

COURAGE • TO • CHANGE®

WELLNESS
REPRODUCTIONS
& PUBLISHING

DEALING WITH CHALLENGES IN ALL STAGES OF LIFE



KIDS
PAGES 6-20

**TWEENS
& TEENS**
PAGES 21-32

ADULTS
PAGES 33-48

FREE
shipping
on online orders of \$25+
CODE: ACXG
Details on page 2





CounselingFormsOnline.com

A Virtual Help, Inc. Company

FREE TRIAL

CounselingFormsOnline.com gives you access to thousands of print on demand counseling forms to help you treat adults, teens, and children. Forms come from such respected publishers as Childsworld/Childsplay, The Bureau for At-Risk Youth, and Wellness Reproductions. Hundreds of new forms are added every month!

Virtual Help, Inc.



HelpOnTheGoApps.com

Apps and E-Books to manage childhood conditions

We invite you to explore **HelpOnTheGoApps.com**.

We have created many of our best-selling books and games into apps and ebooks.

New items are added regularly!

Free App!
Understanding Faces

FREE Shipping and Handling
on orders of \$25 or more
when you ORDER ONLINE
using code ACXG

On standard, ground delivery in the continental U.S. only.
Offer expires 12/31/12 and can't be combined with any other promotion.

Table of Contents

NEW PRODUCTS	4-5
KIDS	
Abuse/Trauma	6
Add/ADHD	7-8
Anger	9-10
Anxiety/Stress	11
Feelings/Emotions	12-13
Grief	14
Life Skills	15
Social Skills	16-18
Counseling Collections	19-20
TWEENS/TEENS	
Abuse/Trauma	21
Anger	22
Bullying	23
Life Skills	24-27
Social Skills	28
Counseling Collections	29-32
ADULTS	
Abuse/Trauma	33
Addiction/Recovery	34
Anger	35
Coping Skills	36
Grief	37
Life Balance	38-39
Life Skills	40-43
Self-Esteem	44
Social Skills	45
Stress/PTSD	46-47
OLDER ADULTS	48
PROFESSIONAL RESOURCES	49-53
INDEX	54
ORDER FORM	55

Our Advisory Board...



PRESCHOOL

Mary Skinner, M.Ed., School Psychologist

Mary Skinner, EdM is a school psychologist currently working in a reverse mainstream public preschool setting. Ms. Skinner consults with staff at community based preschools and holds regular workshops for parents.



CHILDREN

Lawrence E. Shapiro, Ph.D., Child Psychologist

Dr. Shapiro is an internationally known author and game inventor, best known for his work in emotional intelligence. His work has been translated into over 25 languages.



TEENS

Denise E. Bray, MS, Consultant

Ms. Bray is the President of Bray Associates, LLC, a consulting company providing expertise in program and policy development for adolescent girls at promise. She is the co-author of Growing Great Girls: A Gender Responsive Life Skills Curriculum.



ADULTS

David Greenwald, Ph.D., Psychologist

Dr. Greenwald is a clinical psychologist and author. He has hosted a talk show on National Public Radio and was consulting psychologist to the Philadelphia Eagles football team.



OLDER ADULT

Wendy Forman, Ph.D.

Dr. Forman has been a psychotherapist for over 20 years. She specializes in treating depression, anxiety, and family issues.

SAVINGS

for the next 6 months

JULY

place an order
for **\$200** or more and
get **15%** off your order.

Use code **WALA** when ordering.
Cannot be combined with any other offers.
Offer expires 7/31/12

AUGUST

place an order
for **\$250** or more and
get **\$40** off your order.

Use code **WALB** when ordering.
Cannot be combined with any other offers.
Offer expires 8/31/12

SEPTEMBER

place an order
for **\$400** or more and
get **15%** off your order.

Use code **WALC** when ordering.
Cannot be combined with any other offers.
Offer expires 9/30/12

OCTOBER

place an order in October for
\$200 or more and get a **\$40**
coupon to be used on your next
order of \$40 or more.

Valid email address required
to get coupon.

Use code **WALD** when ordering.
Cannot be combined with any other offers.

NOVEMBER

place an order
for **\$150** or more and
get **\$30** off your order.

Use code **WALE** when ordering.
Cannot be combined with any other offers.
Offer expires 11/30/12

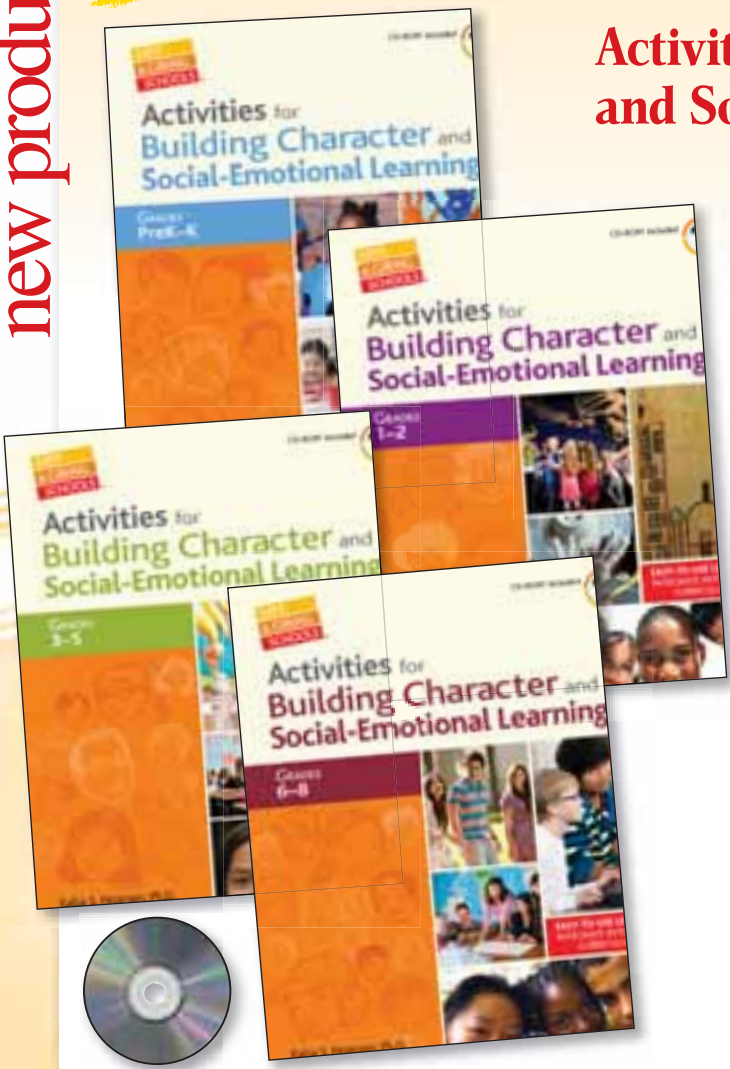
DECEMBER

place an order
for **\$100** or more and
get **20%** off your order.

Use code **WALF** when ordering.
Cannot be combined with any other offers.
Offer expires 12/31/12



NEW!



Activities for Building Character and Social-Emotional Learning

These four, grade sensitive, activity books:

- Build attitudes of respect and caring
- Reduce problem behaviors
- Empower students to solve problems
- Educate the whole child socially, emotionally and academically
- Focus on emotions, empathy, relationships, bullying, prevention, conflict resolution, teamwork, and decision-making

Each flexible, user-friendly guide offers 100+ ready-to-use activities that integrate into the daily curriculum in all subject areas. They are great for building in social-emotional learning (SEL) throughout the day. Includes CD with activities. 106-208 pages.

PreK-K	AAJ-1942	\$29.99
Grades 1-2	AAJ-1943	\$29.99
Grades 3-5	AAJ-1944	\$29.99
Grades 6-8	AAJ-1945	\$29.99
Set of all 4 books	AAJ-1946A	\$118.95

Play-2-Learn GO FISH games



Based on the popular card game, Go Fish, these games help youngsters improve social and emotional skills in the following areas: Anger, Friendship, Feelings, Character, Responsibility, and Conflict. There are two decks of 50 cards in each game; one for each grade level. The

games differ from classic go fish in that players must answer a question before they can accept a requested card. Instead of numbers on the cards they all have fun fish names and pictures. Rules sheet and facilitator guidelines included. (Grades K-2 and grades 3-5.)

Go Fish: Catch and Release Your Anger Game	AAJ-1817	\$14.95	Go Fish: Reel in Responsibility Game	AAJ-1821	\$14.95
Go Fish: Hooked On Friendship Game	AAJ-1818	\$14.95	Go Fish: Cast Away Conflict Game	AAJ-1822	\$14.95
Go Fish: Fishing for Feelings Game	AAJ-1819	\$14.95			
Go Fish: Catch Good Character Game	AAJ-1820	\$14.95			
Set of all 6 games			AAJ-1823A	\$79.95	

NEW!

new products

GriefWork for Teens – Healing From Loss

Reproducible Interactive & Educational Handouts

Ester R. A. Leutenberg & Fran Zamore, MSW, ACSW

GriefWork for Teens is for facilitators to help grieving teens heal from their losses. The authors refer to the psychological process of coping with a significant loss as grief work. The range of behaviors, emotions and attitudes is huge. Throughout the book they use the terms normalize and New Normal to convey that everyone's grief has a unique expression and is that particular person's 'normal.'

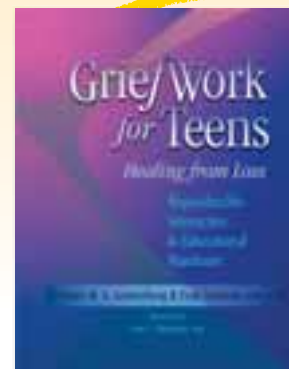
Each interactive activity has comments and suggestions on the back explaining the purpose of the activity and at least one way to use it. Read them prior to using the handout to get the most out of each one and to give you a 'starter-idea.'

The handouts will engage those who grieve any type of loss (not just death) and encourage them to identify, internalize and/or verbalize personal feelings while working through the grieving process.

Five chapters guide clients through the grieving process:

- Getting in Touch
- Telling Your Story
- Self-Care
- Relationships
- A New Normal

Workbook	AAJ-1951	\$49.95
----------	----------	---------

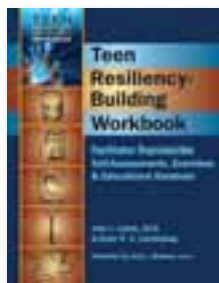


2 New Teen Books

More on page 29

Teen Resiliency-Building Workbook

Helps participants learn how to build resiliency in times of stress. Contains five separate sections that include: ■ Optimistic Outlook Scale ■ Sense of Control Scale ■ Sense-of-Self Scale ■ Ability to Bounce Back Scale ■ Change Management Scale



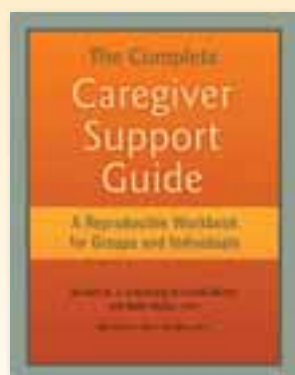
Workbook	AAJ-1964	\$49.95
----------	----------	---------

Teen Safety Workbook

Help participants learn about their past, present, and future choices: ■ Positive Feelings Scale ■ Healthy Choices Scale ■ Social Media Safety Scale ■ Relationship Safety Scale ■ Self-Harm Scale



Workbook	AAJ-1952	\$49.95
----------	----------	---------



The Complete Caregiver Support Guide

A Reproducible Workbook for Groups and Individuals

Ester R. A. Leutenberg & Carroll Morris with Kathy A. Khalsa, OTR/L

Family members, and sometimes close friends, are often called upon to act as caregivers to ill or aged people they care about or for whom they are responsible. Although there are many rewarding outcomes, the caregivers are usually unprepared, untrained and unsupported. The caregivers are also often isolated. These factors can put a huge amount of stress on non-professional or family caregivers. Attending a caregiver support group focusing on specific issues is of great benefit for caregivers.

The intention of Caregiver Support is to provide content for support group facilitators and caregivers that touches on crucial topics. The reproducible handouts and worksheets are designed to provide insights, encourage problem-solving and develop the ability for caregivers to ask for the help they need to stay physically and emotionally healthy, allowing them to continue to be there for their care-receiver.

The eight chapters in the book are:

- **Chapter 1.** The Caregiver Support Group
- **Chapter 2.** Support Group Openers and Closers
- **Chapter 3.** Self-Care for the Caregiver
- **Chapter 4.** Communication
- **Chapter 5.** Family/Close Friends Dynamics
- **Chapter 6.** Caring for the Care-Receiver
- **Chapter 7.** Record Keeping
- **Chapter 8.** Resources

Workbook	AAJ-1950	\$49.95
----------	----------	---------

HELPING KIDS



Helping Kids Heal

75 Activities to Help Children Recover from Trauma and Loss

by Rebecca Carman, CSW

Contains 75 tried-and-true activities to be used with children after an acutely traumatic event or in response to the chronic trauma and loss experienced by children living in at-risk communities. Activities can be used in

groups or with individuals. Activities focus on safety, relaxation, feelings, and much more! Includes *reproducible* activity sheets, step-by-step instructions, anecdotes, tips, and vignettes to bring activities to life. Soft cover, 117 pages. CD included.

Book with CD	AAJ-22011	\$39.95
--------------	-----------	---------

Magic Island

Relaxation for Kids

by Betty Mehling,
Max Highstein &
Radha Delamarter

Help your children learn to relax. With a background of beautiful music, this CD tells the story of a journey by hot air balloon to a magic island. The guided imagery helps to quiet the mind, soothe the emotions and expand the imagination. (Ages 5 to 12.)



CD, 52 min.	AAJ-65610A	\$19.95
-------------	------------	---------

Thoughts and Feelings 1 & 2

Sentence Completion Games
by Lisa-Marie Arneson
MFT, RPT

These cheerfully animated therapeutic tools for parents or counselors are designed to engage children of all ages.

The decks of 35 cards each are an especially effective medium in helping children identify, process, and work through a variety of issues: changes within the family system, trauma, grief, anger, depression, anxiety and fears. The second, all new set of sentence completion cards complements and adds to the original one.

Card Deck 1	AAJ-70425	\$19.95
Card Deck 2	AAJ-1370	\$19.95
Card Deck Set 1 & 2	AAJ-1371A	\$37.95



Empowering Children of Incarcerated Parents

By Stacey Burgess, LCSW, Tonia Caselman, PhD, LCSW and Jennifer Carsey, MSW

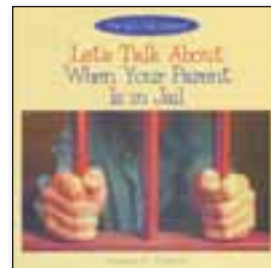
This book is for counselors, social workers, psychologists and teachers who work with children ages 7-12 who have a parent in jail or prison. It is designed so that work can be done individually or in small groups. Each chapter includes a brief literature review, suggestions for additional supports, discussion questions, fictional letters between a boy and his incarcerated father, activities, and reproducible worksheets. Topics include: Understanding What Happened; Building a Support System, Dealing with Shame, Allowing for Grief, Learning to Ensure Success, Planning for the Future, and more. 104 pages

Book	AAJ-1498	\$19.95
------	----------	---------

Let's Talk About When Your Parent is in Jail

by Maureen K. Wittbold

Helps young kids deal with some of the confusion and fear associated with a parent in jail. Answers questions like: What is jail? Why does someone go to jail? What happens inside the jail? What happens to our family outside the jail? Hard cover, 24 pages. (Ages 4-8)



Book	AAJ-15373	\$15.95
------	-----------	---------

What to Do When Your Brain Gets Stuck

A Kid's Guide to Overcoming OCD
by Dawn Huebner, PhD,
illus. by Bonnie Matthews

What To Do When Your Brain Gets Stuck guides children and their parents through the cognitive-behavioral techniques used to treat obsessive compulsive disorder. This interactive self-help book turns kids into super-sleuths who can recognize and more appropriately respond to OCD's tricks. With engaging examples, activities, and step-by-step instructions, it helps children master the skills needed to break free from OCD's sticky thoughts and urges, and live happier lives. This What-to-Do Guide is the complete resource for educating, motivating, and empowering children to work toward change. Soft Cover, 96 pages. (Ages 6-12)

Book	AAJ-1267898	\$15.95
------	-------------	---------

Social Skills / Asperger's Game Set



WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

Figure Me Out: A Game That Helps Kids Get to Know Each Other

Children take turns assuming the role of a reporter, getting to the bottom of a story by using Who, What, When, Where and How questions to figure out what another player is thinking. These conversational skills are used to teach children how to begin and maintain an interesting conversation. Designed for children with Asperger Syndrome in mind. For 2-6 players. (Age 6-12)

Board Game	AAJ-1561	\$54.95
------------	----------	---------

The Understanding Faces Game

Great for kids with Asperger's Syndrome or those who have difficulty with the reading of emotions. This game comes with 50 colorful pictures of children with different facial expressions. Players pick a Feelings Card and try to match the feeling on the card to the closest expression. Correct answers advance on the board. Prompts kids to do fun stunts that express a variety of facial emotions. For 3-6 players. (Age 6-12)

Game	AAJ-389541	\$54.95
------	------------	---------

What Did You Say? Game

Many children have a hard time reading body language. This game contains 50 colorful pictures of children in different postures. Players pick a Feelings Card and try to match the posture that most closely reflects the feeling. Prompts kids to do fun stunts and act out situations as they express themselves nonverbally. For 3-6 players (Age 6-12)

Game	AAJ-389539	\$54.95
------	------------	---------

SOCIAL SKILLS 3-GAME SET	AAJ-1611A	\$139.95
---------------------------------	------------------	-----------------

Stop, Relax & Think

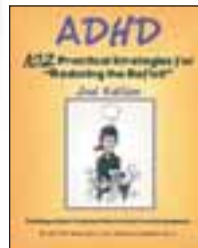
A Game to Help Impulsive Children Think Before They Act

Helps active, impulsive children learn motor control skills and relaxation skills, to express their feelings, and to solve problems. The *game* can be used as both a diagnostic and a treatment tool. Behaviors learned can be generalized into home and classroom. (Ages 6 to 12.)



WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

Game	AAJ-350785	\$54.95
------	------------	---------



ADHD: 102 Practical Strategies for "Reducing the Deficit"

by Kim "Tip" Frank, Ed.S., L.P.C. and Susan J. Smith-Rex, Ed.D.

This great resource is concise and easy-to-follow and features powerful strategies to help

ADD/ADHD students improve their academic and social/emotional abilities. Included are checklists and charts to help with organizational skills. (Ages 5-17.) Soft cover, 94 pages.

Book	AAJ-20841A	\$19.95
------	------------	---------

The Impulse Control Game

This educational therapeutic game is designed to help young people with ADD, ADHD and other impulse control problems. Teaches seven specific skills that include: accepting delayed gratification, reading social cues, understanding benefits of impulse control, developing positive internal speech, improving problem solving, understanding consequences, and improving the ability to stop behavior. (Ages 7-12)



WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

Impulse Control Game	AAJ-32626	\$49.95
----------------------	-----------	---------

Impulse Control Activities and Worksheets for Elementary & Middle School

by Tonia Caselman, PhD

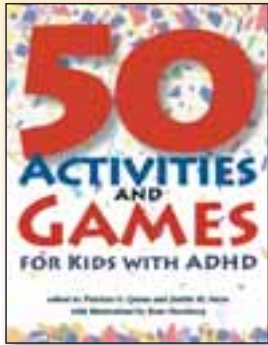
This book provides activities and *reproducible* worksheets to help students think about and practice strategies to become more reflective (vs. impulsive). The games, role-plays and worksheets are presented in a playful, but thoughtful manner to help engage children while they learn invaluable lessons about how to use self-control techniques. Soft cover, 140 pages - Elementary; 130 pages - Middle School.



Elementary School Book	AAJ-1309	\$29.95
------------------------	----------	---------

Middle School Book	AAJ-1031	\$29.95
--------------------	----------	---------

HELPING KIDS



50 Activities & Games for Kids with ADHD

Edited by Patricia O. Quinn & Judith M. Stern, Illustrated by Kate Sternberg

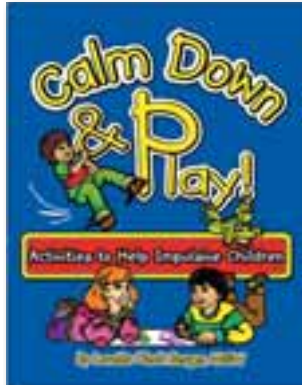
The activities, articles, and resources in this exciting collection from the newsletter *Brakes* offer more than 50 ways for kids to handle the challenges of ADHD. Along with practical tips for

solving problems and getting organized, boys and girls can also read about real kids like themselves. Topics include; increasing school success, having fun, recreation, friendship, feelings, family, and more! Soft cover, 94 pages. (Ages 8-13.)

Book	AAJ-15390	\$14.95
------	-----------	---------

Calm Down & Play!

This book is filled with fun and effective activities to help children calm down and control their impulses, focus, concentrate and organize their thoughts, identify and verbalize feelings, channel and release excess energy appropriately, and build self-esteem and confidence. Most of the activities take no more than 10 minutes and can be played just about anywhere – while a child is waiting on line, riding in a car, or even getting ready for bed. 76-page paperback book. (Ages 5-12.)



