

Mental Health Books and Video Resources Available @ TNCC

Note: electronic resources require a VCCS student account . You have to be on campus when you first set up the account, then you can view it from off campus. (Use your MyTNCC login name & password.)

Anxiety

- Yongey Mingyur, Rinpoche Joyful wisdom [electronic resource]Access requires a VCCS student account.
- Portney, David R. Conquering Stage Fright and Fear of Public Speaking [electronic resource]
- Beck, Aaron T. Understanding anxiety [audiocassettes] BR575.A6.B32 1985 Hampton
- Stressed out [video recording]: stress management 101 DVD Collection BF530 .A79 2002
- How difficult can this be? [Video recording]: understanding learning disabilities: frustration Video Collection BR704 .H6 1989 Hampton
- Stressed out [video recording]: stress management 101/
- Anxiety disorders [video recording]/
- Fight or flight? [Video recording] overcoming panic and agoraphobia/
- Psychotropic medications [video recording]: overcoming : caring for patients with psychiatric disorders
- The anxiety disorders [video recording]/
- Behavior disorders of childhood [video recording]
- The World of abnormal psychology [electronic resource]/
- The Human Dilemma Parts 1-2 [video recording]/

Autism

- McCarthy, Jenny Mother warriors [electronic resource]:a nation of parents healing autism against all odds
- Haddon, Mark. The curious incident of the dog in the night-time [sound recording] CD Collection PR6058 .A245 .C87 2003b Hampton
- Autism spectrum disorders [Audio-Visual Materials] RC553 .A88 .A965 2008 Williamsburg

Autism spectrum disorders [video recording]/

Autism, the musical [video recording]/

Human development: Young children with developmental challenges
[video recording]/

Rain man [video recording]/

Refrigerator mothers [video recording]/

The Brain teaching modules [electronic resource]/

The Special child [video recording]; maximizing limited potential/

Autism [video recording]/

Bipolar Disorder/Manic Depression

Bipolar [video recording]

Mysteries of the mind [video recording]

Depression

Depression [video recording]: out of the shadows/

Williams, Marco

Banished (video recording)/

Postpartum, from pregnant to parent (video recording)

A living hell (video recording)/

Richard Wright – Black Boy (video recording)

More than baby blues (video recording): unmasking postpartum
depression/

Mood disorders (video recording)

Nurses (video recording) nursing the mind/

The 20th Century (video recording)

Depression (video recording)

The Mind: teaching modules (electronic resource)

To kill a mockingbird (video recording)

Psychotropic medications (video recording); caring for patients with psychiatric disorders/

Taking control of depression (video recording): mending the mind.

History of the 20th Century. Volume 4, 1930-1939 (video recording)/

The Mind (video recording)/

Mysteries of the mind (video recording)/

Mysteries of the mind (video recording)/

Teenage suicide (video recording)/

Eating Disorders

Thin (video recording) : death by eating disorder/

Journey to health (video recording) : Mind, body, spirit/

Eating Disorders (video recording)

Slim hopes (video recording) : advertising and the obsession with thinness/

Anorexia

Orbach, Susie

Bodies

Phillips, Katharine A.

Understanding body dysmorphic disorder (electronic resource) : an essential guide

Perspectives on diseases and disorder : eating disorders/

Carlton, Pamela

Take charge of your child's eating disorder: a physician's step by step guide to defeating anorexia

Prah, Pamela

Eating disorder (electronic resource)

Gwinnell, Esther

The encyclopedia of addictions and addictive behaviors/

Thin (video recording): death by eating disorder

Anorexia/

Lock, James

Help your teenager beat an eating disorder/

Russell, Sharman Apt.

