents When They Can No Longer Love You* helps you navigate your role as caregiver with God's grace and guidance. And it alerts you to the difficult issues you may face, such as:

- Legal and financial decisions
- How much care will be needed and when
- Evaluating different living options
- Depression, dementia, and Alzheimer's disease
- Caring for a parent who has mistreated you
- Accepting and planning for death

Most important, this book helps you embrace caregiving as a spiritual journey that will deepen your faith and strengthen your character. It not only opens your eyes to the realities of caregiving; it also teaches you how to allow God to change your life for the better.

Help! Someone I Love Is Depressed Archibald D. Hart 2006 The HELP! series provides highly practical, to-the-point advice for parenting and marriage problems identified as high felt needs from the Focus on the Family audience. The intent of the HELP! series is to offer quick, accessible, practical advice, an overview of the important elements of the topic, and realistic take aways for readers to immediately apply. Also includes additional resource referrals for where to get more help.

How to Overcome Depression God's Way Amy Hagerup 2015-12-10 Are you a Christian who wants to know how to overcome depression and discouragement? As Christians, we know that we are not immune to life's hurts. We are living in troubled times and sometimes those struggles we deal with are overpowering to us - making it hard for us to function well. We are in need of some stress management tips that can help us overcome the anxiety that fills our days. We want skills to help us know how to get help for depression God's Way. Check out these 9 Easy Steps for Restoring Your Hope! There are many different hurts you might be dealing with right now such that you are seeking

spiritual help from God's Word. Check out some of these possibilities: * Financial: Job loss, stock market failing, nest egg diminishing, foreclosure, pay reduction, bill collection, too much month left over after the money runs out.* Health: Aching joints, cancer, high cholesterol, another cold, sickly kids, deteriorating parents, pre-diabetes, absolutely no energy any more.* Family: Death of a loved one, can't get pregnant, adoptive kids not bonding, car wreck, house fire, kids on drugs, rejection by step kids, spouse deserted you, aching heart that won't go away.* Time Management: Maxed out, can't keep up, chasing your tail, not enough hours in the day, everyone wants a piece of you.* Business Building Online: So much to learn, information overload, too much money spent on training, not turning a profit yet.* Relationships: Unreasonable boss, hostile co-worker, bullies at school, misunderstanding with Bible Study member, falsely accused, pit in your stomach when you see that person. Discover 9 Easy Steps You Can Take for beating depression and to Feel at Peace Again You are going to learn: * God's definition of hope as opposed to the human definition* A powerful resource available to you that only you can control* The inside scoop on forgiveness and how you can move beyond the hurt done to you to something more important* The importance of being interdependent rather than independent* How to transition the hurt into a growth opportunity for you And much, much more. Every action step includes a real life story example to help you apply the lesson to real life. This is not just theory. This is your life! Now I am not a doctor or psychologist or therapist, but I am a lover of God who has learned through my own experiences and the experiences of those I love how to overcome depression and discouragement. I want to share these tips with you. If you are clinically depressed, it is not enough to read this book. Please seek the help of a professional.

Depression Christina Bartha 2013 This recently updated guide is written for people living with

depression, their families, and anyone interested in gaining a basic understanding of this illness and its treatment and management. The guide gives information on: what depression is and how it is diagnosed the different kinds of depression the causes and current theories of depression the different kinds of treatments available frequently asked questions and concerns about medication the process of recovery and effective relapse prevention how family members can relate to a person with depression how to explain depression to children. This guide will help people with depression, along with their family and friends, to understand and navigate through the realities of depression, and the options available to them as they move toward recovery."

Lost Connections Johann Hari 2020-11-12 THE INTERNATIONAL BESTSELLER: A radically new way of thinking about depression and anxiety 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. *Lost Connections* offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions - ones that offer real hope.

Family-based Interpersonal Psychotherapy for Depressed Preadolescents Laura J. Dietz 2018-04-23 Depression is a recurrent, debilitating and sometimes fatal disorder that may first effect children

between the ages of 9 and 12. Preadolescent depression is an important public health concern because it is a "gateway" condition that increases the risk for recurrent depression into adolescence and adulthood, particularly when there is a strong family history of mood disorders. The preadolescent period presents a window of opportunity for early psychosocial intervention for depressive disorders and for decreasing risk factors associated with recurrence, namely difficulties in relationships with family members and friends. Addressing and treating depressive disorders in preadolescents has the potential to be extremely successful given the dramatic increase in rates of depression that occur in adolescence. Family-Based Interpersonal Psychotherapy for Depressed Preadolescents is a psychosocial intervention that aims to reduce depressive and anxiety symptoms among preadolescents and to provide them with skills to improve interpersonal relationships. Parents are systematically involved in all stages of the preteen's treatment to provide support and model positive communication and problem solving skills. The Initial Phase of treatment addresses psychoeducation about preadolescent depression, challenges in parenting a depressed preadolescent, and appropriate expectations for their child's behavior and performance at this time. The Middle Phase of treatment outlines ways for clinicians to present FB-IPT skills to both the preteen and parent. The Termination Phase focuses on consolidating skills, addressing prevention strategies, and identifying when to seek treatment for recurrent depression.

Bipolar Disorder Sagar V. Parikh 2013-03-15 People who have extreme mood swings may have bipolar disorder, or manic-depressive illness. Their moods may have nothing to do with things going on in their lives. The symptoms of bipolar disorder affect not only mood, but also how people think, behave and function. This guide discusses: what bipolar disorder is the symptoms, patterns and causes the treatment options what to expect during recovery from an episode of mania or depression

how partners and family members can be supportive and helpful. This guide will help people with bipolar disorder, along with their families and friends, to navigate through the highs and lows toward recovery."

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