Book	AAJ-367127	\$19.95
------	------------	---------



WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

Game	AAJ-1094	\$34.95
------	----------	---------



Find It™ Kids Edition

This colorful, 3-D treasure hunt game helps kids with ADD increase their ability to focus and concentrate while having fun. Children shake, twist, and turn the bead-filled clear plastic tube to reveal all 48 hidden items. They keep track of their progress using the tear-off pad list that comes with the game. The hidden treasures are kid friendly and include the letters of the alphabet,

WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

a small car, balloon, baseball, and hidden penny, to name a few. Game, pad, instructions. (Ages 8 & Up)

Game	AAJ-23871	\$20.00
------	-----------	---------

Remote Control Impulse Control Game

This game is a set of four card games that addresses

impulsivity. The essential skills for inhibiting impulsivity are: STOP and redirect behavior; REWIND and learn from past mistakes; and FAST FORWARD and think ahead about potential consequences. The game uses the remote control symbols to facilitate learning the skills. There are both competitive and cooperative versions for grades 1-5 and for 6-9. Each age group has its own set of cards. All players practice all three skills during the course of the game. In addition to practicing these skills, players practice planning ahead and social skills as well as exercising frustration tolerance. (Grades 1-9.)



Game	AAJ-1095	\$24.95
------	----------	---------

Focus Game

Focus is essentially a behavior modification program in a box. This game, that children have fun playing, is structured to encompass the essential elements of behavior modification and designed to have the greatest, positive impact on attention. Children receive rewards (usually in the form of tokens) when they accomplish a task within an appropriate time frame and without being distracted. The 3 sets of task cards are: Categories, Forward and Back, and Problem Solving. A player can elect to perform the task without distraction and win one token. The real challenge is to have someone pick a Distraction card who will perform the distraction while the player is doing the assigned task and then they will receive 2 tokens if the task is completed. This game gives players much needed practice that improves their ability to stay focused on tasks, even with distractions. Different sets of cards are included based on grade levels (grades 1-5 cards, grades 6-8 cards, and grades 9-adult cards). 2-5 players. (Grades 1-12.)



Anger-Control Activities

by Arden Martenz, Ken Smith

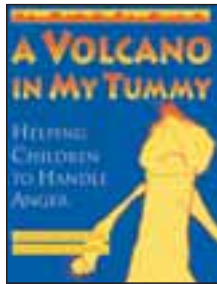
50 *reproducible* activities in each set, designed to give students practical experience in adapting their behavior, confronting angry situations, recognizing anger errors, and understanding the effect anger has on the body. Includes problem-solving activities, role-plays, word finds, and much more!

Anger-Control (Grades 1 to 6)	AAJ-67843	\$14.95
Anger-Control (Grades 7 to 12)	AAJ-67844	\$14.95
Anger Control Set of 2	AAJ-67845	(SAVE \$5) \$25.40

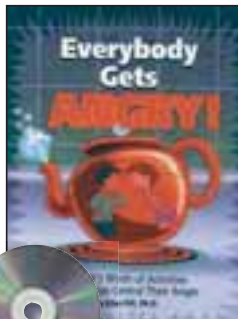
A Volcano In My Tummy

by Éliane Whitehouse & Warwick Pudney

This instant bestseller offers new and creative approaches to help children learn to handle their anger so that they can lead successful, healthy, happy and nonviolent lives. Full of stories, exercises and easy-to-use games designed to encourage children to see their anger and to deal with it constructively. An invaluable resource for teachers, parents and counselors. Contains *reproducible* participant worksheets. Soft cover, 80 pages. (Ages 6 to 15.)



Book	AAJ-30418	\$14.95
------	-----------	---------



Everybody Gets Angry!

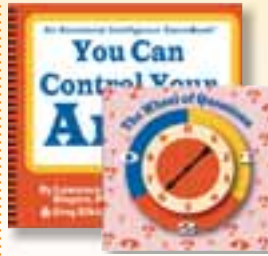
A Year's Worth of Activities to Help Children Control Their Anger

by Ellen Pill, PhD

Designed for use by teachers and school counselors, this fun-filled book is packed with 52 *reproducible* activities to help

youngsters learn to identify, understand, express, and cope with their angry feelings. CD included making printing copies and activities easier! Soft cover, 105 pages (Ages 4-8.)

Book with CD	AAJ-350038	\$39.95
--------------	------------	---------



You Can Control Your Anger GameBook™

by Lawrence E Shapiro, Ph.D. & Greg Elkins

A unique "gamebook" that is designed to teach kids how to handle their anger and express their feelings in productive ways. Comes with a detachable spinner that is used to play three different games

WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

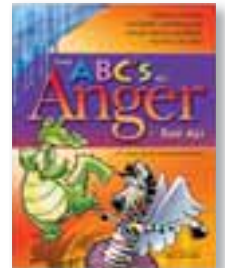
that teach specific anger control techniques. A bonus CD contains five additional games. Soft cover, 150 pages. (Ages 6-12)

Gamebook	AAJ-63035	\$21.95
----------	-----------	---------

The ABC's of Anger Stories and Activities to Help Children Understand Anger

by Ray Ali, illus. Eric Olson

Stories, activities and charming drawings help the child identify the underlying reasons for feelings of anger and frustration. Teaching children constructive coping skills for handling overwhelming emotions and constructively dealing with anger. A special section is devoted to coping with bullies. The artwork can even be *reproduced* for coloring. Soft cover, 64 pages. (Ages 5-12.)



Book	AAJ-1015568	\$19.95
------	-------------	---------



What to Do When Your Temper Flares

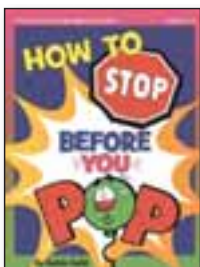
A Kid's Guide to Overcoming Problems with Anger

by Dawn Huebner, PhD,

Guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. Engaging examples, lively illustrations, and step-by-step instructions

teach children a set of "anger dousing" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids. This interactive self-help book is the complete resource for educating, motivating, and empowering children. Soft cover, 88 pages (Ages 6-12.)

Book	AAJ-15669	\$15.95
------	-----------	---------



How to Stop Before You Pop

by Kathie Guild

A new and innovative way to present anger management that will not only teach the necessary anger-management techniques, but will hold students' attention and motivate them to make behavior changes. From the opening lesson when the students identify their poppers until the closing session when they do an experiment that shows how they can pass through conflict rather than be stopped by it, students are actively involved in creative activities that make them understand how they can control their anger and give them confidence to do so. *Reproducible*. Soft cover, 88 pages. Ages (8-10.)

Book	AAJ-15934	\$16.95
------	-----------	---------

Educational Puppet Sets

These engaging puppet sets are a great teaching and therapeutic tool for educators, counselors, and therapists. The sets include half-body puppets (16"-18"), CD with scripts, music, and/or plays, and teacher's guide. Puppets are made of durable fabrics that are surface washable. (Ages 4-10)



Anger is Not for Me Set

Roger referee is a fun character who can be used within or outside of the scripts to teach children that following the rules is the best way to have fun. Scripts teach children how to deal with anger and how to be a good sport. Includes 3 puppets, CD with scripts and music, teacher's guide.

Puppet Set	AAJ-1106	\$81.95
------------	----------	---------

No Bullies Needed Set

Two separate plays teach about two types of bullies: The Playground Bully and the Mean Girl Bully. An in-depth teacher's guide is included on CD along with two puppet plays, discussion ideas and follow-up activities. Written by a published and licensed school counselor with years of experience with this issue. Includes 5 puppets, CD with puppet plays and teacher's guide.

Puppet Set	AAJ-1107	\$143.95
------------	----------	----------



Remote Control Anger Control

This game, consisting of four card games, focuses on three essential skills for controlling anger: PAUSE and identify additional feelings, REWIND and learn from past mistakes, and FAST FORWARD and think ahead about potential consequences. Includes both competitive and cooperative versions for 2 different grade levels: Grades 1-5 and Grades 6-9. Each level has separate groups of cards. For 2-5 players.

Game	AAJ-1507	\$24.95
------	----------	---------

Lesson Booster: Angry?

Children learn that recognizing their angry feelings is the first step towards handling anger. They learn safe and appropriate ways to deal with angry feelings such as "catching" their anger and walking away from a bad situation, and stopping and thinking to control angry feelings. Includes DVD and CD with a complete lesson plan. 14 minutes. (Grades K-3.)



DVD	AAJ-1579	\$79.95
-----	----------	---------



Bridge Over Worried Waters

This game is essentially a Cognitive Behavior Therapy program in a box. To start, players place a Worried Waters raging river sheet in front of them. Then

WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

they choose a Problem Card that describes an anxiety-producing situation and afterwards decide on an appropriate Solution Card (Self-Talk, Relaxation, or Coping) to use as a positive strategy to address the situation. As problems are solved, the Situation Card is tossed into the Worried Waters and the Solution Card is used to create a bridge to "safety". Includes both competitive and cooperative versions for 2-5 players (grades 1-8)

Game	AAJ-1509	\$34.95
------	----------	---------

Stress Relief for Kids Activity Book & CD Taming Your Dragons

by Martha Belknap, MA

Anyone can help kids handle stress. Ms. Belknap includes suggestions to take seasoned presenters to a new level of excellence or guide new practitioners successfully through their first effort. Through these creative relaxation activities children learn to direct themselves and each other to a better place. Taming Your Dragons CD is the ideal solution when you need another voice in the room. The author reads relaxation scripts and guided imagery at just the right pace to relax stressed-out kids and teach them how to use coping skills to manage their stress. Soft cover, 64 pages. Includes CD and card game. (Ages 6-10)



Book & CD Set	AAJ-1015557	\$42.00
---------------	-------------	---------



Tools & Techniques for Helping Children with Generalized Anxiety Disorders (GAD)

by Timothy A. Sisemore, PhD

Presents a goal-oriented strategy for counseling children with GAD. Beginning with an informative review of this disorder, this book offers best practices, in-session activities, fact sheets, assessment tools, school support, and a comprehensive collection of forms and handouts for use by clinicians, parents, and teachers. Forms include: Guidelines for Medication, Exposure Hierarchy, Problem-Solving Skills, Self-Monitoring Forms, and much more! Soft cover, 146 pages.

Book with CD	AAJ-63039	\$37.95
--------------	-----------	---------



What to Do When You Worry Too Much

A Kid's Guide to Overcoming Anxiety

by Dawn Huebner, PhD

This workbook guides children and parents through the cognitive-behavioral techniques most often used in the treatment of anxiety.

Lively metaphors and illustrations make the concepts and strategies easy to understand, while clear, how-to steps, and prompt to draw and write, help children master new skills to reduce anxiety. Soft cover, 80 pages. (Ages 6-12.)

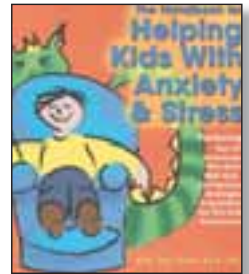
Book	AAJ-387747	\$15.95
------	------------	---------

The Handbook for Helping Kids with Anxiety & Stress

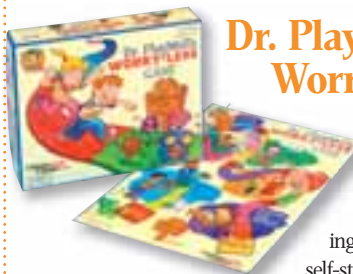
Featuring Tips for Grown-Ups Who Work with Kids, 34 Practical Strategies & Activities for the Kids Themselves

by Kim "Tip" Frank, EdS, LPC

Practical, easy-to-follow tips and activities to help kids with various types of fears, anxieties and phobias. Includes insights, hints and suggestions for parents and professionals. Also includes 34 activities, stories and suggestions that can help kids face everyday fears. Soft cover, 82 pages. (Grades PreK-12)



Book	AAJ-20653	\$18.95
------	-----------	---------



Dr. PlayWell's Worry-Less Game™

As players try to capture the Worry Monsters, they learn important steps for dealing with persistent worry – identifying feelings, self-calming, making positive self-statements, changing negative thoughts, planning, coping with difficult feelings, and self-monitoring. As they play children will learn important skills to help them worry

WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

less. Includes a reproducible assessment form to be filled out by parents or teachers. For 2-4 players. (Ages 6-12)

Board Game	AAJ-350248	\$49.95
------------	------------	---------



You Can Control Your Worries

This new book in our Spinner-Book collection provides a simple way to help kids with anxiety. There are three games in this highly portable game-book that teach kids: to recognize and practice the top 10 ways to handle anxiety; to relax in a variety of stressful and anxiety provoking situations; and to talk about all their feelings instead of internalizing them. The games in this book are easy to use and will be an effective part of treating all kinds of anxiety disorders. Includes bonus CD of 7 printable forms to assess the nature of a child's anxiety disorder, and the skills used to cope with this problem. 130 pages. (Ages 5-12)

WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

Game Book	AAJ-1289	\$21.95
-----------	----------	---------

HELPING KIDS



Sign Your Emotions Poster

This poster will be a popular addition to any wall. It features bright illustrations of 36 feelings and how to express them in American Sign Language. Emotions include: angry, embarrassed, mean, and worried. For ages 5 and up. 24" x 36"

Poster AAJ-338518 \$14.95



Everyone Has Feelings Poster

Modeled after the best-selling *Emotions Poster*, this large "multiage" feelings poster (24" x 36") shows children, teens, adults and older adults expressing their feelings. This is an inexpensive way to give children practice in recognizing and understanding the feelings of others.

Poster AAJ-338521 \$14.95

The Talking, Feeling, & Doing Collection

The complete collection includes all the tools professionals need to develop a therapeutic focus and initiate intervention. Based on the technique of mutual storytelling, these highly developed tools help elicit responses from kids that will serve as a point of departure for meaningful psychotherapeutic exchanges. Whether playing the game, engaging in the activities from the workbook, having fun with the ball, or joining in with the card sets, this collection affords kids a non-threatening opportunity to express themselves and begin to address their concerns. Includes board game, counseling ball with pump, workbook, book, and card games. (Ages 4-15)

Collection AAJ-393285 (SAVE \$50) \$209.95

Board Game

The first published therapeutic game by Richard A. Gardener, M.D., is still one of the most popular counseling tools used with children in therapeutic settings. A child's responses while playing the game will reveal the psychological issues that are most important to him or her. Three types of cards offer prompts that will engage the child and, through their responses, reveal directions for therapeutic intervention. For 2-6 players. (Ages 4-15) *This game is intended for use by mental health professionals.*

Board Game AAJ-350266 \$54.95

Counseling Ball

The Talking Feeling, & Doing Ball is filled with prompts to help kids learn to express themselves. Great for use with a group, the ball can also be used one on one with a therapist or counselor to "get the ball rolling" in a session. Ball comes deflated. Pump required. Inflation size is approximately 8 inches. Includes instructions. (Ages 6-10)

Ball AAJ-390403 \$22.95

Pump AAJ-1004699 \$5.95

Workbook

A fresh approach to helping counselors reach children, this workbook covers 25 of the most common concerns of kids such as divorce, teasing, lying, and more. There are three activities for each topic in this unique workbook which can be played as a reward-based game as well. (Ages 6-10)

Workbook with CD AAJ-389535 \$29.95



WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

The Psychotherapeutic Use of the Talking, Feeling, & Doing Game and Other Projective Techniques Book

Counselors. This classic volume by Dr. Richard A. Gardner, M.D. is filled with clinical vignettes, showing his most widely used technique – mutual storytelling. In addition, he fully describes how to use "easy-to-create" games that will prompt children to reveal their feelings. The book also gives examples of how to make the most when playing the best-selling *Talking, Feeling, & Doing Game* with children. 297 pages.

Book AAJ-367160 \$39.95

Card Games Set

Each of these sets of cards thoroughly addresses a single topic and can be played with *The Talking, Feeling, & Doing Game* or as a stand-alone game. In much the same way as the game, the cards prompt children to reveal the issues uppermost in their minds. For 2-4 players. (Ages 6-12)

Teasing Card Game AAJ-1005165 \$23.95

Good Behavior Card Game AAJ-1005163 \$23.95

Anger Card Game AAJ-1005162 \$23.95

Shyness Card Game AAJ-1005166 \$23.95

Divorce Card Game AAJ-1005164 \$23.95

Set of 5 Card Games AAJ-370387 (SAVE \$12) \$107.95



The Childhood Transition Series

This new, fun-to-read series targets common transitions that impact children's emotions in the areas of: Parental Divorce, A New Sibling, Moving Away, Step-Families, and Losing Someone Special. This series creates an easy, concrete way to help identify, validate, and help provide an effective coping skill to deal with a child's feeling(s) about the transition.

- Addresses the emotional side of life changes for younger children
- Helps children express their feelings and deal with their emotions
- 5 colorfully illustrated titles, sold individually and in a money-saving set

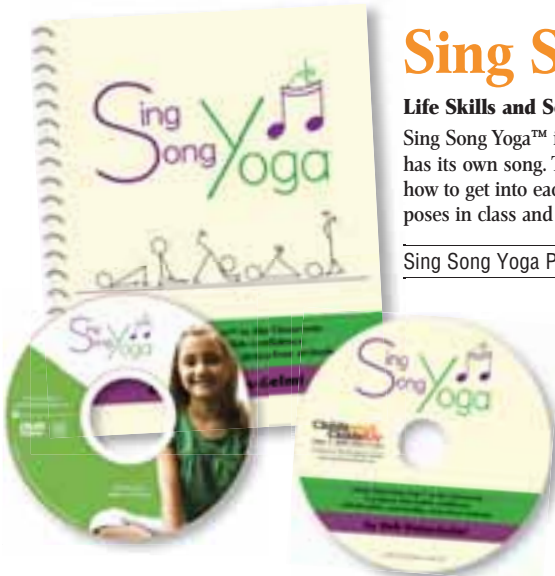
I FEEL, FEEL, FEEL about Losing Someone Special	AAJ-1897	\$8.95
I FEEL, FEEL, FEEL about My New Baby Sibling	AAJ-1898	\$8.95
I FEEL, FEEL, FEEL about Moving Away	AAJ-1899	\$8.95
I FEEL, FEEL, FEEL about My Step-Family	AAJ-1900	\$8.95
I FEEL, FEEL, FEEL about My Parent's Divorce	AAJ-1901	\$8.95
SET	AAJ-1902A	\$39.95

Sing Song Yoga

Life Skills and Self-Control Program for Elementary/Middle School Age Children

Sing Song Yoga™ is an innovative children's yoga program that uses songs to teach the poses. Each pose has its own song. The original lyrics, set to the tune of traditional children's songs, teach the children how to get into each pose. The children learn the songs which supports them in moving through the poses in class and at home. Includes DVD, CD, and Teacher's Guide. 102 pages.

Sing Song Yoga Program	AAJ-1895	\$39.95
------------------------	----------	---------



What professionals are saying...

“ Sing Song Yoga offers our kids a peaceful way to redirect their thinking, recharge their bodies, and renew their spirits. When given the choice of ‘electives’ at our school, many students will regularly choose Sing Song Yoga...even in lieu of an outdoor recess. Deb's soothing voice and comforting words make yoga accessible to all kids Kindergarten through 8th grade. ”

—KELLI GUNN,
ZEELAND MICHIGAN

What kids are saying...

“ Sing Song Yoga has helped me get more flexible and it helps me clear my mind so I can be with my body and just feel nice. ”

—CECELIA K. AGE 9

“ When I do Sing Song Yoga it makes it so I'm not thinking of things that stress me so I feel better. ”

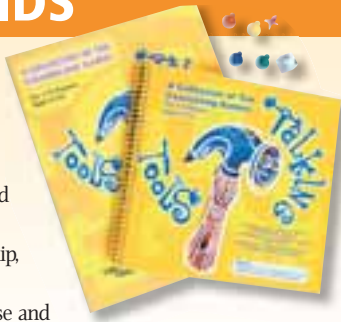
—GRACE M. AGE 9

HELPING KIDS

Talking Tools

Ten Counseling Games in One

Includes 10 discussion-oriented games covering frustration management, feelings, friendship, safety, cooperation, divorce, bereavement, self-concept, cause and effect of their behavior, and coping with a hospital stay. Designed by a school psychologist, each game takes only 30 minutes. Practical for those with limited space and budget. If you work with many different kinds of children, you will not want to be without this product. (Ages 5 to 10.)



Talking Tools	AAJ-350113	\$54.95
---------------	------------	---------

Memory Garden (A Bereavement Card Deck)

by Lisa-Marie Arneson, MA, MFT, RPT



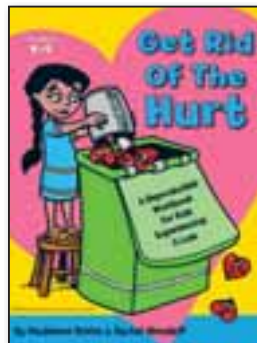
Sixty-five beautiful cards, each illustrating the natural cycle of life with a beautiful garden flower. Ideal for use by professionals and caregivers to help anyone experiencing loss express their thoughts and feelings and work through the grieving process. On each card is a unique partial sentence to initiate discussion, "My favorite story about the person who died is..."