Hunger : an unnatural history

Lucas, Alexander R.	Demystifying anorexia nervosa : an optimistic guide to understanding and healing Learn nutrition (video recording)
Gay, Kathlyn	Eating disorders: anorexia, bulimia, and binge eating/
Hendricks, Jennifer	Slim to none : a journey through the wasteland of anorexia treatment/
Kalodner, Cynthia R.	Too fat or too thin? : a reference guide to eating disorders
Michel, Deborah	When dieting becomes dangerous : a guide to understanding and treating anorexia and bulimia
Whelan, Jo.	Eating disorders/

Bulimia

Cooper, Myra	Treating bulimia nervosa and binge eating (electronic resource): an integrated metacognitive Bulimia
Abraham, Suzanne	Eating disorders: the facts Perspectives on diseases and disorders: eating disorders
Carlton, Pamela	Take charge of your child's eating disorder : a physician's step by step guide to defeating anorexia
Gwinnell, Esther	The encyclopedia of addictions and addictive behaviors/
Lock, James	Help0 your teenager beat an eating disorder/ Learn nutrition (video recording) Handbook of treatment for eating disorders/
Worsnop, Richard L.	Eating disorders (electronic resource)
Moorey, James	Living with anorexia and bulimia
Sherman, Roberta	Bulimia: a guide for family and friends/
Agas, W. Stewart	Eating disorders: management of obesity, bulimia, and anorexia nervosa/

Emotional Disorders

PTSD (video recording); post traumatic stress disorder—RC 552.P67.P467 2008 Wmsbrg.

The World of Abnormal psychology (electronic resource)

Change your brain, change your life: The breakthrough

Program for conquer (Internet Audio Book)

Substance Abuse

Addiction : a 14-part series (Wmsbrg.) – 2 copies –RC.564.A33 2007

Substance Abuse: current concepts DVD RC 564.5837 2000 (Hampton)

Chalk talk on Drugs (Video-VHS)—Reserve—Only checks out to faculty teaching that class for which it is reserved.

Inhalants

Narcotics

Psychedelics and hallucinogens

Steroids

Animated neuroscience and the actions of nicotine, cocaine, and marijuana in the brain close to home: The hijacked brain.

Breathing easy: community efforts to prevent inhalant abuse

Hooked

The Addicted Brain

Sex, drugs and Aids – RC 607 A26 548 – 1987 (Video Collection)

College Binge Drinking (Video Collection) HV5135.C64 – 1995

Biographies

Smashed: (sound recording) Story of a drunken girl. (CD Collection) HV5293.Z35.A3 2005c

OCD

Obsessions, understanding OCD (Video Recording)

OCD

Anxiety Disorders (Video recording)

Personality Disorders (video recording)

Obsessive Compulsive (video recording)

Obsessive – compulsive disorder (video recording) : beyond reasonable doubt.

Mysteries of the Mind (video recording)

Schizophrenia

A beautiful mind (video recording)

Schizophrenia (video recording)

Antipsychotic agents (video recording)

The Brain teaching modules (electronic resource)

Psychotropic medications (video recording); caring for patients with psychiatric disorders

Schizophrenia (video recording)

The World of abnormal psychology (electronic resource)

In two minds (Video recording)

Lopez, Steve

The soloist (electronic resource): The soloist a lost dream, an unlikely friendship, and the

Nasar, Sylvia

A beautiful mind (electronic resource)

Stress Management

Stress Management (video recording)

Caring for the caregiver (video recording)

Journey to health (video recording): Mind, body, spirit

Stressed out (video recording): stress management 101

Celebrating our moments of excellence (video recording)

Stress Management

How to manage multiple projects, meet deadlines and achieve objectives (video recording)

The joy of stress (video recording)

Dealing with stress (video recording)

Taking it in stride (video recording): positive approaches to stress management

Stress, a personal challenge (video recording)

Minute meditations (electronic resource) : guided imagery meditations to relieve stress and....

Brennan, Tricia

The stress first aid kit (electronic resource): a series of meditations for transforming your....

Stress Relief (sound recording): for a clear and calm mind.

Griswold, Robert E.

Total Relaxation: How to manage stress easily (sound recording)

Ulene, Art.

How to relieve the effects of stress (sound recording)

Griswold, Robert E.

Deep relaxation (sound recording)

Suicide

The happening (video recording)

On our own terms (video recording)

Before you say good-bye (video recording)

Teenage suicide (video recording)