Below is a list of resources that have been used throughout the production of the worker help sheets on this site. These resources are recommended for further reading and viewing for workers who wish to gain more information about youth and family work.

Retrieval date: 29/6/06

Minneapolis: University of Minnesota, Department of General Pediatrics, Adolescent Health.

National Educational Service. USA.

US: Research Press.
Chapter 6 looks at cultivating strengths of at-risk young people in the classroom.

Phi Delta Kappan, 67, 430-436

Developmental Research and Programs, Inc, Seattle, USA


Fuller, A. (1998) *From Surviving to Thriving: Promoting Mental Health in Young People.*

Also see: www.cyc-net.org

Geldard, K., & Geldard, D. (2005) *Basic Personal Counselling (a training manual for counsellors.)*
Pearson /Prentice Hall, Australia.


A Victorian Association of Family Therapists (VAFT) Publication.


Young People Leaving Care and Protection: A Report to the
National Youth Affairs Research Scheme.
Hobart: ACYS.

The Essentials of Family Therapy
Allyn and Bacon, Boston.

Resilient Children and Young People.
Children's Welfare Association of Victoria, Melbourne.

Adversarial contests or respectful alliances, Reclaiming
Children and Youth, 12 (1), 58-60.

Selekman, M. D. (2005)
Pathways to Change: Brief Therapy with
Difficult Adolescents
Guilford Press, New York

Selekman, M. D. (1997)
Solution-Focused Therapy with children: Harnessing
Family Strengths for Systemic Change.
Guilford Press, New York

Treating the Tough Adolescent: A Family-Based,
Step-by-Step Guide.
Guilford Press, New York.

Preventing vicarious trauma: What counselors should
know when working with trauma survivors.
Journal of Counselling and Development, 82, 31-37
(Good article if you have an interest in working with trauma.)

Strengths-Based Counselling (with at-risk youth).
Corwin Press – A Sage Publications Company, California, UK

The Struggle to be Strong: True stories by Teens about
Overcoming though Times and A Leader's Guide to The
Struggle to be Strong: How to Foster Resilience in Teens.
Free Spirit, USA
(Strengths Based Approach)