Memory Garden Card Deck	AAJ-66410	\$24.95
-------------------------	-----------	---------

Get Rid of the Hurt

A Reproducible Workbook for Kids Experiencing a Loss
by Madeleine Brehm and Rachel Wenzloff

This beautifully illustrated book has minimal text on each page, and includes many pages for children to write or draw their thoughts, feelings, and hopes for the future. This sensitive, reassuring book: emphasizes the value of grieving, gives children opportunities to express their feelings, discusses the important decision to attend or not attend a funeral, and explores what life will be like now that a loved one is gone. You may choose to read the story to a grieving child, reproduce the entire story or reproduce selected pages for the child to create his or her own personal book. Whatever way you select, this book can bring comfort and hope to the grieving child. Soft cover, 48 pages. Ages (6-12)



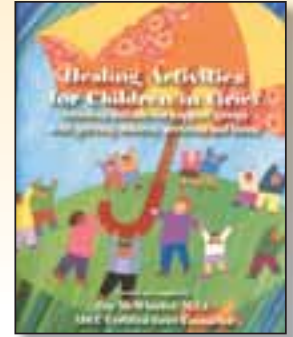
Book	AAJ-1275188	\$13.95
------	-------------	---------

Healing Activities for Children in Grief

Activities Suitable for Support Groups

by Gay McWhorter, M.Ed., ADEC Certified Grief Counselor

Ten years worth of tried and true activities for grieving children. Divided into three sections based on age (5 to 8), (9 to 12), and (13-18) and containing numerous examples of two distinct activity types: one opens the session and promotes discussion and two focuses on a specific topic in the session. Ideal for grief agencies, schools, counselors, and church groups. Soft cover, 72 pages. (Ages 5 to 18.)



Book	AAJ-67804	\$24.95
------	-----------	---------



Good Grief

A Kid's Guide for Dealing with Change and Loss
by Kim "Tip" Frank, Ed.S., LPC

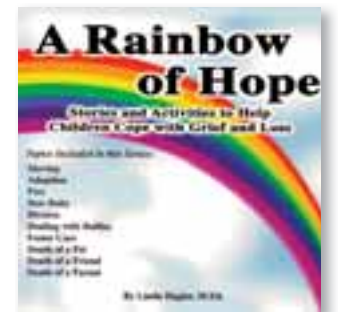
This program contains a story, discussion guide and activities for children who are going through the difficult journey of grief. Children and teens will be able to see how their behaviors and feelings are normal as they progress through the "5 stages of grief." Can be read

individually or in a small group setting. Soft cover, 76 pages. (Grades 3-8)

Book	AAJ-20654	\$16.95
------	-----------	---------

A Rainbow of Hope

Grief and loss is an inevitable part of our lives. Children, especially, can have difficulty understanding and dealing with the grieving process. Through these sensitive and inspirational stories, children learn how to cope with many different kinds of loss. This kit includes a comprehensive Leader's Guide and 10 individual children's storybooklets. Topics include: moving, adoption, home fire, new baby, divorce, dealing with bullies, foster care, death of a pet, death of a friend, and death of a parent.



Book set	AAJ-1496	\$34.95
----------	----------	---------

A 4-Part Video Guidance Series
for Upper Elementary Students

Stepping on UP

with Michael Pritchard

- Bullying
- Cyber-Bullying
- Character
- SEL/Life Skills

For grades 3-6. *Stepping On Up with Michael Pritchard* provides teachers, librarians, and counselors with a lively and powerful catalyst for group discussion and an invaluable enhancement to any character education, life skills or anti-bullying curriculum. Developed by the producer of LifeSteps and You Can Choose! and hosted by Michael Pritchard, this research-based program instills the necessary social and emotional skills to successfully navigate the profound challenges and changes of elementary school, middle school and the teen years.

Each of the four programs includes 4 lessons, presenting real-life problems in a warm-hearted, uproarious skit performed by Michael Pritchard and our lovable, zany puppet characters. Our problem-solving format sparks student discussion in guided brain-storming sessions with Michael bringing his trademark insight and caring humor to the research-based solutions. Each lesson includes two video segments plus a problem-solving leader's guide which provides detailed questions for a scripted discussion as well as follow-up activities. This comprehensive series brings valuable new insights for educators and a powerful array of tools for guiding students through this challenging period of rapid change. Programs can be purchased individually or combined for a full-series discount.



Stepping Up To Bullying Program

- Dealing with Bullies
- Standing Up, Not Standing By
- Reaching Out to Victims
- Building Bully-Free Schools/Communities

Stepping Up to Cyber-Bullying & Web Safety Program

- Being Safe and Secure on the Web
- Protecting Yourself from Cyber Bullying
- Online Rumors, Texts, and Gossip
- Helping and Caring in a Digital World

Stepping Up to Character Program

- The Power of Respect
- Making Responsible Choices
- Using Good Judgment
- Being True to Yourself

Stepping Up to Life Skills Program

- Controlling Your Anger
- Resolving Conflicts Creatively
- Learning to Bounce Back
- Choosing to Do Your Best

Each program includes 4 lessons with two video segments, plus an online leader's guide



Stepping Up to Bullying DVD	AAJ-1713	\$139.95
Stepping Up to Cyber Bullying & Web Safety DVD	AAJ-1714	\$139.95
Stepping Up to Character DVD	AAJ-1715	\$139.95
Stepping Up to Life Skills DVD	AAJ-1716	\$139.95
Complete 4-part Series	AAJ-1717A	(Save \$60) \$499.95

HELPING KIDS



You Can Make Friends

This game book will make it easier for children to develop better social skills. They'll learn 10 essential techniques: paying a compliment, active listening, compromising, and more. The book comes with a detachable spinner that is used to select from over 300 fun and challenging questions. The game can be played in just 10 minutes, and is suitable for individual or group counseling as well as home or classroom use. Includes bonus

CD that contains a 16-page activity book, *Feelings About My Friends*. 130-page spiral-bound book with CD. (Ages 5-12.)

Game Book	AAJ-63036	\$21.95
-----------	-----------	---------

Girls in Real Life Situations for K-5 & 6-12

Group Counseling Activities for Enhancing Social & Emotional Development

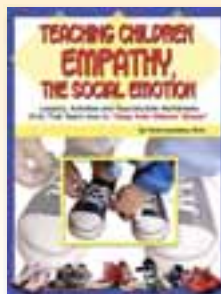
by Julia V. Taylor and Shannon Trice-Black

The K-5 curriculum provides over 80 activities divided into ten session themes. During group lessons, young girls are encouraged to share feelings and struggles as they openly discuss important issues in a

safe and supportive environment. They are given the opportunity to feel empowered, gain self-awareness, develop coping strategies, improve problem-solving skills, understand that they are not alone, and learn to make healthy decisions. The Grades 6-12 group counseling curriculum provides over 90 activities divided into twelve session themes: *Who Am I? Body Image, Choices, Communication, Emotions, Friendships, Relationships, Self-Esteem, Stress, Reaching Out, Tough Times, and Who I Am!* The CDs provide printable PDFs of all reproducible forms and student handouts contained in the above book. Allows you to select and print out the forms as needed.



Grades K-5 Set of Book & CD	AAJ-1529	\$44.95
Grades 6-12 Set of Book & CD	AAJ-1530	\$44.95



Teaching Children Empathy - The Social Emotion

By Tonia Caselman, PhD

Helping children develop greater empathy-related awareness and skills can help prevent negative social behaviors such as bullying, meanness, and alienation. Lessons and activities are designed to: Teach the

value of empathy; Help students recognize their own and others' feelings; Help kids put themselves in "someone else's shoes"; and Show how to exhibit understanding and acceptance. Each topic-related lesson includes reproducible worksheets. 132 pages. (grades K-6).

Book	AAJ-1497	\$24.95
------	----------	---------

The Social and Emotional Competence Game

by Gary Yorke, Ph.D.

Designed to give counselors and teachers another tool to teach children to manage emotions, solve problems, initiate and maintain relationships, cooperate with others, empathize, and communicate effectively. Players move around the board answering questions from different card decks, collecting chips, and exploring "detours" that allow for more in-depth treatment of specific topic. (Ages 6 & Up)



WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

Game	AAJ-20963	\$49.95
------	-----------	---------

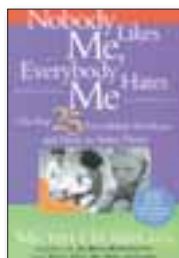
Journey to Friendsville

Designed with the busy counselor in mind, this game can be played in just 15 minutes. There are five friendship skills in total, and one skill is the focus of each 15 minute session. Friendship skills include: using humor, dealing with conflicts, joining in, showing respect and practicing fairness. The game also includes a reproducible Social Skills Checklist, suggested activities for practice between sessions, and a leader's guide with complete lesson plans and questions for discussion. (Ages 6-10)



WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

Game	AAJ-63024	\$49.95
------	-----------	---------



Nobody Likes Me, Everybody Hates Me

The Top 25 Friendship Problems and How to Solve Them

by Michele Borba, Ed.D.

This hands-on resource for parents and professionals explains how to teach children the social skills they need to solve their problems with: making friends, cliques, teasing, gossip, bullying, cyber-bullying, and rejection. Soft cover, 320 pages. (Ages 4-15)

Book	AAJ-20801	\$16.95
------	-----------	---------

HELPING KIDS



Hidden Rules Card Decks

Hidden Rules is the term used to describe social skills rules and behaviors that most people know without ever being taught. But some children, particularly children on the Autism Spectrum, seem to be unaware of these rules and the way that they influence social acceptance. Each of these card games presents a different set of rules, which can be reviewed individually (like flash cards) or used in a simple and fun game.

Hidden Rules-Social Situations

This game presents 40 Hidden Rules in a variety of settings important to children. The game is played like the familiar card game UNO® for fast and fun play. 2-4 Players. (Ages 6-12)

Card Game	AAJ-1619	\$23.95
-----------	----------	---------

Hidden Rules in the Classroom

There are lots of rules in school that some children don't quite get, but are instrumental to social success. Played like the card game "War" this game makes it fun to introduce 45 important hidden rules in a school setting. 2-4 Players

Card Game	AAJ-1910	\$23.95
-----------	----------	---------

Hidden Rules with Friends

When is it too late to call a friend? What should you do if a friend who is coming over has a food allergy? This clever card game presents children with 45 rules important to children as they spend time with friends. The game is played like the game "Go Fish". 2-4 Players

Card Game	AAJ-1911	\$23.95
-----------	----------	---------

Hidden Rules in the Community

There are lots of rules that kids should know when they go to the grocery store, the mall, the dentist, the doctor, and many more public places. This game is played like the card game "Crazy Eights" making learning these 45 rules fun in any setting. 2-4 Players.

Card Game	AAJ-1912	\$23.95
-----------	----------	---------

Hidden Rules Card Games Set of 4

Get all four decks of 140 cards at a 10% Discount.

CARD GAME SET	AAJ-1913A	(SAVE 10%) \$84.95
----------------------	------------------	---------------------------

Photo Social Stories Cards

Based on a widely accepted technique developed by Carol Gray, each card presents a basic social concept that children need to learn to behave appropriately in all kinds of settings. The stories help children pay attention to important social cues, to understand the perspective of others, and to respond appropriately in social situations.

Each story is followed by bulleted highlights and a set of interactive questions to stimulate discussion. The photographs were selected to provide children with a visual understanding of the social challenges in a variety of settings. There are 4 different sets of cards: Social Situations, Kids in School, Kids in the Community and Kids in Their Families. (Ages 5-12)

Photo Social Stories - Social Situations

Our original card deck covers a wide variety of social situations including greetings, starting a conversation, paying attention to others, keeping a secret and many more.

Card Game	AAJ-1621	\$23.95
-----------	----------	---------

Photo Social Stories Cards About Kids in School

This set of 35 cards includes topics like listening to the teacher, obeying class rules, following directions, giving compliments, asking permission, apologizing, keeping things organized, and many more.

Card Game	AAJ-1906	\$23.95
-----------	----------	---------

Photo Social Stories Cards About Kids in the Community

This set of 35 cards includes topics like: greeting a friend, paying attention, riding safely in a car, waiting your turn at a playground, asking for help, and many more.

Card Game	AAJ-1907	\$23.95
-----------	----------	---------



Photo Social Stories Cards About Kids and Their Families

The 35 cards in this set include topics like: putting away your toys, starting a conversation, mealtime, sharing, homework, understanding others' feelings, and many more.

Card Game	AAJ-1908	\$23.95
-----------	----------	---------

Photo Social Stories Set of Four Card Decks

Get all four decks of 140 cards at a 10% Discount.

CARD GAME SET	AAJ-1909A	(SAVE 10%) \$84.95
----------------------	------------------	---------------------------

HELPING KIDS



Social Skills Comics - Conversational Skills in School

These 25 "comics" are designed to show children the expected and unexpected ways to behave in a variety of typical school social situations. Detailed photos prompt children to take a closer look at

dialog, body language and non-verbal cues in both scenarios. Topics include: reading body language, using humor in conversation, staying on topic, accepting compliments, asking a question, ending a conversation, and many more. The book comes with a CD to print out individual pages of the book. (Ages 7-12)

Workbook AAJ-1903 \$29.95



Social Skills Comics - Handling Anxiety in School

Ages 7-12. Anxiety is a problem often associated with poor social skills. Kids may be afraid of speaking up in class, taking tests, or interacting with others in the classroom or playground. Characters in the comic strips are shown

dealing with anxiety in a "Wrong Way" and then in a more appropriate way. Detailed photos prompt children to take a closer look at dialog, body language and non-verbal cues in both scenarios. Children will learn that interacting in certain ways may help them feel less anxious in social situations. The book comes with a CD to print out individual pages of the book. (Ages 7-12)

Workbook AAJ-1904 \$29.95

SET OF 2 WORKBOOKS AAJ-1905A \$54.95

The Emotional Intelligence Game



This game is an entertaining and engaging game that reflects the five areas of emotional intelligence:

- Self-awareness ■ Mood management
- Self-motivation ■ Empathy
- Relationship skills

WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

There are two versions of the game and corresponding sets of rules; Competitive (where players play against each other) and Cooperative (where players work together). Players try to fill in their brain card by answering questions and winning tokens. Also included are six decks of cards relating to the five areas of emotional intelligence plus a deck of Bonus Cards. The game utilizes both cognitive behavior therapy and social learning theory to help players build their emotional intelligence. For 2-6 players. (Grades 2-8.)

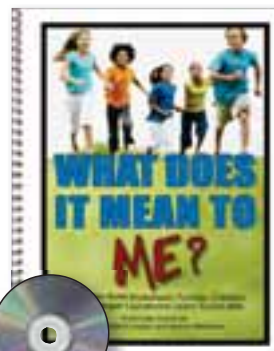
Game AAJ-1816 \$39.95



Photo Social Stories - Social Situations

Simple stories, illustrated with concrete photographs, teach children how they are expected to act in typical social situations. Each story is followed by bulleted highlights and a set of interactive questions. The photographs provide an illustration of the story for children who learn more visually. These stories are geared toward elementary school children but can also be useful for older children with more basic social skill needs. Includes 35 cards. (Ages 5-12)

Card Game AAJ-1621 \$23.95



What Does It Mean to Me?

24 Hidden Rules Worksheets to Help Children with Asperger's Syndrome Learn Social Skills

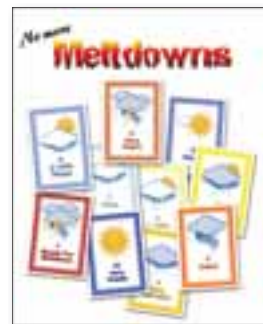
This action-packed book is filled with worksheets and activities that introduce and reinforce 24 unwritten but important social rules. These "hidden rules" do not come as naturally to children with Asperger's

Syndrome as they do to others. The activities in this book will help children master these rules in a fun, interactive format. (Ages 7+)

Book AAJ-1620 \$29.95

No More Meltdowns

This interactive tool is designed to establish steady communication about mood changes between a child with Asperger's Syndrome and a parent, teacher or therapist so that meltdowns can be avoided. The goal of the game is to recognize the connection between patterns of daily behavior and emotions. When the child and adult begin to understand the emotions that precede a meltdown, they can learn to stop the behavior before it starts. The game includes a game board, emotion cards, a spinner and a bonus carry-along bookmark. For one child and one adult. (Ages 5+)



Game AAJ-1617 \$29.95

Roll A Role Series

Children learn new skills best when they can practice them in safe and fun situations. Series consists of three, large, soft cubes and card decks on five important topics. Each cube has a pocket in which to insert a card. Players roll the cubes and follow the instructions on the card that turns up. Players win points for using an appropriate "Positive Action" as outlined in the game. Includes all five card games, one pack of 3 cubes. For 2-8 players. (Ages 6-10)

Individual sets of cubes & cards come with 3 *Roll A Role* cubes, 50 *Problem or Situation* cards, 12 to 22 *Solution* cards, 6 *Number* cards, 24 *Think About It* cards, 100 chips, and instructions.



An Anger-Management Game

This game offers a fun-filled and relaxed atmosphere for therapeutic intervention around issues of anger. It is designed to help children identify and handle their anger while capturing their imaginations.

Cubes & Cards	AAJ-389920	\$46.95
Cards Only	AAJ-389922	\$26.95

A Social Skills Game

Build skills that enable children to interact appropriately with peers and adults. Help them identify and read social cues.

Cubes & Cards	AAJ-389923	\$46.95
Cards Only	AAJ-389925	\$26.95

A Game of Non-Verbal Communication

Help kids recognize the non-verbal markers that enable them to decipher social situations and improve their relationships with others.

Cubes & Cards	AAJ-389926	\$46.95
Cards Only	AAJ-389928	\$26.95



4 GAME SET	AAJ-389919	(SAVE \$20) \$139.95
Additional Set of 3 Cubes	AAJ-9887	\$20.00

A Bullying Prevention Game

By placing themselves in the role of bully, target, and bystander, this game helps youngsters understand the dramatic impact of bullying and teasing, and develop strategies for stopping it.

Cubes & Cards	AAJ-389929	\$46.95
Cards Only	AAJ-389931	\$26.95

A Good Behavior Game

From breaking the ice with a new person to recognizing the communication skills that help friendships thrive, this game helps kids make and keep friends.

Cubes & Cards	AAJ-389932	\$46.95
Cards Only	AAJ-389934	\$26.95

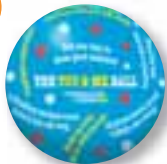


HELPING KIDS

Kids Counseling Balls

Teach children emotional, social, and behavioral skills. These balls instantly get kids talking and interacting in positive ways. Made for years of use, balls are accompanied by an instruction sheet with suggestions for play. Get a handy mesh storage bag when you order the collection! (Mesh bag is 24" w. x 36" h. Color may vary.) (Ages 6 & Up) **Receive the pump for free when you purchase the set.**

Balls are latex free.



You & Me Ball

Teaches social skills, giving kids a chance to practice them in a fun way. It contains statements like "Ask someone what they like about you."

Ball	AAJ-385062	\$22.95
------	------------	---------



Positive Attitude Ball

Full of affirmative statements, such as "Tell what you like about yourself," this ball provides a great way to start a group discussion.

Ball	AAJ-385056	\$22.95
------	------------	---------



Helping, Sharing, and Caring Ball

A great way to reinforce important values on a daily basis. Players respond to statements like "Talk about a kind thing you did."

Ball	AAJ-385057	\$22.95
------	------------	---------



Less Stress Ball

Help kids turn everyday tension into fun-filled play, with statements such as "Take 5 deep breaths."

Ball	AAJ-385060	\$22.95
------	------------	---------



Stop, Relax & Think Ball

Teaches kid to control their impulsivity with statements like "Tell about a good plan you made."

Ball	AAJ-385059	\$22.95
------	------------	---------



Anger Control Ball

Teach simple anger control techniques that can be practiced in just a few minutes a day. Statements include "Tell a safe way to let out anger."

Ball	AAJ-385063	\$22.95
------	------------	---------

KIDS Set	AAJ-382440	\$137.70	\$119.95
-----------------	-------------------	----------------------------	-----------------



Air Pump

Air pump also sold individually.

Pump	AAJ-1004699	\$5.95
------	-------------	--------

Classroom Success Balls

This wonderful collection of balls teaches students key skills to help them succeed in school and in life – all while having fun! Just throw the ball to another player who then reads the statement nearest to his or her right thumb. Great for getting kids talking and interacting in positive ways. They are accompanied by instruction sheets with suggestions for play. Approximately 8 inches. (Grade level: 1 & Up) **Receive the pump for free when you purchase the set.**



Balls are latex free.

Test Taking Tips Ball	AAJ-1015708	\$22.95
Best Behavior Ball	AAJ-1015706	\$22.95
Healthy Choices Ball	AAJ-1015707	\$22.95
The Bullying Stops Here Ball	AAJ-1015711	\$22.95
Good Sport Ball	AAJ-1015709	\$22.95
Safety Ball	AAJ-1015710	\$22.95

CLASS SET (w/Free Pump)	AAJ-1015694	\$119.95
--------------------------------	--------------------	-----------------

WELLNESS
REPRODUCTIONS
& PUBLISHING

The Teen Relationship Workbook

by Kerry Moles, CSW

Helps teens: identify the healthy and unhealthy characteristics of relationships; understand the dynamics of emotional, physical and sexual abuse; become empowered to make positive, healthy decisions. CD included. (Grades 7-12)



Book with CD AAJ-71401 \$49.95

Teen Relationships Card Game

Includes 72 cards with open-ended questions corresponding to an activity in every page of *The Teen Relationship Workbook*. (Grades 7-12)



Card Game
AAJ-349657
\$17.95

Name two people (other than a boyfriend or girlfriend) who are part of your support system. In what way do these people support you?

Teen Relationship Set

Help teens identify healthy and unhealthy relationships. 156-page spiral-bound workbook and 72 cards. (Grades 7-12)

Set AAJ-71400 (SAVE \$8) \$59.95



Creative Interventions with Traumatized Children

edited by Cathy A. Malchiodi

Rich with case material and artwork samples, this volume demonstrates a range of creative approaches for facilitating children's emotional reparation and recovery from trauma. Contributors include experienced

practitioners of play, art, music, movement and drama therapies, bibliotherapy, and integrative therapies, who describe step-by-step strategies for working with individual children, families, and groups. Specific types of stressful experiences addressed include parental loss, child abuse, accidents, family violence, bullying, and mass trauma. Broader approaches to promoting resilience and preventing posttraumatic problems in children at risk are also presented. Hard cover, 320 pages.

Book AAJ-15703 \$40.00

Grief Work for Teens - Healing From Loss

Reproducible Interactive & Educational Handouts

Ester R. A. Leutenberg & Fran Zamore, MSW, ACSW

GriefWork for Teens is for facilitators to help grieving teens heal from their losses. The authors refer to the psychological process of coping with a significant loss as grief work. The range of behaviors, emotions and attitudes is huge. Throughout the book they use the terms normalize and New Normal to convey that everyone's grief has a unique expression and is that particular person's 'normal.'

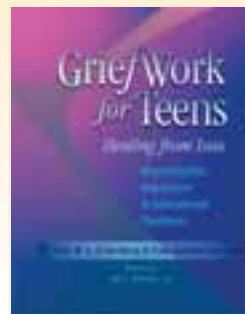
Each interactive activity has comments and suggestions on the back explaining the purpose of the activity and at least one way to use it. Read them prior to using the handout to get the most out of each one and to give you a 'starter-idea.'

The handouts will engage those who grieve any type of loss (not just death) and encourage them to identify, internalize and/or verbalize personal feelings while working through the grieving process.

Five chapters guide clients through the grieving process:

- Getting in Touch
- Telling Your Story
- Self-Care
- Relationships
- A New Normal

Workbook AAJ-1951 \$49.95



Helping Kids Heal

75 Activities to Help Children Recover from Trauma and Loss
by Rebecca Carman, CSW

Contains 75 tried-and-true activities to be used with children after an acutely traumatic event or in response to the chronic trauma and loss experienced by children living in at-risk communities.

Activities can be used in groups or with individuals. Activities focus on safety, relaxation, feelings, and much more! Includes reproducible activity sheets, step-by-step instructions, anecdotes, tips, and vignettes to bring activities to life. Soft Cover, 117 pages. CD included.

Book with CD AAJ-22011 \$39.95



The Handbook for Helping Kids with Anxiety & Stress

by Kim "Tip" Frank, Ed.S., LPC

Practical, easy-to-follow tips and activities to help kids with various types of fears, anxieties and phobias. Includes insights, hints and suggestions for parents and professionals. Includes 34 activities, stories and suggestions that can help kids. Soft cover, 82 pages. (Grades Pre-K-12)

Book AAJ-20653 \$18.95



FREE Shipping and Handling on orders of \$25 or more when you ORDER ONLINE using code ACXG

On standard, ground delivery in the continental U.S. only. Offer expires 12/31/12 and can't be combined with any other promotion.

Tough Choices: Anger Management Training Curriculum

by Linda Herbert-Ford Ed.D.

This user-friendly program comes with a black canvas briefcase and contains:

- 4-Celebrity Made for TV, DVD Lessons (30-mins each)
- Relax, Empower & Side Step Anger & Bullies CD
- Tough Choices Curriculum (200 pages)
- 120 ready-to-use activities.



This comprehensive, video-driven, cognitive-emotional behavioral program is designed to “delete the negative and reprogram the positive” using powerful techniques to rewrite private dialog and learn new problem solving, conflict resolution, and anger management skills. Focuses on self-esteem, respect, cooperation, responsibility, self-control, victim awareness, goal setting and all social skills teens need to cope with stress, anger, and other forms of conflict.

Tough Choices	AAJ-36050	\$495.00
---------------	-----------	----------



Chill Out! Gamebook with CD

Anger Management for Teens

An anger management program for teens, *Chill Out!* features a removable spinner which can be used to play multiple games and a bonus CD with additional printable games and activities. In one portable

▲WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

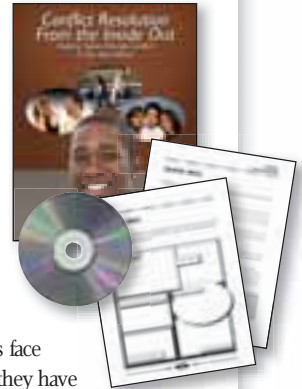
package, counselors can have a complete emotional and behavioral skill building program. Soft cover, 134 pages. (Ages 12-17)

Book & CD	AAJ-63010	\$21.95
-----------	-----------	---------

Conflict Resolution from the Inside Out:

Helping Teens Manage Conflict in the Real World

This innovative reproducible activity book teaches practical skills for handling conflicts and addresses the many underlying issues that influence how teens approach such situations. Role plays featuring edgy scenarios inspire candid discussions about conflicts teens face every day and help them recognize the power they have to affect the outcome of a conflict. Also featured are thought-provoking writing exercises, cathartic art projects, and many other engaging activities that will teach teens how to effectively and creatively manage the conflicts they face in the real world.



Conflict Resolution from the Inside Out can be used successfully in a wide range of settings, including schools, clinics, inpatient settings, and after-school programs. The topics covered are: Understanding Conflict, Conflict and Me, Fuel to the Fire, Be Your Own Master, Constructive Communication, It's a Matter of Perspective, and The Moment of Truth. 120 page spiral bound book with CD. (Grades 9-12)

Activity Book with CD	AAJ-1015480	\$29.95
-----------------------	-------------	---------



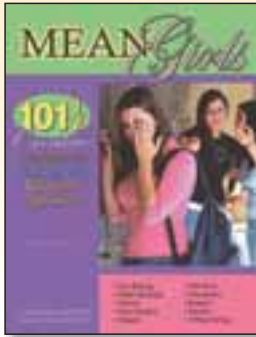
Anger Management Speedway Game

Help pre-teens and teens improve their ability to identify, cope with, and express their anger. Players will be able to discuss anger issues, identify effects of anger on health and wellness, identify current coping outlets and increase their awareness of the role that anger has in people's lives. For 8-12

▲WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

players. Includes reproducible handouts. (Grades 5 & Up)

Game	AAJ-383508	\$54.95
------	------------	---------



Mean Girls

101½ Creative Strategies for Working with Relational Aggression

by Kaye Randall, LISW-CP & Allyson A. Bowen, LISW-CP

Adolescent girls can be incredibly cruel and aggressive to friend and foe. This book helps the aggressor and victim understand and cope with the nuances

of relational aggression. Topics include: cliques, wannabees, victims, eye-rolling, name calling, cyber-bullying, gossip, teen royalty, and much more! Soft cover, 120 pages. (Ages 8-17)

Book AAJ-15474 \$26.95

The Assignment: Girls, Cliques, and Cruelty

This edgy depiction of a cruel clique instantly draws viewers into the lives of four adolescent girls, as they scheme to humiliate another girl whom they consider unpopular. By enabling the audience to identify with both, the perpetrators and the victim, this program promotes empathy and provides a deeper understanding of bullying behavior. Online Leader's Guide included. (Ages 10-14 and Parent Groups)



DVD, 12 minutes AAJ-349963 \$79.95



Stop Bullying Now!

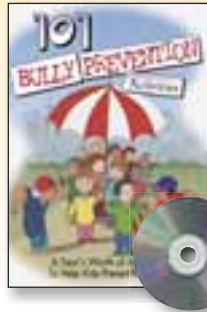
A Counseling and Prevention Workbook

by Franklin Rubenstein & Andrea Chorney

This workbook contains *reproducible* activities that can help you design a complete bully

prevention program for middle school students. The workbook is divided into four sections: getting along with others, understanding bullying, understanding the targets of bullying, and understanding the role of bystanders. Each section contains a dozen or more activities that challenge kids to think about their behavior and develop better coping and social skills. The book is designed to be used both as a prevention curriculum as well as a tool for individual counseling. Soft cover book, 110 pages, includes CD-ROM. (Ages 11-15)

Book & CD AAJ-63029 \$29.95



101 Bully Prevention Activities

This ingeniously structured resource book provides you with a wealth of bullying prevention activities. It's arranged to make it easy to find and focus on the issues that are most relevant to your students. Reproducible activities include group projects, writing prompts and role plays that highlight strategies for

handling bullying, teasing, taunting, and gossiping from the perspective of the bystander, target and bully. 116 page workbook. Includes CD of activities. (Grades 5-12)

Activity Book with CD AAJ-388345 \$49.95



WELLNESS REPRODUCTIONS & PUBLISHING

Bully Prevention Bingo

Help young teens identify the behaviors that constitute bullying, and help them develop the attitudes and skills to prevent it.

Bully Prevention AAJ-388335 \$39.95

Harassment Prevention Bingo

Stop harassment before it starts by helping young teens identify the many faces of this unwanted behavior.

Harassment Prevention AAJ-388341 \$39.95

WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.



Hating Tami: A Look at Female Bullying

Angela and her friends take every opportunity to make Tami's life miserable, even on a social network. We meet Tami's and Angela's parents, which gives us insight into the girls' behavior and life stressors. In a dramatic turn of events, Angela's cruel prank is uncovered.

DVD AAJ-356084 \$89.95

HELPING TWEENS & TEENS



LifeSteps™ Series with Michael Pritchard

Grade level 6-12. This lively and powerful research-based series, developed by America's most respected teen counselor, Michael Pritchard, combines uplifting comedy, moving dramatizations and insightful problem-solving sessions to help students develop the character and social-emotional skills to become responsible, knowledgeable, caring and successful. These 12 engaging programs help prevent alcohol and drug use, violence and other at-risk behaviors, promote problem-solving skills and empathy and encourage teens to make healthy choices. LifeSteps™ garners over 27 national and international awards! 30 minutes each. **Leaders' guides available online.**

The ABCs of Emotional Intelligence

This vital program outlines the key elements of emotional intelligence – assets, balance and character – as students discover they have the power to bounce back, balance emotional and academic demands, and make positive choices.

DVD	AAJ-349813	\$74.95
-----	------------	---------

Knowing Who You Are

Self-knowledge, the most fundamental life skill, is promoted as teens learn how to reflect on their own behavior, learn from experience and develop the integrity and moral character to resist peer pressure.

DVD	AAJ-349867	\$74.95
-----	------------	---------

Taking Charge

This critical program builds the emotional skills of responsibility as students integrate the fundamentals of self-control: taking charge of their emotions, coping with stress, avoiding impulsive behavior, developing self-discipline and managing anger.

DVD	AAJ-349900	\$74.95
-----	------------	---------

Bouncing Back

In this indispensable program, students learn the essentials of resiliency – how to identify internal strengths and external support, build perseverance, and maintain a positive sense of self-worth and optimism. The complex issues of depression and suicidal thoughts are also explored.

DVD	AAJ-349816	\$74.95
-----	------------	---------

Empathy, Caring, and Compassion

Students explore the critical skills that make up empathy, the importance of compassion, and the moral imperative to help others in need – particularly the victims of bullying.

DVD	AAJ-349840	\$74.95
-----	------------	---------

Creative Problem Solving

This important program presents the LifeSteps Eight Point Problem-Solving Program, which teaches teens how to identify problems, deal with them forthrightly, brainstorm creative options and choose positive solutions.

DVD	AAJ-349828	\$74.95
-----	------------	---------

Getting Along with Others

Teens discover positive ways to assert themselves, express complaints, handle misunderstandings and block rumors as they apply the key social skills of mediation, negotiation, active listening and "I" messages.

DVD	AAJ-349843	\$74.95
-----	------------	---------

Building Character

Teens develop the elements of good character as they learn to navigate the dilemmas of adolescence: what to do when friends are making bad choices about drugs, stealing, lying to parents, and drinking and driving. Moving portraits of courage and willpower are highlighted.

DVD	AAJ-349819	\$74.95
-----	------------	---------

Respect

Respect is the fundamental value of democracy in a diverse society. Barriers to respect, such as prejudice and bigotry, are explored as students learn that empathy and respect are the basis of all healthy relationships.

DVD	AAJ-349888	\$74.95
-----	------------	---------

Responsibility

Teens master the first rule of responsibility: to do no harm to themselves or others. Dependability and trustworthiness are championed as students learn to ask themselves the guiding question: What is the most important thing I need to be doing right now?

DVD	AAJ-349885	\$74.95
-----	------------	---------

Developing Healthy Relationships

Teens learn to build their own personal support system, recognize true friends and develop positive refusal skills. Also advances the all-important ability to negotiate with parents.

DVD	AAJ-349837	\$74.95
-----	------------	---------

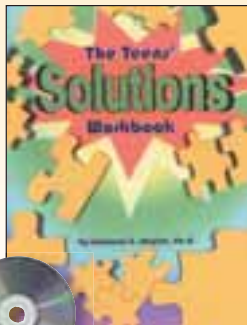
Doing Your Best

This inspirational program instills the essential skills of success: motivation, commitment, goal setting, persistence, and the power of self-confidence and optimism. An appreciation of excellence is stressed.

DVD	AAJ-349831	\$74.95
-----	------------	---------

12-Part DVD Series

Set	AAJ-382446	(SAVE \$100) \$799.95
-----	------------	-----------------------



The Teens' Solutions Workbook

by Lawrence E. Shapiro, Ph.D.

Reproducible forms and activities to help teens deal with problems such as depression, social rejection, and family concerns. Teenagers will learn to distinguish the difference between optimistic and pessimistic thinking,

define their problems in solvable terms, monitor and be more aware of their successes, focus on what is possible, and much more. Soft cover, 64 pages. CD included.



Workbook with CD AAJ-63673 \$29.95



Expressinary Game

A Guessing Game Using Words, Movement, and Sketches

by Amanda Gissel, MA

Designed to enhance verbal and nonverbal communication skills. Players augment their emotional vocabulary, recognize the complexities and abstract nature of emotions, think about *feeling* words, and examine the relationship between their feelings and the feelings of others. Can be played in therapeutic, educational, or recreational setting. (Ages 11-Adult)



WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

Game AAJ-350116 \$59.95



Totika – 10th Anniversary Edition

Totika, the Maori word for “Well Balanced,” is designed to increase self-esteem, promote personal growth,

and enhance life skills... plus, it's a lot of fun. Pull color-coded blocks from a stack and answer the question that corresponds to the color on the block. Answer questions like, “What are you not spending enough time doing?”. Additional card decks are designed to focus on more specific issues. (Ages 8 & Up)

Totika Game (with Ice Breaker cards) AAJ-1947 \$23.95

Additional Card Decks sold separately:

Self-esteem (Ages 8-18)	AAJ-21072	\$12.95
Ice Breaker (Ages 8-18)	AAJ-1948	\$12.95
Principles, Values, Beliefs, Teen & Adult	AAJ-21133	\$12.95
Jr. Principles, Values, Beliefs (Ages 8-12)	AAJ-387807	\$12.95
Life Skills Cards (Ages 8-18)	AAJ-387804	\$12.95
Divorce Cards (Ages 8-18)	AAJ-387799	\$12.95



What Should I Do Now?

A Game That Teaches Social Decision Making

This hilarious card game, played similarly to Apples-to-Apples™, is designed to help children understand the different reactions we have to difficult situations and how our responses affect those around us. 2-6 Players. (Ages 8-18)

Card Game AAJ-1622 \$23.95



Through My Eyes

A Journal for Teens
by Linda Kranz

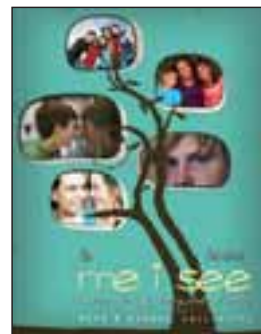
This inspiring journal for young people provides a place for teens to express their feelings on the vast array of changes and challenges that they face. Thought-starters on lined pages encourage exploration of relationships, hopes, dreams and fears. Soft cover, 140 pages.

Book AAJ-30427 \$12.95

The Me I See

Answering Life's Questions – Updated Questions, Format, and Facilitation Ideas

Over 400 thought-provoking prompts for “journalizing” kids in middle school and high school. Questions and prompts inspire deeper thinking among young people and encourage them to form and express self-image and opinions as they also consider and discuss the ideas of their peers. Journaling exercises and discussions intend to enlighten on critical adolescent issues and engage youth in thinking about experience, choices, actions, words, role models, and support systems to reduce feelings of isolation and awkwardness. The book's easy-to-use format and insightful questions are praised by the many counselors, therapists and educators who use it with their young people. *Reproducible*. Soft cover, 192 pages.



Book AAJ-65907 \$34.95

HELPING TWEENS & TEENS

LifeSkills Circle Game for Teens

The *LifeSkills Circle Game* is very adaptable and can be used with a wide variety of clients/students in an array of settings. For 2-10 players.

Game includes:

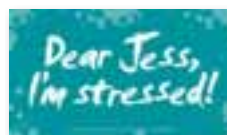
- 6 card decks (on this page)
- 1 die
- Vinyl game cloth (30" x 30")
- 10 game markers
- Instructions



WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

LifeSkills Card Decks for Teens

These six decks of cards have been created in two versions. The middle school version uses age-appropriate questions to start young teens thinking about the vital issues in their lives. The high school version presents more complex and sophisticated questions that are appropriate for teens. These decks of cards come with the *LifeSkills Circle Game* above or can be used on their own. (Ages 13-18)



Dear Jess, I'm Stressed!

Each card has a letter from a stressed-out teen asking advice. Teens pretend they are Jess and offer advice. It's easy to expand the discussion to include the entire group. 72 cards.

Middle School Version	AAJ-383598	\$18.95
High School Version	AAJ-383599	\$18.95

Which Best Describes You?

Presented with two possible answers to a question, teens are asked to reflect and determine which is most like them and why. Helps teens develop insight and self-awareness. 72 cards.



Middle School Version	AAJ-383613	\$18.95
High School Version	AAJ-383614	\$18.95



Making and Keeping Friends

This deck of cards focuses on real-life situations that help teens reflect on their own friendship skills and their personal values as they make and keep friends. 72 cards.

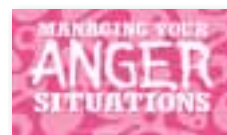
Middle School Version	AAJ-383601	\$18.95
High School Version	AAJ-383602	\$18.95

Talents & Interests

This deck helps teens identify and rate their different personal talents and interests and begin talking about what they can do with those strengths. 72 cards.



Middle School Version	AAJ-383607	\$18.95
High School Version	AAJ-383608	\$18.95



Managing Your Anger Situations

While emphasizing that everyone experiences anger differently, these cards help teens develop an array of techniques to handle situations that provoke their anger. 72 cards.

Middle School Version	AAJ-383604	\$18.95
High School Version	AAJ-383605	\$18.95

Tough Topics

Straight-forward questions about the challenging health, personal and social issues that teens are presented with in school and home, to elicit opinions, views and values. 72 cards.



Middle School Version	AAJ-383610	\$18.95
High School Version	AAJ-383611	\$18.95

Middle School - All 6 LifeSkills Card Decks	AAJ-383595	\$89.95
Middle School Game With 6 Card Decks	AAJ-383592	\$99.95

High School - All 6 LifeSkills Card Decks	AAJ-383596	\$89.95
High School Game With 6 Card Decks	AAJ-383593	\$99.95

Growing Great Girls

A Gender Responsive Life Skills Curriculum

This unique resource creatively blends research-based content with interactive exercises and meaningful worksheets. The curriculum is designed to meet the unique needs of girls, guided by gender identity. Participation creates rich exchanges between girls that will result in the acquisition of life skills, self-expression, and attitudinal change.

The 30-Window Box Life Skills Curriculum focuses on decision-making skills, social resiliency, critical thinking skills, emotional knowledge, self-discovery and practical skills across six developmental domains: physical, sexual, emotional, relational, intellectual, and spiritual. The Window Boxes are uniformly structured with a Quote of the Day, Objectives, Materials Needed, Jump Start Activity, Core Activity, Demonstration of Knowledge, Closing Activity, and Extension Activity. A garden metaphor is threaded throughout the Window Boxes along with the core values of Protect, Respect, & Connect. The three sections of the curriculum include: Cultivating the Earth, Planting the Seeds, Nurturing the Harvest. 8.5" x 11" spiral-bound book. Includes CD with activities.

Curriculum	AAJ-1318	\$49.95
------------	----------	---------



SEALS – Self-Esteem And Life Skills

WELLNESS
REPRODUCTIONS
& PUBLISHING

Reproducible Activity Handouts Created
for Teachers and Counselors to Use with Teens

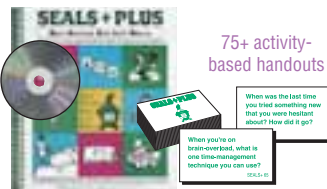
by Kathy Khalsa, OTR/L & Ester Leutenberg

SEALS Books

Ages 12-18. The SEALS Books are filled with hundreds of reproducible activity handouts for youth ages 12-18, with age-appropriate language, graphics and illustrations. Each handout has an instruction sheet outlining the purpose and how to use it with teens. No two activities alike even if topic appears in more than one book. Books include CD of activity handouts. Spiral bound, 176 pages.

SEALS Cards

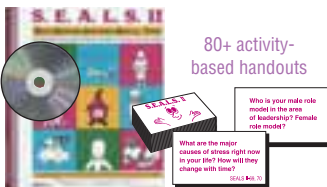
Each deck of 75 cards corresponds with the appropriate book, and each card in the deck topically correlates to a specific activity from the same book. Cards can also be used alone.



SEALS+PLUS Book & Cards

TOPICS: • Anger Management • Assertion • Awareness • Communication Skills • Coping Skills • Emotion Identification • Goal Setting • Health Awareness • Money Management • Problem Solving • Risk Taking • Self-Esteem • Stress Management • Support Systems • Time Management • Values Clarification

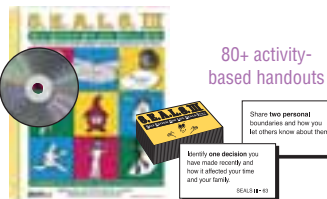
Book AAJ-338113	\$59.95	Cards AAJ-349633	\$17.95	KIT: SEALS+PLUS - Book & Cards AAJ-374236	\$69.95
--------------------	---------	---------------------	---------	---	----------------



SEALS II Book & Cards

TOPICS: • Body Image • Communication • Conflict Resolution • Coping Skills • Creative Expression • Humor • Job Readiness • Leisure Skills • Nurturance • Relapse Prevention • Relationships • Responsibility • Roles • Self-Awareness • Self-Esteem • Sexual Health • Social Skills • Stress Management • Suicide Issues • Values

Book AAJ-364255	\$59.95	Cards AAJ-349636	\$17.95	KIT: SEALS II - Book & Cards AAJ-374239	\$69.95
--------------------	---------	---------------------	---------	---	----------------



SEALS III Book & Cards

TOPICS: • Coping Skills • Expressive Arts • Fear • Goal Setting • Grief • Humor • Independent Living/ Transition Skills • Interpersonal Skills • Leisure • Making Changes • Positive Outlook • Recovery • Relationships • Self-Awareness • Self-Esteem • Spirituality • Stress Management • Supports

Book AAJ-364258	\$59.95	Cards AAJ-349639	\$17.95	KIT: SEALS III - Book & Cards AAJ-374242	\$69.95
--------------------	---------	---------------------	---------	--	----------------



SEALS IV Book & Cards

TOPICS: • Assertiveness • Communication • Coping & Recovery Skills • Emotions • Goals • Grief/Loss • Leisure • Money Management • Physical Health • Positive Thinking • Relationships • Responsibility • Self-Esteem • Social Skills • Spirituality • Stress Management • Substance Abuse Recovery • Time Management

Book AAJ-338116	\$59.95	Cards AAJ-349642	\$17.95	KIT: SEALS IV - Book & Cards AAJ-374290	\$69.95
--------------------	---------	---------------------	---------	---	----------------

All 4 Books	AAJ-370702	(SAVE \$30) \$209.95
All 4 Card Decks	AAJ-370381	(SAVE \$8) \$59.95
All 4 Books + Cards	AAJ-374293	(SAVE \$54) \$249.95

HELPING TWEENS & TEENS



LifeStories

"No trivia required!" Get to know your family, your friends and yourself better with this delightful game that encourages everyone to talk about their life's experiences, thoughts, hopes and dreams. The rules are simple, the questions are easy. A great way to reinforce family ties, pass on family history and enrich friendships. Everyone wins! (Ages 6 to 106)

WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

Game AAJ-45498 \$39.95



Healthy Relationships Bingo for Teens

Teach the skills needed for healthy relationships in a nonthreatening format that promises to be engaging and educational at the same time. Explore five important topics: • Things to Look for in a Healthy Relationship • "Red Flags" • Obstacles to a Healthy Relationship • "Green Flags" • Skills to Building a Healthy Relationship. Sixteen players can play at the same time. Use the five sets of calling cards to teach



each topic systematically. Process the session with the reproducible, laminated handout afterwards.

Materials included: 16 – 8¼" x 10¼" laminated Bingo cards
• 5 sets of calling cards (15 each = 75 cards) • Facilitator's instruction sheet • Bingo chips • Reproducible Healthy Relationships handout

Teens AAJ-350290 \$39.95



Teen Friendship Workbook

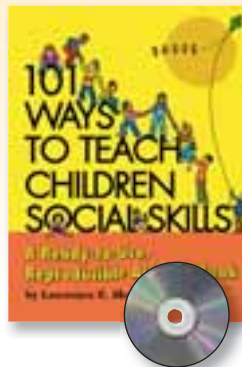
Teenagers choosing healthy friendships is of monumental importance! As children enter middle school and high school, they will be experiencing changes in friends, personal style, social life, movies, music, emotions, etc., in fact in all aspects of their lives.

The *Teen Friendship Workbook* will serve as a guide to assist teens in choosing their friends wisely, thus avoiding potentially risky situations. Being able to say "no" and not be negatively influenced by peers is one of the goals of this book.

Contains five sections to help teens learn more about themselves and the skills that are fundamental to developing and maintaining healthy friendships.

- Characteristics of Friends
- Friendship Skills
- Friend Communication Skills
- Friendship Personality
- Peer Pressure

Workbook AAJ-1669 \$49.95

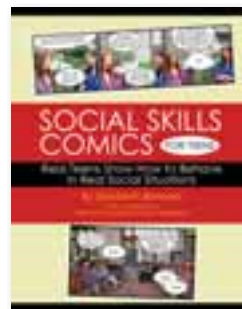


101 Ways to Teach Children Social Skills

This appealingly illustrated book includes 101 ready-to-use, reproducible activities to help children improve their social skills. Great as the basis of a social skills curriculum. Topics include communicating, expressing your feelings, caring about yourself and others, problem solving, listening, standing up for yourself, and

understanding and managing conflict. Includes CD with activities in PDF format for easy printing. Ages 7-12. 176-page book with CD.

Book with CD AAJ-350809 \$39.95



Social Skills Comics for Teens

Real Teens Show How to Behave in Real Social Situations

This fun-filled book is filled with comics that are designed to show teenagers the expected ways to behave in typical social situations. Each situation is depicted in a "Wrong Way" scenario and a "Right Way"

scenario. Detailed photos prompt teens to take a closer look at body language and non-verbal cues. Interactive activities encourage teens to apply the scenarios to situations they have encountered in their lives. (Ages 12-18.)

Workbook AAJ-1618 \$29.95



Equipped for Life Game

This game is designed to help youth and young adults think and act responsibly. It includes more than 100 situation cards for each of two levels, grades 5-8 and grade 9-young adult. Topics include: daily living,

WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

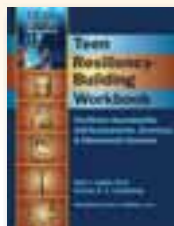
education, relationships, school, community substance abuse, employment, and after school activities. Players are asked to identify thinking errors and replace them with accurate thoughts and create positive action plans for themselves, other individuals and the community as a whole. Grades 5-young adult.

Game AAJ-32025 \$54.95

Teen Workbooks

by John J. Liptak, EdD and Ester Leutenberg

Facilitator Reproducible Self-Assessments, Exercises, & Educational Handouts



Teen Resiliency-Building Workbook **NEW!**

Helps participants learn how to build resiliency in times of stress. Contains five separate sections that include: ■ Optimistic Outlook Scale ■ Sense of Control Scale ■ Sense-of-Self Scale ■ Ability to Bounce Back Scale ■ Change Management Scale

Workbook AAJ-1964 \$49.95



Teen Anger Workbook

Helps teens engage in self-reflection and examine their thoughts and feelings that lead to anger. Five sections include: ■ Teen Anger Triggers Scale ■ Teen Anger Intensity Scale ■ Teen Anger Expression Scale ■ Teen Anger Consequences ■ Teen Anger Management Scale

Workbook AAJ-1668 \$49.95

Teen Safety Workbook **NEW!**

Helps participants learn about choices: ■ Positive Feelings Scale ■ Healthy Choices Scale ■ Social Media Safety Scale ■ Relationship Safety Scale ■ Self-Harm Scale

Workbook AAJ-1952 \$49.95



Teen Friendship

Serves as a guide to assist teens in choosing their friends wisely, thus avoiding potentially risky situations. Contains five sections that include:

- Characteristics of Friends ■ Friendship Skills
- Friend Communication Skills
- Friendship Personality ■ Peer Pressure

Workbook AAJ-1669 \$49.95



Teen Conflict Management Skills Workbook

Helps teens find better ways to use conflict management skills to develop and maintain happy, healthy casual, personal, intimate and workplace relationships.

Five sections include: ■ Conflict Triggers ■ Conflict Management ■ Anger Control

- Exchange of Information ■ Alternatives to Conflict

Workbook AAJ-1890 \$49.95



Teen Choices Workbook

Guides teens to act responsibly, reflect on past decisions, explore consequences, and take responsibility for future decisions. Five sections include: ■ Teen Action Choices ■ Teen Relationship Choices ■ Teen Cultural Differences ■ Teen "not-so-great" Choices ■ Teen Risk-taking Behavior

BONUS Enrichment activities are included at the end of each section.

Workbook AAJ-1788 \$49.95

Teen Stress Workbook

Helps teens identify the primary reasons they are feeling stress and find better way to manage it.

Five sections include: ■ How do I know when I'm stressed ■ My Stressors ■ Eustress vs. Distress ■ Stressed for Success ■ How I Deal with My Stress

Workbook AAJ-1891 \$49.95



Teen Respect Workbook

Contains five separate sections:

- Being Respectful of Myself
- Being Respectful to Others
- Being Generous ■ Being Kind to the Universe
- Being a Social Activist

Workbook AAJ-1789 \$49.95



Teen Aggression & Bullying Workbook

Designed to help teens engage in self-reflection, examine their thoughts and feelings that lead to feelings of aggression, and learn effective techniques for managing these feelings. This book uses self-assessment and journaling tools. Contains six sections that include: ■ Violence

Motivation Scale ■ Are You a Bully? Scale ■ Environmental Aggression Scale ■ Bystander Behavior Scale ■ Are You Being Bullied? Scale ■ Depression and Suicide

Workbook AAJ-1667 \$49.95



Teen Self-Esteem

Designed to help teens engage in self-reflection, and learn effective techniques for building feelings of self-esteem and self-worth. Five sections include: ■ Teen Self-Esteem ■ Teen Self-Worth ■ Teen Self-Awareness ■ Teen Self-Responsibility ■ Teen Assertiveness

Workbook AAJ-1790 \$49.95

Set of 10 Workbooks AAJ-1965A \$459.00

HELPING TWEENS & TEENS



WELLNESS REPRODUCTIONS & PUBLISHING

WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

BINGO! Games for Teens

Each of these fun, therapeutic games has 16 laminated BINGO cards, 75 calling cards, a facilitator's instruction sheet and *reproducible* handouts meant to be used in clinics or classrooms.

Stress BINGO! for Teens ■ AAJ-350767

Explores: external stressors, internal stressors, physical symptoms, emotional/behavioral systems and stress relievers.

Anger BINGO! for Teens ■ AAJ-349363

Addresses triggers, symptoms, causes, control and prevention. *Reproducible* handout, "How to Control and Prevent Anger."

Self-Esteem BINGO! for Teens ■ AAJ-350770

Helps players to understand self-esteem Boosters and Busters, the benefits of self-esteem, how to acknowledge their own strengths and how to take responsibility.

Healthy Relationship BINGO! for Teens ■ AAJ-350290

Teaches key topics like Things to Look For, Red Flags, Green Flags, Obstacles, and Healthy Relationship Skills. Engaging and educational!

Social Skills BINGO! for Teens ■ AAJ-350788

Focuses on five important areas: positive and negative characteristics, verbal and nonverbal communication, getting along, and common interests.

Resiliency BINGO! for Teens ■ AAJ-350149

Develops and explores player's resiliency skills at home, at work, in school, and in social situations.

Recovery BINGO! for Teens ■ AAJ-350167

Builds recovery skills for living addiction free. Focuses on developing support, recognizing danger zones, and planning for recovery.

Alcohol Prevention BINGO! ■ AAJ-349381

Teens learn about alcohol prevention and have fun.

Drug Prevention BINGO! ■ AAJ-349954

Topics include why kids use drugs, recognizing drug problems, effects of drug use, and saying "no."

Smoking Prevention BINGO! ■ AAJ-350776

Address why kids smoke, the effects of smoking, the facts about tobacco, ways to say "no," and smoking prevention activities.

Individual titles \$39.95 each.

Set of 10 Bingos – Teens AAJ-372100 (SAVE \$45) \$355.00

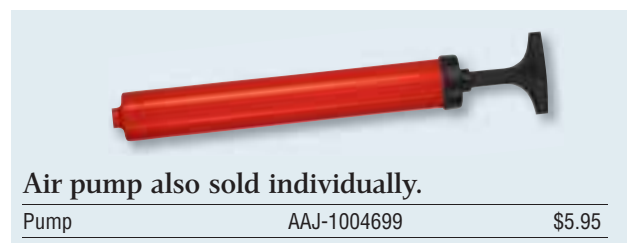


free pump with set.

Teen Counseling Balls Collection

This is a fun-filled way to address important issues that teens face every day. The balls are a great way to get teens talking and interacting. Just throw the ball to another player, who then reads the statement nearest his/her right thumb. Great for small or large groups in the classroom or in a counseling session. These high-quality balls inflate to approximately 8 inches. Balls come deflated. A pump is included when you buy the collection. Balls are latex-free. (Ages 12-18)

Motivating Me Ball	AAJ-383529	\$22.95
Warm-Up Ball	AAJ-383527	\$22.95
I Am Proud Ball	AAJ-383530	\$22.95
I Can Cope Ball	AAJ-383532	\$22.95
Social Skills Ball	AAJ-383533	\$22.95
Anger Strategies Ball	AAJ-383535	\$22.95
Teen's Set (With Free Pump)	AAJ-383550	\$119.95



Air pump also sold individually.

Pump	AAJ-1004699	\$5.95
------	-------------	--------

P.E.P. Talks (Positive Emotional Preparation)

Wouldn't it be great to have the expert advice of a psychologist to carry around with you? Now you can, with our brand new P.E.P. Talks card decks, written by internationally recognized psychologist, Dr. Lawrence Shapiro.

Each deck contains 55 cards with inspirational quotes and psychological techniques as well as action tasks. Just pick a card and you or your clients will take another step forward toward a deep sense of emotional control and well-being. These cards can be used for individual counseling or group discussions, as well as a home wellness program. Each card deck comes in a handsome tin box.

PEP Talks for Building Self-Confidence	AAJ-1032	\$21.95
PEP Talks for Coping with Stress	AAJ-1033	\$21.95
PEP Talks to Overcome Anxiety and Fear	AAJ-1034	\$21.95
PEP Talks for Overcoming Depression	AAJ-1035	\$21.95
Set of all 4 PEP Talks cards	AAJ-1036A	\$74.95



Real Life Teens Series

These programs talk directly to teens by real teens telling their own stories on a variety of important and current issues. They are designed to provoke thought and conversation on difficult-to-discuss issues and show them that their problems and issues are shared by others. 20 minutes each. Leader's guides available on the web. Grades 8-12.

Self-Esteem ■ AAJ-1525

Some topics covered: What is self-esteem? Why do teens think they change from confident children to confused, unmotivated adolescents? How society makes us feel less worthy, things to do to help build self-confidence.

Teen Rebellion ■ AAJ-1526

Topics covered: Healthy vs. unhealthy rebellion, anger issues, parents' role, respect & permission, dealing with disappointment.

Emotional Abuse ■ AAJ-1527

Topics covered: Types of emotional abuse; what to do if you are being abused, why does it happen, can it lead to other dangerous behaviors, where to get help.

Dangers of Social Media ■ AAJ-1844

Subjects covered: What are the benefits and dangers of Social Networking? What should you not post on your site? Felony charges associated with sexting.

Party Drugs ■ AAJ-1845

Subjects covered: What is Ecstasy and other club drugs? Why are prescription pills just as dangerous as illegal drugs? Where are prescription drug users sharing "recipes" for getting high?

Sexual Responsibility ■ AAJ-22423

Topics covered: STDs, HIV, unprotected sex, consequences of multiple partners, emotional and financial effects of teen pregnancy.

Deep Depression and Suicide ■ AAJ-22424

Topics covered: What is deep depression, how is it recognized, attempted suicide, substance abuse, warning signs, coping with problems, where to turn for help.

Cyber-Bullying ■ AAJ-22425

Topics covered: Why do teens cyber-bully, what can be done about it, how it can be stopped, forum and chat rooms, consequences, website bullying, where to turn for help, internet do's and don'ts.

Obesity and Health ■ AAJ-22426

Topics covered: Why teens become overweight, how to avoid becoming obese, health issues, how depression and anxiety relate to the problem, outside influences, changing attitudes about body image, how it affects self-esteem, where to turn for help.

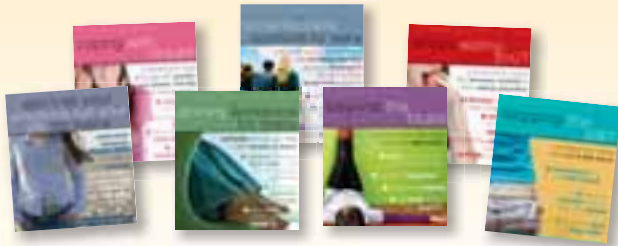
Drug Abuse Beyond Marijuana & Alcohol ■ AAJ-22427

Topics covered: Abusing prescription medication, how dangerous drugs affect the user, GHB and Rohypnol, Ecstasy or MDMA, Methamphetamines, Inhalant abuse, Steroids, dangerous drug impurities.

Individual titles: \$64.95

10 DVD Set AAJ-1846A \$579.00

HELPING TWEENS & TEENS



Emotional Intelligence Workbooks Teen Library 2 For Ages 12-18

A "must-have" collection for anyone who works with teens. Each workbook includes activities for use in individual or group counseling sessions. Buy the books individually, or save over 10% when you buy the whole set. (Ages 12-18)

Don't Let Your Emotions Run Your Life

This workbook gives teens the tools to manage mood swings, control angry outbursts, and get along with others.

NEW!

Workbook	AAJ-1940	\$16.95
----------	----------	---------

Coping with Cliques

This workbook will help girls overcome feelings of isolation and rejection and develop the self-esteem that will make being left out of a clique seem not so tragic after all.

Workbook	AAJ-1484	\$16.95
----------	----------	---------

The Social Success Workbook

Includes 40 activities to help teens learn to read social cues, understand emotions, and avoid meltdowns.

Workbook	AAJ-1485	\$16.95
----------	----------	---------

What's Eating You?

Helps teenage girls to have a positive view of their bodies, understand how eating behaviors develop, and recognize the relationship between emotions and eating patterns.

Workbook	AAJ-1486	\$16.95
----------	----------	---------

The Anxiety Workbook for Teens

Gives teens a collection of tools to control their anxiety and face their day-to-day challenges.

Workbook	AAJ-1487	\$16.95
----------	----------	---------

Beyond the Blues

Includes 40 illustrated activities to help teens be more assertive, find ways to make friends, handle conflicts, and deal with difficult feelings.

Workbook	AAJ-1488	\$16.95
----------	----------	---------

Stopping the Pain

Helps teens explore the reasons behind the need to hurt oneself and focus on more positive ways to deal with issues of stress and control.

Workbook	AAJ-1489	\$16.95
----------	----------	---------

Emotional Intelligence Teen Library 2

Set of 7 Workbooks	AAJ-1941A	(SAVE \$18) \$99.95
--------------------	-----------	---------------------



Thought Changing Card Kits

by Lawrence E. Shapiro, PhD

Thought Changing Card Kit for Social Intelligence

This kit is intended to help clients with Asperger Syndrome and other social skills problems. It contains 50 cards that show cognitive distortions on one side, and rational responses and behavioral activities on the other. The kit also features a CD with dozens of *printable* forms to help keep track of change. A *Thought Changing Bracelet* is included to help clients remember to "catch" their cognitive distortions, and change them to more realistic and positive thoughts. (Ages 12-Adult)

Kit	AAJ-63032	\$34.95
-----	-----------	---------

Thought Changing Card Kit for People Who Self-Injure

This kit is intended to help clients control their self-injury, and address the common emotional problems that accompany this behavior. The kit contains 50 cards that show cognitive distortions on one side, and rational responses and positive behavioral activities on the other. The kit also features a CD with dozens of *printable* forms to help keep track of change. (Ages 12-Adult)

Kit	AAJ-63031	\$34.95
-----	-----------	---------

Thought Changing Card Kit for People Who Are Depressed

This kit is intended to help clients control their depressive thoughts and behaviors, through proven cognitive behavioral techniques. The kit contains 50 cards that show cognitive distortions on one side, and rational responses and positive behavioral activities on the other. The kit also features a CD with dozens of *printable* forms to help keep track of change. A *Thought Changing Bracelet* is included to help clients remember to "catch" their cognitive distortions, and change them to more realistic and positive thoughts. (Ages 12-Adult)

Kit	AAJ-63033	\$34.95
-----	-----------	---------

Thought Changing Card Kit for People Who Are Anxious

This kit is intended to help clients control their anxiety, and address the common emotional and social problems that accompany anxiety disorders. The kit contains 50 cards that show cognitive distortions on one side, and rational responses and positive behavioral activities on the other. The kit also features a CD with dozens of *printable* forms to help keep track of change. A *Thought Changing Bracelet* is included to help clients remember to "catch" their cognitive distortions, and change them to more realistic and positive thoughts. (Ages 12-Adult)

Kit	AAJ-63034	\$34.95
-----	-----------	---------

Set of 4 Card Kits	AAJ-15659	(SAVE \$21) \$131.30
--------------------	-----------	----------------------



The Relationship Workbook/Cards

by Kerry Moles, CSW

Practical resource for domestic violence prevention and intervention, and for clinicians working to help individuals or couples develop skills for building healthy relationships. 72 *reproducible* worksheets about: evaluating your relationships; exploring values; building healthy relationships; making good decisions. Included is a *Facilitator's Guide*. Soft cover, 176 pages. CD included.

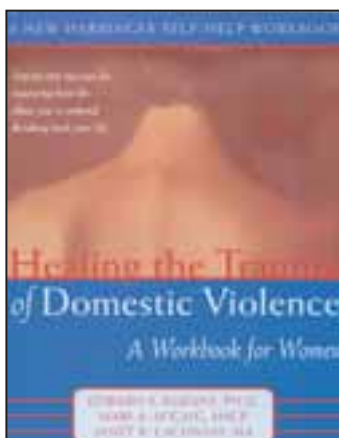
Book with CD	AAJ-71691	\$49.95
Cards	AAJ-349645	\$17.95
Set of Book + Cards	AAJ-71690	(SAVE \$8) \$59.95

Healing the Trauma of Domestic Violence

A Workbook for Women

by Edward S. Kubany, Ph.D.,
Mari A. McCaig, MSCP
and
Janet R. Laconsay, MA

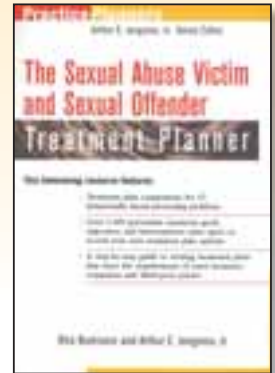
Contains step-by-step exercises for recovering from the abuse you've endured & taking back your life. The exercises in this workbook will help you address feelings of guilt, anger, depression, anxiety, and stress. 216 pages.



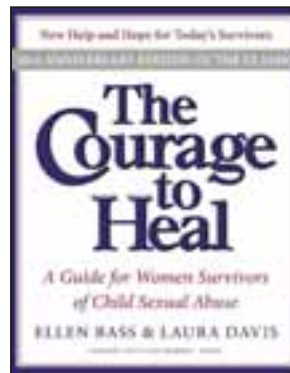
Workbook	AAJ-20670	\$24.95
----------	-----------	---------

The Sexual Abuse Victim and Sexual Offender Treatment Planner

Focuses on treatment of the sexual offender, issues encountered by sexual abuse victims and issues that affect both offenders and victims. Covers over 30 main presenting problems and offers over 1,000 pre-written treatment goals, objectives and interventions. Soft cover, 286 pages.



Book	AAJ-66439	\$55.00
------	-----------	---------



The Courage To Heal

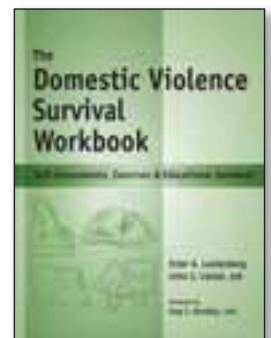
by Ellen Bass and Laura Davis

Offers hope and encouragement for every woman who was sexually abused as a child. Provides clear explanations, practical suggestions, advice on dealing with self-defeating behaviors, an explanation of the stages survivors pass through, and many moving stories of the recovery process drawn from interviews of hundreds of survivors. Supportive strategies for family, friends, and health-care professionals are included. The companion workbook combines checklists, journaling questions, and activities to teach survival skills and healing skills to the abused.

Book, 640 pages	AAJ-15209	\$22.95
Workbook, 460 pages	AAJ-15210	\$27.95
Book and Workbook	AAJ-15304	\$49.95

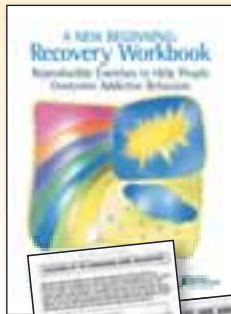
Domestic Violence Survival Workbook

Domestic abuse is very complex and can take many different forms – physical, sexual, psychological, emotional, and verbal. The five sections of the workbook help participants learn skills for recognizing and dealing with abusive relationships. They are: Symptoms of Abuse; Types of Abuse; Partner Behavior; Elder Abuse; Self-Empowerment.



Workbook	AAJ-1015	\$ 49.95
----------	----------	----------

HELPING ADULTS



A New Beginning: A Recovery Workbook & Cards

WELLNESS
REPRODUCTIONS
& PUBLISHING

by Mildred Duggins Williams, MA, CAC
Here's the Recovery Workbook you have been waiting for. 44 *reproducible*

worksheets on such topics as: self-inventory, family & relationships, relapse patterns, recovery process and reflection. Appropriate for all ages involved in any type of 12-Step program and for group or individual sessions. The cards contain open-ended questions that are an ideal complement to the popular workbook.

Use as a group starter or a group session of its own. Reinforces skills, generates discussions and integrates learning. Spiral bound. CD included.

Workbook with CD	AAJ-71951	\$49.95
Recovery Cards (72)	AAJ-349492	\$17.95
Workbook & Cards Set	AAJ-71950	(SAVE \$8) \$59.95

100 Interactive Activities Book and Cards

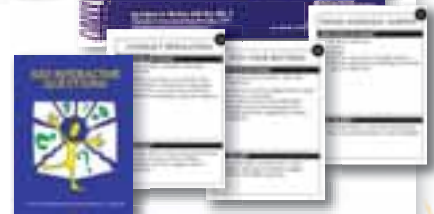
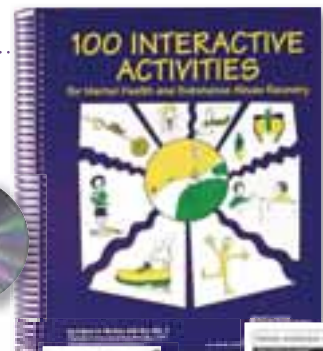
WELLNESS
REPRODUCTIONS
& PUBLISHING

For Mental Health, Substance Abuse Recovery, and Survival Skills
by Carol A. Butler, MS Ed, RN, C

Groups work through Anger Management, Assertion, Stress, Self-Esteem, Sobriety, Problem Solving, and much more to learn self-sufficient survival skills. Innovative techniques target different groups and ages, and are presented using: worksheets, art, games, feedback, visualization, poetry, and more. CD included. Soft cover, spiral-bound, 292 pages.

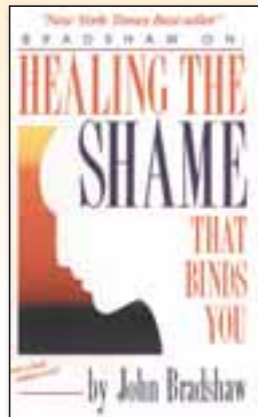
Each card supplies a succinct therapeutic concept from the book with a related question and also has an optional interactive component in a box at the bottom, to be used at the leader's discretion. (Ages 8 to 80)

Book with CD	AAJ-71652	\$57.95
Cards (100)	AAJ-337717	\$25.95
Book & Cards	AAJ-71651	(SAVE \$13) \$69.95



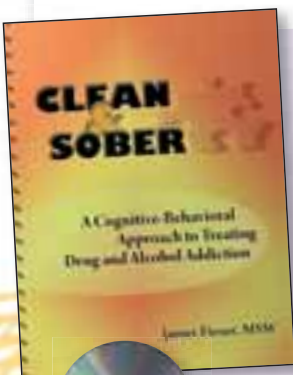
Healing the Shame That Binds You

by John Bradshaw



Shows us how toxic shame is the core problem in our compulsions, co-dependencies, addictions and the drive to super-achieve. The result is a breakdown in the family system and our inability to go forward with our lives. We are bound by our shame. Using affirmations, visualizations, "inner voice" and "feeling" work plus guided meditations and other useful healing techniques, he releases the shame that binds us to the past. DVD is a lecture that explores recovery. Soft cover, 245 pages.

Book	AAJ-20228	\$14.95
DVD, 1 hour	AAJ-20511	\$64.95
Book & DVD Set	AAJ-20600	(SAVE \$5) \$74.95



Clean & Sober

A Cognitive-Behavioral Approach to Treating Drug and Alcohol Addiction

- A comprehensive therapy guide for group or individual drug/alcohol treatment with *reproducible* forms
 - Perfect for community-based treatment programs as well as rehabs or prison-based programs
 - Targets traditional subjects like triggers and relapse prevention planning, plus anti-social aspects of drug/alcohol use
 - No-frills coursework, providing drug workers abundance of material to challenge drug/alcohol-taking lifestyles
- This book provides a rich source of material for drug/alcohol workers and counselors to start conversations with groups or individuals that will lead to exciting changes in thinking, attitudes, and beliefs about lifestyles and behaviors. Based on cognitive-behavioral therapy techniques, counselors will be able to ensure their work with clients meets growing calls for evidence-based practices. Clients enjoy discussing the material in relation to their own lives, whether arguing with the points made, agreeing with them, or having questions about them. Over time, real change starts to take shape in clients' thinking and how they want to live their lives. Includes a CD. Soft Cover, spiral-bound, 150 pages.

Book with CD	AAJ-1051	\$49.95
--------------	----------	---------





Anger Bingo

WELLNESS REPRODUCTIONS & PUBLISHING

Teach anger management in a nonthreatening game format that promises to be engaging and educational at the same time! Sixteen players can use the game to address these important skills.

Contains small parts which can be a choking hazard. Explore five different anger management areas: Anger Triggers; Anger Symptoms; Anger Causes; Anger Control; Anger Prevention.

Use the five sets of calling cards to systematically teach the ins and outs of anger management. Process the session with the reproducible, laminated handout. Materials included: 16 - 8 1/4" x 10 1/4" laminated Bingo cards; 5 sets of calling cards (15 each = 75 cards); Bingo chips; Reproducible handout: "How to Control and Prevent Anger"

Game AAJ-350092 \$39.95

Anger Management Skills Cards

This deck of 72 cards is filled with Anger Management Skills questions. Examples:

- An anger problem is any behavior that is hurtful to you or to another person. Do you have an anger problem?
- Everyone has the ability to forgive. Tell us of a time you struggled to forgive someone and were able.
- You are furious! In 30 seconds, name all of the things you can do - other than blowup. (Ages 15-Adults)



WELLNESS REPRODUCTIONS & PUBLISHING

Cards AAJ-349507 \$17.95



Anger Management Situations Cards

WELLNESS REPRODUCTIONS & PUBLISHING

Focus on problem solving a variety of potentially "angry" situations and encouraging assertive anger management.

Example: Your stove was not working for two days. You called the service center and they were going to come out yesterday to fix it, but couldn't give you a time. You stayed home all day and no one showed up or called.

63 cards + 9 blanks (to write your own). (Ages 15 - Adults)

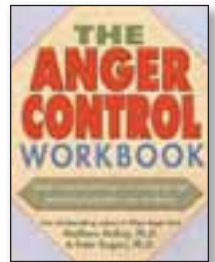
Cards AAJ-349510 \$17.95

Anger Control Workbook

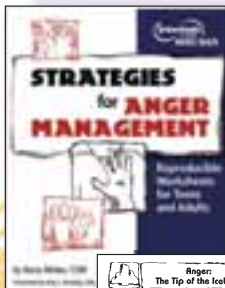
by Matthew McKay, Ph.D. & Peter Rogers, Ph.D.

This workbook is full of simple, innovative techniques for managing anger and developing healthier relationships.

Throughout, the techniques are presented in a clear, step-by-step format, including many exercises and worksheets. Arranged to make it easy to put together a program tailored to personal needs, obstacles and triggers. Soft cover, 208 pages.



Book AAJ-80590 \$21.95



Strategies for Anger Management

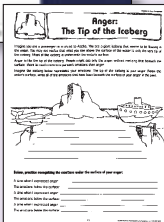
WELLNESS REPRODUCTIONS & PUBLISHING

Reproducible Worksheets for Teens and Adults

by Kerry Moles, CSW

This workbook is the tool educators and health care professionals need to help teens and adults learn how to cope with anger in healthier ways. This practical resource is divided into three sections:

1. Understanding Anger
2. Interventions for Anger Management and Conflict Resolution
3. The Differences Between Anger and Abuse



Each of the 34 topics covered has one or more reproducible worksheets and a Facilitator's Information sheet outlining the purpose, background information and guidelines for leading an individual/group activity. (Ages 12 & Up)

Workbook with CD AAJ-72201 \$49.95

What's the difference between forgiving someone and 'letting them get away with it'?

corresponding page entitled To Forgive or Not to Forgive

Do you think your drug/ alcohol use contributes to difficulty in managing anger?

Name a time when you should have taken a 'time out' but didn't.

corresponding page entitled Drugs, Alcohol & Anger

Strategies for Anger Management Cards

72 cards explore the issues covered in *Strategies for Anger Management* with questions corresponding to an activity on every page. Cards can be used alone or with the book. (Ages 12 & Up)

Cards AAJ-349612 \$17.95

Workbook & Cards AAJ-72200 (SAVE \$8) \$59.95

HELPING ADULTS

Coping Books

Facilitator Reproducible
Guided Self-Exploration Activities

By Ester Leutenberg & John J. Liptak, EdD

These coping books contain assessments and guided self-exploration activities that can be used with a variety of populations to help participants cope more effectively with the various forms of anxiety, change, and dealing with difficult people. The activities in each book are divided into four chapters.

Coping With Difficult People

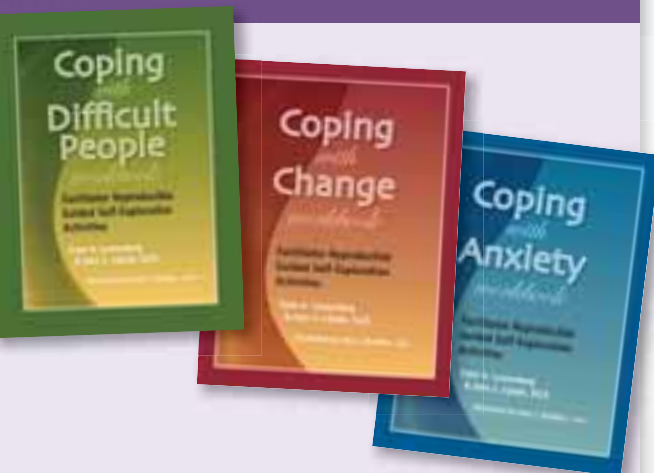
- Types of Difficult People
- Communicating with Difficult People
- Coping Skills
- Assertive Confrontation Style

Difficult People Workbook	AAJ-1916	\$39.95
---------------------------	----------	---------

Coping With Change

- Types of Change
- Change Management
- Ways to Cope with Change
- My Attitude

Change Workbook	AAJ-1787	\$39.95
-----------------	----------	---------



Coping With Anxiety

- Anxiety Triggers
- Fear Factor
- Anxiety Symptoms
- Coping With Anxiety

Anxiety Workbook	AAJ-1786	\$39.95
------------------	----------	---------



WELLNESS
REPRODUCTIONS
& PUBLISHING

The Coping Game

A Recovery Game
for Mental Health
by Michael O'Leary

This engaging game

encourages those recovering from mental illness to recognize stressors and warning signs of negative symptoms, and identify specific coping strategies and behaviors that reduce stress and encourage wellness. The game reinforces healthy lifestyles with the use of humor and peer interaction. As players move along the path they may be directed to emergency services, the doctor's office, drug & alcohol rehab, a support group, or nature walk. Comes with 5 card decks dealing with: recovery, healthy choices, creative coping, warning signs, and stress overload.

Game	AAJ-383509	\$54.95
------	------------	---------

Coping Skills Group

A Session-by-Session Guide

by Susan Gingerich, MSW
& Kim Mueser, Ph.D.

Help improve the lives of clients who have significant problems related to their mental illness. Includes strategies for coping skills, focusing on strengths, connecting with people, reducing stress, managing anger, avoiding problems with alcohol and drugs, and much more! *How Are You Coping?* Cards contain 72 open-ended questions designed to introduce the skills needed to cope more effectively. Soft cover, 187 pages.



WELLNESS
REPRODUCTIONS
& PUBLISHING

Book	AAJ-383575	\$57.95
Coping Cards	AAJ-383473	\$17.95
Set of Book & Cards	AAJ-383574	(SAVE \$11) \$64.95



SOS Help for Parents

by Lynn Clark, Ph.D.

This is a practical, easy-to-read guide for handling common, everyday behavior problems in children ages 2-12. Teaches how to use "time out" effectively, positive reinforcement, how to give effective instructions, point rewards to change behavior, listening techniques, expressing feelings and much more. A true sanity saver. Teaching resources kit includes DVD, Book, Leader's Guide, and Handouts. Kit may be used in counseling parents as well.

Book, English	AAJ-40352	\$16.00
DVD Kit, English	AAJ-40360	\$180.00
Book, Spanish	AAJ-66840	\$16.00
DVD Kit, Spanish	AAJ-40361	\$180.00

(Comes with Leader's Guide in English)

Help! I Have a Teenager

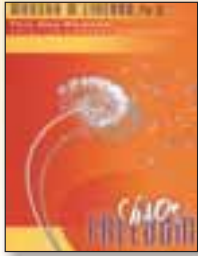
For parents of children, Ages 8-18.

- 10 Instant Parenting Classes all on DVD
- Great for Groups, PTA meetings, or to Take Home & Watch
- Includes 50 Reproducible Activity Sheets and More
- Facilitators Guide Included

This proven-effective, parenting program gets results as parents watch real multi-cultural families, teens and experts discuss and role play to eliminate power struggles, fights, arguments and disrespect while reconnecting and empowering their teens. Seen on Montel Williams and ABC News this is a must have for every parenting program. Includes 70-minute full color DVD divided into lesson segments, facilitator's guide, and parenting workbooks with reproducible activities and forms.



Kit	AAJ-74022	\$149.95
-----	-----------	----------



This One Moment DVD

Skills for Everyday Mindfulness
by Marsha M. Lineham, Ph.D.

We are often so caught up in our insecurities and fears – thinking about the past or worrying about the future. This DVD helps clients learn and practice six fundamental skills from Eastern and Western traditions, allowing them to find joy, greater understanding, and freedom from insecurities by living fully and consciously in the present moment. Includes plenty of anecdotes, exercises, and demonstrations. 50 minutes.

DVD	AAJ-67966D	\$94.95
-----	------------	---------

Gaining Insight Cards

Insight is a valuable asset. Each of the 75 cards poses self-reflective questions to the participants. The first question looks at a value, skill or behavior and asks players to rank themselves on a 1-10 scale. The next three questions delve deeper into the issue. As a result of insights gained, opportunities for growth are explored. Complete instructions include group process suggestions.



WELLNESS REPRODUCTIONS & PUBLISHING

Example:

- On a scale from 1-10 (1 being the lowest 10 the highest), how would you rate yourself as... being truthful to yourself?
- What prevents you from being truthful to yourself?
- What feeling or belief would be helpful in being truthful to yourself?
- What action or people would be helpful in being truthful to yourself?

For Adults	AAJ-337708	\$25.95
For Teens	AAJ-337705	\$25.95

A Helping Hand Card Game

WELLNESS REPRODUCTIONS & PUBLISHING

An Interactive Game Addressing Self-Esteem, Positive Lifestyle, Coping Skills and Relationships

A Helping Hand provides group members with opportunities to both identify personal growth needs and ask for supportive

feedback/advice from group members while staying focused on essential life skills. Participants take turns requesting and offering feedback in four areas: Self-Esteem, Positive Lifestyle, Coping Skills and Relationships. Cards are color-coded by category. Each category has 11 cards plus one blank, to write in your own, allowing you to meet the needs of each group and provide engaging variations each time you play. (Ages 15-Adults)

All cards begin with "Can someone give me a hand with..."
44 cards + 4 blanks - 3½" x 4", (6-12 players)

Card Game	AAJ-337702	\$21.95
-----------	------------	---------

Strategies for Using Art for Self-Reflection Book and Cards

by Lynn Bunnell, M.S.Ed., CTRS, CADC

These creative therapeutic activities using art can be used in an individual or group setting. See how students or clients really feel about anger, fear, loss and grief, and rejection. Explore seven relevant themes through carefully outlined art activities: Feelings, Healing & Recovery, Recreation & Leisure, Relationships, Self-Awareness, Self-Esteem, and Stress Management. Each module has worksheets, *reproducible* activities, leader's instructions, and *reproducible* self-reflection questions for journaling. *Self-Reflection Cards* further explore each module. CD included. (Ages 12 & Up)



WELLNESS REPRODUCTIONS & PUBLISHING

Self-Reflection Book with CD	AAJ-72282	\$49.95
Self-Reflection Cards	AAJ-337714	\$17.95
Self-Reflection Book & Cards	AAJ-72280	(SAVE \$8) \$59.95

GriefWork Book/Cards

Healing from Loss

By Fran Zamore, LISW, IMFT and Ester A. Leutenberg

Help guide clients through the many stages of loss and grief: shock, disorganization, reorganization, and a New Normal, a term used to convey that everyone's grief has a unique expression and is that person's normal. Clients are encouraged to deal with sorrow, express feelings, share, develop support systems, accept, adjust, and move forward. Also helps leaders understand and empathize, and teaches participants to heal and grow. Activities facilitate introspection and interaction. The reproducible handouts and art work 'map' the journey from numbness to normal. The 81 cards correspond to activities in the book. Can be used with book or on its own.

Book	AAJ-1012	\$49.95
Card game	AAJ-1013	\$16.95
Set of Book and Cards	AAJ-1014A	\$54.95

The GriefWork Companion Activities for Healing

The GriefWork Companion was developed to help adults who are grieving to heal from their losses. It contains worksheets, quotations, educational and journaling pages. It is also a companion book for mental health professionals' clients to use in conjunction with GriefWork-Healing from Loss. Activities can be assigned knowing that the page number will correspond to the same page in the facilitator's book. Seven chapters guide the reader through the grieving process: Let's Get Started; Getting in Touch; Telling Your Story; Self-Care; Relationships; Special Day; A New Normal. 150 pages.

Companion book	AAJ-1494	\$29.95
----------------	----------	---------



HELPING ADULTS



WELLNESS REPRODUCTIONS & PUBLISHING

Crossing the Bridge

A Journey in Self-Esteem, Relationships and Life Balance
by Sandra Negley, MTRS, CTRS

This interactive guide in self-discovery uses a cognitive-behavioral approach for developing self-esteem, improving relationships and achieving life balance. Warm and inviting, this book can be used in groups or with individuals. It is filled with meaningful but challenging exercises, 19 *reproducible* activity handouts and 11 reproducible journalizing handouts. 64 one-sided page softcover, spiral bound book. CD included. Explore relevant topics such as:

- Gaining Insight into Self-Talk
- Thoughts in the Present
- Core Beliefs
- Voices of the Past
- Creating Leisure in Your Life
- What Is the Quality of My Relationships?
- How You See Yourself Reframing

(Ages 14-Adults)

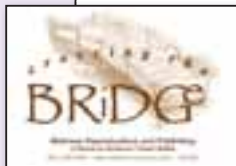
Book with CD	AAJ-71031	\$39.95
--------------	-----------	---------

Crossing the Bridge Cards

Crossing the Bridge Cards are uniquely designed to enhance the personal exploration encouraged in the book *Crossing the Bridge: A Journey in Self-Esteem*. Each card is designed to encourage a better quality of life through understanding how to make positive changes in self-esteem. Group members select a card which corresponds to one or more key concepts in the book, and give voice to their personal views. Process the game by prompting group members to answer such questions as "What did you discover about yourself or someone else in the group?" (Ages 12-18)

Share a positive belief you have about yourself and tell how it promotes personal growth.

Identify a personal belief that influences your choices in a negative way.



Cards	AAJ-390415	\$17.95
-------	------------	---------

Book & Cards	AAJ-71030	(SAVE \$8) \$49.95
-------------------------	------------------	---------------------------



Bridge of Self-Confidence Game

Use this creative, colorful, non-competitive game to cover three life management skills. Move the players along the word SELF to one of three spaces which covers a major life management skill. Provide a supportive, empowering environment. Use laminated reference guides for prompting as needed. For 2-10 players. (Adult & Teen Versions)

Game includes:

- Vinyl gamecloth (30" x 36")
- Protective tube
- 10 game pawns • 2 dice
- Detailed Instruction Guide (includes warm-up & process)
- 2 laminated reference guides: A-Z, EMOTIONS®
- 3 decks of cards:

A-Z: 63 cards focusing on strengths.

EMOTIONS®: 63 cards to identify and express feelings.

SELF-MANAGER I (adults) or SEALS + PLUS (teens): open-ended questions focusing on life skills topics.

WELLNESS REPRODUCTIONS & PUBLISHING

WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

GAME, Adult Version	AAJ-350074	\$59.95
----------------------------	-------------------	----------------

GAME, Teen Version	AAJ-350071	\$59.95
---------------------------	-------------------	----------------

Creating a Healthy Balanced Life

Unique reproducible activities and handouts

by Sandra K. Negley, MTRS, CTRS and Ester A. Leutenberg

Living a healthy, balanced life is a process that happens moment-to-moment, day-to-day, and is filled with surprises and challenges. When we become more present in our daily thoughts and actions we can create a healthier, more harmonious balance, and take personal control of our life.

The ultimate goal of this book is to provide the therapist or leader ideas and resources for facilitating individual or group sessions on living a healthy balanced life. The authors approached the subject with the understanding that every individual has their own definition and picture of what a healthy balanced life might look like. Using current literature, personal clinical practice, and life-experiences the authors designed this book as a framework for presenting key topics to help enhance the quality of life for others.

The book is divided into five chapters:

- The Mind, Body, Soul
- Stress-less
- Leisure /Recreation/Play
- Attitude
- Relationships

Each chapter includes unique activities and handouts utilizing eight styles of learning so you can successfully engage all of your clients and groups on a journey toward a healthy balanced life.

Workbook	AAJ-1665	\$49.95
----------	----------	---------



The Quiet Mind Series

Photo-based, therapeutic activities

- For Adults, Teens, and Children
- Scientifically Developed and Tested
- Creative Solutions to Help Diminish Negative Behaviors
- Geared towards educators, mental health practitioners as well as the layperson
- Includes Book of Photographs with Easy-To-Use Activities and Exercises plus CDs for reprinting materials



The QuietMind Series

is a groundbreaking collection combining photography with the written word designed to foster and encourage emotional and behavioral change. Although based in cognitive behavioral therapy, the QuietMind Series uses a creative approach offering simple and effective methods. Clinically successful and imaginative strategies and visualizations link to accompanying photographs composed for particular goals.

Volume One: Reducing Anxiety provides photographs and activities to help overcome fears, decrease feelings of apprehension, learn to relax, reduce triggers, and build an inner core of safety and calm.

Volume Two: Harnessing ADD/ADHD offers an innovative combination of photographs linked to activities to learn to strengthen focus and attention span, increase levels of frustration tolerance, clear away internal and external distractions, learn to more easily calm down, and gain better control over emotions and impulsivity.



Volume Three: Resolving Grief

is a compassionate guide for anyone who has experienced a loss. The photographs are linked to exercises and visualizations that aid

in the process of healing grief, promoting resiliency, as well as offering strategies to help alleviate and resolve the pain of loss.

Volume Four: Increasing Self-Esteem is based on the premise that low self-esteem can be unlearned. Photographs used as visual cues are linked to activities that enhance self-confidence and promote a more positive self- image.

Volume Five: Dealing With Addictions is an *essential* handbook for anyone who is in the recovery process or working with someone battling addictions. Photographs are used as visual reminders linked with activities to help diminish addictive behaviors, as well as offering strategies to sustain a more balanced life.

Anxiety	AAJ-1516	\$39.95
ADD/ADHD	AAJ-1517	\$39.95
Grief	AAJ-1782	\$39.95
Self-Esteem	AAJ-1783	\$39.95
Addictions	AAJ-1784	\$39.95
Set of 5 Books	AAJ-1785A	\$179.95

HELPING ADULTS

Life Skills & Mental Health Workbooks

by Ester Leutenberg and John Liptak, EdD

This essential series of workbooks contains self-assessments, exercises and educational handouts, and reflection questions for journaling.

The Essential Work Skills Workbook ■ AAJ-1342

This timely workbook provides people with the requisite skills they will need to be successful in any work setting so they can cope and thrive successfully. Sections include: Leadership skills; Work stress; Cultural competency; Organizational skills; Balancing work and leisure.

Discovering Your Spiritual Path ■ AAJ-1343

This book will help participants be open to the possibilities of spirituality and its benefits on wellness. It is appropriate for people just beginning on this path or enriching one's present spiritual path. The five sections include: Forgiveness and acceptance; Connecting with others; Spiritual living; Personal centering; Spiritual awareness.

Personal and Intimate Relationship ■ AAJ-1344

The goal of this book is to help each participant explore personal and partner behaviors and maintain healthy relationships. Sections include: Partner communication skills; Personality characteristics; Relationship needs; Relationship intimacy; Relationship conflicts

Practical Life Skills Workbook ■ AAJ-1345

Life skills are everyday skills, that if used effectively, allow people to live the life they desire and access their inner resources to be successful. Sections include: Problem-solving; Money management; Time management; Self-awareness; Personal change.

Wellness Lifestyle Workbook ■ AAJ-1346

Wellness is the ability to fully integrate physical, mental, emotional, social, and spiritual well-being into an effective lifestyle. Participants will learn about a wellness lifestyle that promotes health and well-being by exploring: Coping with stress; Physical fitness; Creative leisure; Healthy relationships; Spiritual wellness; and Life skills

Anger and Aggression Workbook ■ AAJ-15686

Help participants learn how anger and aggression impact their lives, and how to make constructive changes, gain insight and learn strategies. Contains self-assessment instruments, activity handouts, reflection questions for journaling, and educational handouts.

The Communication Skills Workbook ■ AAJ-15687

Participants will learn more about themselves as well as the impact of effective and ineffective communication patterns. Each section begins with a self-assessment that is easy to administer, score and interpret.

The Substance Abuse & Recovery ■ AAJ-15688

Contains five sections that help individuals: determine the level of their addiction, examine personality traits that predispose them to various addictions, measure codependency characteristics, understand relapse warning signs and identify excuses they may use to continue their abuse. Deals with a wide variety of addictions: drug and alcohol, caffeine, tobacco, computer, gambling, and more.



The Building Resiliency Workbook ■ AAJ-1663

The Building Resiliency Workbook contains these five sections to help participants learn how to build resiliency which will enable them to thrive in times of adversity, change, and stress and to live life zestfully. Optimistic Outlook; Ability to Bounce Back; Locus of Control; Change Management; Sense-of-Self.

Domestic Violence Survival Workbook ■ AAJ-1015

Domestic abuse is very complex and can take many different forms – physical, sexual, psychological, emotional, and verbal. The five sections of the workbook help participants learn skills for recognizing and dealing with abusive relationships. They are: Symptoms of Abuse; Types of Abuse; Partner Behavior; Elder Abuse; Self-Empowerment.

The Successful Team-Building Workbook ■ AAJ-1016

Team building develops a sense of collaboration, open communication, and trust among team members. Participants learn to recognize their own strengths and weaknesses as well as those of other team members. The five sections of the book are: Team Player Characteristics; Roles; Personalities; Leadership; and Communication.

The Conflict Management Skills ■ AAJ-1491

The reproducible exercises in this book help participants learn about: Beliefs About Conflict; Conflict Management Styles; Active Listening Skills; Determining Hot Buttons; and Negotiation Styles.

Individual workbooks are \$49.95 each

Mental Health & Life Skills Set (12 books) AAJ-1664A \$569.00

Life Management Skills Activity Books & Cards I-VIII

by Kathy Khalsa, OTR/L & Ester Leutenberg

Each volume has 50 or more *reproducible* activity-based handouts covering a variety of life skills topics. Save time and money by reducing your preparation with these high-quality materials that you'll use as a primary focus for individual sessions and groups. Reverse side has two suggested activities for each handout. The engaging graphics and illustrations provide an important visual aid. You'll see some popular topics duplicated, but no handouts are the same! Books are 9¼" x 11", spiral bound, 112-128 pages, CD included. Cards can be used alone or with the corresponding book. 63 cards plus 9 blanks in each deck.

All 8 LMS Books with CDs	AAJ-370699	(SAVE \$60)	\$339.95
All 8 LMS Cards	AAJ-370378	(SAVE \$24)	\$119.95
All 8 LMS Books & Cards	AAJ-374287	(SAVE \$114)	\$429.95

Life Management Skills I Book & Cards

TOPICS: • Assertion • Discharge Planning • Emotion Identification • Exercise • Goal setting • Leisure • Motivation • Nutrition • Problem Solving • Risk Taking • Role Satisfaction • Self-Awareness • Self-Esteem • Sleep • Stress Management • Support Systems • Time Management

LMS I - Book	AAJ-350359	\$49.95
Self-Manager I - Cards	AAJ-350350	\$17.95
Set of Book and Cards I	AAJ-374260	\$59.95

Life Management Skills II Book & Cards

TOPICS: • Activities of Daily Living • Anger Management • Assertion • Communication: Verbal • Communication • Coping Skills • Grief/Loss • Humor • Life Balance • Money Management • Parenting • Reminiscence • Safety • Self-Esteem • Recovery • Stress Management • Support Systems • Time Management

LMS II - Book	AAJ-350362	\$49.95
Self-Manager II - Cards	AAJ-350365	\$17.95
Set of Book and Cards II	AAJ-374263	\$59.95

Life Management Skills III Book & Cards

TOPICS: • Aging • Body image • Communication • Conflict Resolution • Coping Skills • Creative Expression • Healthy Living • Job Readiness • Nurturance • Relapse Prevention • Relationships • Roles • Self-Awareness • Self-Empowerment • Social Skills • Stress Management

LMS III - Book	AAJ-350368	\$49.95
Self-Manager III - Cards	AAJ-350371	\$17.95
Set of Book and Cards III	AAJ-372991	\$59.95

Life Management Skills IV Book & Cards

TOPICS: • Activities of Daily Living • Combating Stigma • Communication • Coping with Serious Mental Illness • Home Management • Humor • Job Readiness • Journalizing • Leisure • Parenting • Relationships • Responsibility • Self-Esteem • Sexual Health • Social Skills • Stress Management • Suicide Issues • Values

LMS IV - Book	AAJ-350329	\$49.95
Self-Manager IV - Cards	AAJ-350344	\$17.95
Set of Book and Cards IV	AAJ-374269	\$59.95



WELLNESS
REPRODUCTIONS
& PUBLISHING

Life Management Skills V Book & Cards

TOPICS: • Abuse • Aging • Coping Skills • Grief • Interpersonal Skills • Leisure • Making Changes • Medication Management • Parenting • Positive Attitude • Recovery • Relationships • Self-Esteem • Self-Expression • Supports

LMS V - Book	AAJ-350332	\$49.95
Self-Manager V - Cards	AAJ-350347	\$17.95
Set of Book and Cards V	AAJ-374272	\$59.95

Life Management Skills VI Book & Cards

TOPICS: • Anxiety/Fear • Expressive Arts • Goal Setting • Healthy Living • Independent Living Skills • Interpersonal Skills • Leisure • Personal Responsibility • Positive Outlook • Recovery • Relationships • Self-Esteem • Spirituality • Stress Management • Therapeutic Treatment

LMS VI - Book	AAJ-350335	\$49.95
Self-Manager VI - Cards	AAJ-350320	\$17.95
Set of Book and Cards VI	AAJ-374275	\$59.95

Life Management Skills VII Book & Cards

TOPICS: • Activities of Daily Living • Anxiety • Communication • Coping • Emotions • Goals • Leisure • Money Management • Productive/Work Activities • Recovery • Relapse Prevention • Relationships • Responsibility • Self-Esteem • Skill Development • Social Skills • Spirituality • Time Management

LMS VII - Book	AAJ-350338	\$49.95
Self-Manager VII - Cards	AAJ-350353	\$17.95
Set of Book and Cards VII	AAJ-374278	\$59.95

Life Management Skills VIII Book & Cards

TOPICS: • Activities of Daily Living • Communication • Coping & Recovery Skills • Discharge Planning • Emotions • Grief/Loss • Leisure • Living with Mental Illness • Physical Health • Positive Thinking • Relationships • Self-Esteem • Spiritual Support • Stress Management • Substance Abuse Recovery

LMS VIII - Book	AAJ-350341	\$49.95
Self-Manager VIII - Cards	AAJ-350356	\$17.95
Set of Book and Cards VIII	AAJ-374281	\$59.95

HELPING ADULTS

WELLNESS REPRODUCTIONS & PUBLISHING



LifeSkills Circle Game—Adults

Card Activity Game to Integrate **WARNING:** CHOKING HAZARD—Small parts. Not for children under 5 years.

How to Play:

- Each deck of cards is placed on a numbered (1-6) spot on the colorful vinyl gamecloth.
 - Roll the dice and land on a number, which will match with a deck of cards.
 - Play continues until one player lands on the Big Finish!
- The *LifeSkills Circle Game* is very adaptable and can be used with a wide variety of clients/students in an array of settings.

Game includes:

- 6 card decks
- 1 die
- Vinyl game cloth (30" x 30")
- 10 game markers
- Instructions

For 2-10 players

You can use other card decks (available in this catalog) to customize the game for your own needs.

Six Card Decks Included – 72 cards each.

- Activities of Daily Living** ■ AAJ-337732
- Building Healthy Supports** ■ AAJ-337729
- Healthy Body Healthy Mind** ■ AAJ-337726
- Managing Your Mental Health** ■ AAJ-337735
- Social Situations** ■ AAJ-337741
- Who Am I? Warm Ups** ■ AAJ-337738

As always, the cards can be used on their own to prompt discussion either with an individual or in a group.

Card decks also available individually for \$17.95 each.

Set of All 6 LifeSkills Card Decks AAJ-370357 (SAVE \$18) \$89.95

LifeSkills Circle Game with 6 decks of cards AAJ-382456 \$99.95



WELLNESS REPRODUCTIONS & PUBLISHING

WARNING: CHOKING HAZARD—Small parts. Not for children under 5 years.

BINGO! for Adults

Each of these fun, therapeutic games has 16 laminated BINGO cards, 75 calling cards, a facilitator's instruction sheet and reproducible handouts meant to be used in clinics or classrooms.

Stress BINGO!

Explores: external stressors, internal stressors, physical symptoms, emotional/behavioral systems and stress relievers. Healthy competition and fun make this one of our best-selling games.

Stress AAJ-350197 \$39.95

Anger BINGO!

Non-threatening, engaging and educational. Addresses triggers, symptoms, causes, control and prevention. *Reproducible* handout, "How to Control and Prevent Anger."

Anger AAJ-350092 \$39.95

Self-Esteem BINGO!

Focuses on one of the most important topics in classrooms and clinics. Helps players to understand self-esteem Boosters and Busters, the benefits of self-esteem, how to acknowledge their own strengths and how to take responsibility.

Self-Esteem AAJ-350176 \$39.95

Healthy Relationship BINGO!

Teaches the skills needed for a healthy relationship and examines key topics like Things to Look For, Red Flags, Green Flags, Obstacles, and Healthy Relationship Skills. Engaging and educational!

Healthy Relationship AAJ-350164 \$39.95

Social Skills BINGO!

Improves social skills by focusing on five important areas: positive and negative characteristics, verbal and nonverbal communication, getting along, and common interests.

Social Skills AAJ-350194 \$39.95

Resiliency BINGO!

Develops and explores player's resiliency skills at home, at work, in school, and in social situations.

Resiliency AAJ-350152 \$39.95

Recovery BINGO!

Builds recovery skills for living addiction free. Focuses on developing support, recognizing danger zones, and planning for recovery.

Recovery AAJ-350170 \$39.95

Set of 7 Bingos – Adults AAJ-372112 (SAVE \$31) \$249.00

Skill Building Cards

Insight-oriented, open-ended questions that promote skill-building learning. Instruction sheets are included to provide many creative ways of using the cards in various settings. Use them as: • Introductory Activities • Icebreakers • Discussion Prompts • Drama Work • Creative Writing • Journalizing. (Ages 15-Adults)

Set Of All 9 Card Decks **AAJ-370333 (SAVE \$22) \$139.95**

WELLNESS
REPRODUCTIONS
& PUBLISHING

Time Management

Emphasize healthy life-balance, reducing stress with effective *Time Management*, as well as other skills with this card deck.



Examples: Name 3 advantages of To Do lists. Can you think of any disadvantages? • How can you “create” an extra hour every week? Think creatively.

72 cards AAJ-349552 \$17.95

Go for the Goal!

Three basic themes are covered in this deck: Designing and setting goals in a variety of life management topics • Benefits of goal setting • Achieving goals



72 cards AAJ-378592 \$17.95

\$\$\$ Management

Learning money skills is helpful for all, experienced money managers or not. Each card is marked “1” or “2”: “1” for less experienced participants, “2” for more experienced, or “½”, which will work for both.



Examples: What are the disadvantages of loaning money or items? Advantages? (½)

72 cards AAJ-366361 \$17.95

Spirituality: An Inside Look

This deck of cards explores the topic of spirituality, facilitating open discussion about the inner spirit and healing.



Examples: What person in your life respects and honors your spirit? How? • Can you remember a time when you felt a deep sense of gratitude?

72 cards AAJ-349576 \$17.95

Job Skills

This card game is designed for people considering entering the workforce, re-entering, presently working or volunteering.



Examples: What are 3 advantages of part-time work? • What are 3 advantages of full-time work?

72 cards AAJ-378598 \$17.95

Healthy Living

Topics include: nutrition, stress, attitude, sleep, environment and more.



Examples: How can you tactfully give signals to others to tell them you need “alone time”? • What are 2 healthy ways you can relax? • Do or could you manage 20 minutes of exercise 4 times a week?

72 cards AAJ-349555 \$17.95

Decision Making: 2 Decks In 1

Effective decision-making skills are necessary for responsible & healthy choices. 2 Decks: *About Decision Making and Decision Making Scenarios*



Examples: Tell about a time you made a decision in a split second and regretted it later. 72 cards - 36 cards: About Decision Making, 36 cards: Decision Making Scenarios

72 cards AAJ-349528 \$17.95

Coping Skills

Use these cards to help clients/ students gain insight into coping skills, through a creative process!



Examples: On a scale of 0-10 (0 low - 10 high), how well do you use forgiveness to cope with past hurts? 72 cards total-52 Coping Skills cards, 4 each of 4 Cope cards, 4 blank Cope cards (write your own)

72 cards AAJ-349525 \$17.95

Community Resources

Increase awareness of community resources by exploring a variety of resources: legal, emergency, financial, consumer, environmental, medical.



Examples: Where do you obtain medications or hygiene items and why do you go there? • You want to volunteer in your community. Where or how do you start?

72 cards AAJ-349534 \$17.95

Set Of All 9 Card Decks **AAJ-370333 (SAVE \$22) \$139.95**

HELPING ADULTS

The Self-Esteem Program

Inventories, Activities & Educational Handouts

by John J. Liptak, Ed.D

Help teens and adults look at self-esteem in a responsible, interactive way! This reproducible program provides self-assessments, educational handouts and treatment ideas.

The spiral-bound book includes five modules on such relevant topics as: • Body-Image and Self-Image • Self-Esteem • Decision-Making Effectiveness • Values Motivation • Personal Responsibility

Each module is reproducible and contains: • Self-Assessment • Personal Insights Section • Group Experience Activity • Pre-/Post-Test • Corresponding Educational Handouts • Scoring Directions

Includes 25 educational handouts (can be turned into overheads/transparencies on your photocopier!) on such important topics as:

- Symptoms of Low Self-Esteem • Improving Your Motivation
- Characteristics of High Self-Esteem • Things in My Control...and Things That are Not! • Your Body and Self-Esteem • Factors Influencing the Development of Self-Esteem

Graphically engaging, simple scoring directions and adaptable group experiences make this program exceptional and appropriate for teens and adults. 108-page softcover, spiral-bound book. CD included.



WELLNESS REPRODUCTIONS & PUBLISHING

The Self-Esteem Program Cards

75 cards with questions that correlate to the book and inventories. Cards can be used alone or with the supporting materials. Divided into five mini-decks of 15 cards each:



Body-Image and Self-Image

Sample: "How would you describe your appearance as a child? How has it changed as you have aged?"

Decision-Making Effectiveness

Sample: "Describe a time when a spontaneous decision-making style has worked for you."

Personal Responsibility

Sample: "What activity do you feel like you were born to do?"

Self-Esteem

Sample: "Write down five of your weaknesses and share them with someone today."

Values Motivation

Sample: "How could you express your values through the appreciation of nature?"

Book with CD	AAJ-71230	\$49.95	75 cards	AAJ-349627	\$17.95
--------------	-----------	---------	----------	------------	---------

Book with CD & Cards **AAJ-71229** **(SAVE \$8) \$59.95**



Self-Esteem Cards

A practical, easy way to broach this all-important topic. These cards are thought-provoking and interesting.

WELLNESS REPRODUCTIONS & PUBLISHING

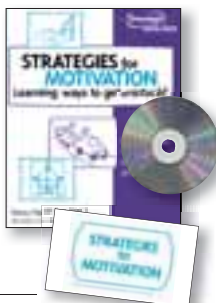
Examples:

- Share with the group a belief about yourself that limits you from being all that you can be (or limits you from growing).
- In what situation(s) do people showoff, or try to impress others? When do you find yourself doing this? (Ages 12-Adults)

72 cards	AAJ-349567	\$17.95
----------	------------	---------

Strategies for Motivation Book & Cards

Whether it's unearthing the motivation to study, find a job, change an unhealthy social situation or confront a problem, these activities and cards will get teens and adults thinking about getting motivated. (Ages 12 & Up)



Book with CD	AAJ-79017	\$49.95
Cards (72 Cards)	AAJ-349621	\$17.95

Book and Cards **AAJ-79016** **(SAVE \$8) \$59.95**



The Self-Esteem Workout Program

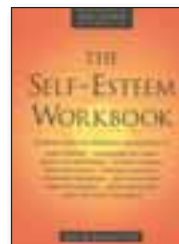
This unique program includes over 30 exercises that can help you raise your self-esteem. Use the exercises to: develop a kind inner voice, appreciate your body, set boundaries, nurture yourself, find your life's passion and more. Created by a team of psychotherapists, this entertaining video can help you learn to love yourself and feel more at peace. 30 minutes.

DVD	AAJ-74007	\$39.95
-----	-----------	---------

The Self-Esteem Workbook

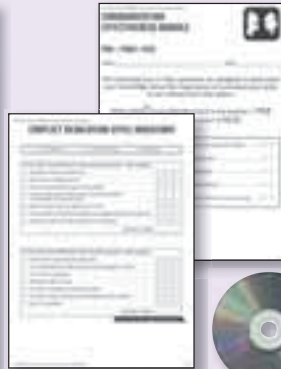
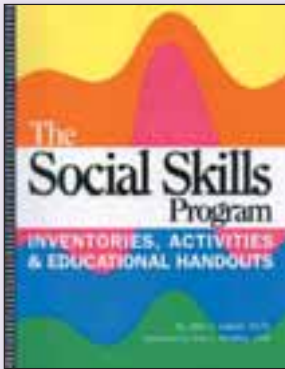
by Glenn R. Schiraldi, Ph.D.

Who doesn't want to increase their resilience, decrease anxiety, and prevent depression? Practical step-by-step format and powerful skill building exercises. An effective program for mastery of liking yourself, conquering self-doubt, affirming thoughts, enlarging possibilities...and, much, much more. Soft cover, 183 pages.



Workbook	AAJ-338641	\$21.95
----------	------------	---------

WELLNESS
REPRODUCTIONS
& PUBLISHING



The Social Skills Program

Inventories, Activities & Educational Handouts

by John J. Liptak, Ed.D

Help teens and adults develop the social skills needed for successful living! This reproducible program provides self-assessments, educational handouts and group treatment activities.

This series is completely reproducible. The popular concept of self-assessments provides opportunities for awareness and insight in a nonthreatening format.

This spiral-bound volume includes five modules on five relevant topics: • Communication Effectiveness • Social Risk Taking • Conflict Resolution • Social Support • Interpersonal Style

Choose one of the five modules or present all five depending on the individual, group or program needs.

Each module contains: • A Self-Assessment on the Corresponding Social Skills Topic • Personal Insights Section • Outlined Group Experience • Pre-/Post-Test Activity • Scoring Directions

This flexible, easy-to-use program can be easily adapted for a variety of settings and includes 25 educational handouts. 108-page softcover book. (Ages 12-Adults)

Book with CD	AAJ-72161	\$49.95
--------------	-----------	---------

Book with CD & Cards	AAJ-72160	(SAVE \$8) \$59.95
---------------------------------	------------------	---------------------------

The Social Skills Program Cards

Ages 12-Adults. 75 cards with questions that correlate directly with the book and inventories can be divided into five mini-decks of 15 cards each from the five topics below:

Communication Effectiveness

Sample: Identify family, friends and neighbors that you cannot trust.

Conflict Resolution Style

Sample: Describe a "compromising" conflict resolution style.

Interpersonal Style

Sample: How can a "watching" interpersonal style be negative in communication with someone?"

Social Risk Taking

Sample: Share with the group some self-enrichment risks in your personal life, career or school.

Social Support

Sample: Who in your life would you like to support more? Explain. (Ages 12-Adults)

75 Cards	AAJ-349501	\$17.95
----------	------------	---------



Actions & Consequences

by Estelle A. Leutenburg,
Kathy L. Khalsa OTR/L

WELLNESS
REPRODUCTIONS
& PUBLISHING

Designed to help participants stop, think about options, consider the outcome, and make better choices. Cards include 75 real-life situations that explore common issues for adults and teens. Topics for adults include:

Anger, Money, Personal Health, Recovery, Relationships & Communication, and Responsibilities. Topics for teens include: Alcohol & Drugs, Family, Managing Anger, Time, Stress, Money, Peer Relations, Personal Health & Responsibility, and Rules & Laws.

Adult Version	AAJ-337723	\$25.95
---------------	------------	---------

Teen Version	AAJ-349369	\$25.95
--------------	------------	---------

Set of 2	AAJ-67920	\$49.95
-----------------	------------------	----------------



Getting 2 Know U Cards

WELLNESS
REPRODUCTIONS
& PUBLISHING

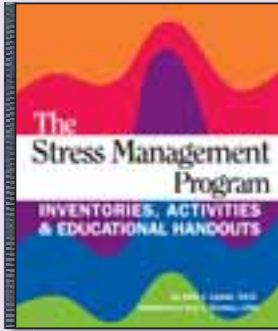
Break the ice with these simple, social interaction cards! 12 each in 6 different categories:

- **Favorites** Example: What is your favorite healthy food? Junk food?
- **Makes Me Smile or Laugh** Example: What is the funniest thing you saw an animal or pet do?
- **Here and Now** Example: What did you do for yourself today?
- **Let's Get Physical** Example: Shake everyone's hand in the room.
- **Friends or Family** Example: Who can you tell your successes to?
- **Reminiscence** Example: "As a child I collected _____."

(Ages 13-Adults)

72 cards	AAJ-349537	\$17.95
----------	------------	---------

HELPING ADULTS



The Stress Management Program Inventories, Activities & Educational Handouts

by John J. Liptak, Ed.D

Help teens and adults develop the stress management skills they need for healthy living in a variety of settings!

This spiral-bound volume includes 5 modules on 5 relevant topics:

- Coping with Stress
- Resilient Personality
- Healthy Lifestyle
- Time Management
- Level of Stress

Each module contains:

- A self-assessment on the corresponding stress management topic
- Pre-/Post-Test
- Personal Insights Section
- Scoring Directions
- Outlined Group Activity

25 handouts can be turned into overheads or transparencies on your photocopier. Accompanying CD allows for easy reprinting. 108-page spiral bound book. (Ages 12-Adults)

Book with CD	AAJ-349807	\$49.95
--------------	------------	---------

The Stress Management Program Cards

These 75 cards provide the prompts that will pique interest and further an understanding of the topics explored in the book and inventories.

Sample from **Coping with Stress**

What services are available in your community to help you cope with stress?

Sample from **Healthy Lifestyle**

How does a sense of wellness lead to hope and optimism in your life?

Sample from **Level of Stress**

Describe to the group a time when you experienced stress after a traumatic event.

Sample from **Resilient Personality**

How could you view a stressful situation in your life as interesting?

Sample from **Time Management**

Share with the group one way you could stop procrastinating.

75 cards	AAJ-349630	\$17.95
----------	------------	---------

Books & Cards **AAJ-374560** **(SAVE \$8) \$59.95**

Emotions[®] Identification



These versatile Emotions[®] products help clients talk about their emotions!

Emotions[®] Activity Manual

Use this collection of over 100 different activities from therapists, educators, counselors, etc., from the U.S. & Canada, with your clients!

Includes a black & white, 8.5" x 11" reproducible Emotions[®] page.



Some suggested activities:

- Emotions[®] Charade
- Past/Present/Future
- Aliens Without Feelings
- Plotting Your Self-Esteem
- A Good Icebreaker

Activity Manual	AAJ-74015	\$17.95
-----------------	-----------	---------

Complete Emotions[®] Set		
Poster, Cards & Manual	AAJ-74020	(SAVE \$14) \$49.95

Emotions[®] Poster

This colorful poster with engaging graphics captures clients' attention and sparks communication. 18" x 24", laminated.

Poster	AAJ-338368	\$19.95
--------	------------	---------



6 1/2" x 7",
coated card stock

Emotions[®] Flashcards

This versatile tool enhances emotion identification and awareness for both youth and adults. Emotion words are purposefully printed on labels to allow for placement on front or back.

Includes FREE Activity Suggestions:

- Emotions[®] Charades
- Look and Share or Up Close and Personal
- Concentration
- The Emotions[®] Game Show
- Emotions[®] Monday

63 cards, Reference Guide	AAJ-349648	\$25.95
---------------------------	------------	---------

HELPING ADULTS

L.A.U.G.H.

Using Humor and Play to Help Clients Cope with Stress, Anger, Frustration, and More

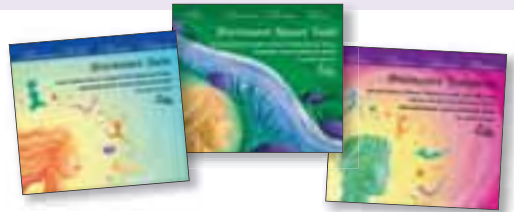
by Allen Klein, MA, CSP

- 60 ready-to-use therapeutic activities using humor for healing
- Ideal for young adults, adults, and older adults
- Includes Reproducible Book and CD

This book provides therapists and counselors with sixty, easy-to-use and effective activities to help clients let go of negative thoughts and behavior, alter their attitude, and find more humor in both their specific situation and in their life in general. Many of these time-tested exercises have been utilized over a twenty-year period in the author's keynote and workshop presentations to show audiences how to find and use humor in not-so-funny times. Humor can be a powerful therapeutic tool and this collection of unique, innovative activities/exercises will be a beneficial, new tool for counselors and therapists. Activities are reproducible and book includes a CD of all exercises for easy printing.



Book	AAJ-1495	\$49.95
------	----------	---------



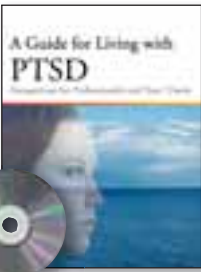
Brainwave CD Sets

by Dr. Jeffrey Thompson

These CDs are comprised of inaudible pulses of sound based on brainwave patterns, embedded within music, bells, and sounds of nature. They trigger the brain to produce the state you want to experience. The programs support meditation practice, sharpen mental performance and promote inner peace. 4 CDs come in each boxed set.

Brainwave Suite	AAJ-15822	\$29.98
Brainwave Symphony	AAJ-15823	\$29.98
Brainwave Nature Suite	AAJ-15825	\$29.98
All 3 Brainwave Sets	AAJ-15826	(SAVE \$8) \$82.00

A Guide for Living with PTSD DVD



Through compelling client testimonials and expert guidance from renowned researchers at the Dartmouth Psychiatric Research Center and the Department of Veterans Affairs National Center for PTSD, this video educates clinicians, clients, and families on the history, epidemiology, challenges, and treatment of post-traumatic stress disorder (PTSD). Sample cognitive-behavioral therapy sessions between counselor and client model realistic applications of the concepts presented. DVD, CC, approximately 56 minutes.

DVD	AAJ-1372	\$225.00
-----	----------	----------

Crisis Survival Skills: Parts One and Two

Getting Through a Crisis Without Making it Worse

by Marsha M. Linehan, Ph.D.

Part One of this 2 DVD set, *Distracting and Self-Soothing*, teaches clients to tolerate distress. Offers viewers seven ways to distract themselves from painful events and emotions. Part Two, *Improving the Moment and Pros and Cons*, helps clients protect themselves from impulsive or self-destructive responses to difficult situations. Presents straight-forward techniques for staying focused on long-term goals.



2 DVD Set, Total 105 Minutes	AAJ-67190	\$130.00
------------------------------	-----------	----------

The PTSD Workbook

by Mary Beth Williams, PhD & Soili Poijula, Ph.D.

Simple, effective techniques employed by PTSD experts around the world to offer trauma survivors the best tools available to conquer their most distressing symptoms. Readers learn to determine the type of trauma they experienced, identify their symptoms, and learn the most effective strategies they can use to overcome them. Soft cover, 248 pages.

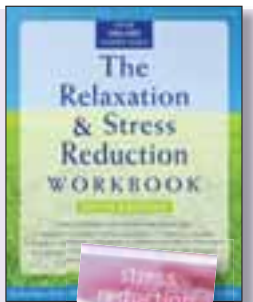


Book	AAJ-10274	\$21.95
------	-----------	---------

The Relaxation & Stress Reduction Workbook & CDs

by Martha Davis, Ph.D., Elizabeth Robbins Eshelman, M.S.W., & Matthew McKay, Ph.D.

The workbook includes instructions and simple directions for visualization, breathing, meditation, nutrition, self-hypnosis, exercise, time management and more. Winner of the *Medical Self-Care Book Award*. The CD program guides the listener through the concepts in the workbook reinforcing the skills learned. It is also a convenient way to practice the relaxation methods covered in the workbook. Soft cover, 392 pages.



Workbook	AAJ-22221	\$21.95
Applied Relaxation CD	AAJ-74001	\$13.95
Relaxation & Breathing CD	AAJ-74002	\$13.95
Body Awareness CD	AAJ-74003	\$13.95
Stress Inoculation CD	AAJ-74004	\$13.95
Workbook & 4 CD Set	AAJ-74005	\$74.95

HELPING OLDER ADULTS

Products on this page are perfect to use with middle-aged and older adults.

WELLNESS REPRODUCTIONS & PUBLISHING

EMOTIONS Plus Poster

A Lifetime of Feelings

Perfect for users who might need a prompt or cue to talk about what they are really feeling! The 35 large-sized faces are easy-to-see and depict commonly felt emotions.

Size: 24" x 36", laminated.



Poster	AAJ-338440	\$19.95
--------	------------	---------



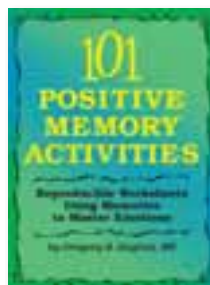
Enhancing Self-Esteem in Older Adults Book and Cards

by Betty A. Welch, Ph.D., Barbara Lundberg, OTR/L, Sandra Netto-Marceau, LICSW

This book contains 40 reproducible activity handouts. Topics include: Preserve, Restore, and Protect Self-Esteem; Social Supports; Self-Image; Purposefulness and Productivity; Adaptation, Acceptance, and Aging. 108 pages, spiral-bound.

The 72, thought-provoking cards are versatile when working with a group. Each card corresponds to an activity in the book, and can be used together or on their own.

Book	AAJ-363844	\$39.95
Cards	AAJ-349615	\$19.95
Set of book and cards	AAJ-374389	\$53.95



101 Positive Memory Activities:

Using Memories to Master Emotions Book and Cards by Gregory S. Hughes, MS

This reproducible book's aim is to retrieve specific positive memories from the past with open-ended questions, which in turn will result

in a heightened sense of well being and positive behaviors. The user of the book responds through words and/or images, and learns how to create pleasurable feelings by thinking positive thoughts. Each page includes a quotation to spark conversation or activity work, written prompts to 'get you going', and blank space for the positive memory work. 112 pages, spiral bound.

The 72 cards help to introduce or expand your positive thinking groups.

Book	AAJ-351047	\$39.95
Cards	AAJ-349483	\$19.95
Set of book and cards	AAJ-370717	\$53.95



Enhancing Social Skills in Older Adults Book and Cards

by Melissa Oliver, MS, OTR/L

This book, enhancing the senior years, is chock full of reproducible activity handouts exploring a variety of social skills such as:

Communication, Self-Awareness, Tough Topics, Respect and Dignity, Staying Active, and Tried and True Social Activities. 108 pages, spiral-bound. Each of the 72 cards corresponds to a specific activity page in the book, and can be used together or on their own.

Book	AAJ-351035	\$39.95
Cards	AAJ-349504	\$19.95
Set of book and cards	AAJ-374476	\$53.95



Healthy Aging BINGO

This game recognizes healthy aging as an active process worthy of discussion, support, and education. Explores five important topics: Being aware of when we are not doing or feeling well, Securing and

maintaining helpful supports, Staying safe, Incorporating strategies for wellness, Doing things that are of interest.

WARNING:
CHOKING HAZARD—Small parts.
Not for children under 5 years.

Includes *How to Stay Healthy As We Age* Handout. Game includes 16, 8" x 10" laminated BINGO cards, 5 sets of calling cards (15 each = 75 cards), facilitator's instructions, BINGO chips, and Handouts.

Game	AAJ-350095	\$39.95
------	------------	---------

Tangle Therapy Products

These 'Magic in Motion' manipulatives:

- Appeal to all ages
- Help fidgety, overactive, and disabled individuals
- Help with focusing issues
- Can be used as an anti-stress device
- Encourage creativity
- Are a great brain tool

Tangle Therapy—Original

Help fidgety kids reduce stress, keep their cool, and bring out their best! This twistable device, made of soft, pliable rubber with distinctive raised tactile nodes and remarkable range of motion, feels good in one's hand. It also helps hand, joint and muscle motion, while providing a one of a kind feel and action.

Tangle	AAJ-1093	\$12.99
--------	----------	---------

Tangle Original with Texture

This Tangle has fun colors and 5 wonderful textures, adding great play value as an educational and therapeutic tool. (made of 18, interconnected 2.5" pieces, ABS plastic)

Tangle Textured	AAJ-1500	\$14.99
-----------------	----------	---------

Tangle Matrix Ball

Ergonomically designed for hand and mind wellness bouncy therapy, squeeze therapy and play therapy.

Comes in assorted colors.

Tangle Matrix Ball	AAJ-1503	\$5.99
--------------------	----------	--------



Tangle Jr. Textured

With bumps and grooves, this smaller version of the original, textured Tangle, provides tactile and visual sensory stimulation making it impossible to put down. Color may vary. (made of 18, interconnected 1" pieces, ABS plastic)

Tangle Jr. Textured	AAJ-1501	\$3.49
---------------------	----------	--------

Tangle Jr. Fuzzies

Fuzzy and multi-colored, this Junior Tangle is comforting to play with (made of 18, interconnected 1" pieces, ABS plastic with fuzzy covering)

Tangle Jr. Fuzzies	AAJ-1502	\$3.99
--------------------	----------	--------



Tangle Therapy Set

Get all 5 great Tangle toys in one set and SAVE!

Tangle Set	AAJ-1504A	\$39.95
-------------------	------------------	----------------



Thumball!

This entertaining game transforms a game of catch into a stimulating conversation, group ice-breaker, or effective communication tool. Catch the ball and respond to the word or phrase under your thumb. Define the word, answer the question, act out the emotion... the options are limitless. Each ball focuses on a different topic: *Who Are You* and *Emotions Mania*. Instructions included. All ages.

Thumball - Who Are You	AAJ-15600	\$18.95
Thumball - Emotions Mania	AAJ-15601	\$18.95
Thumball - Set of 2	AAJ-15602	\$36.00

Best Seller!

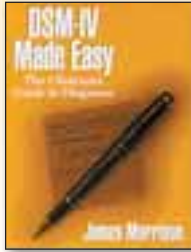


Sound Screen

Helps concentration for ADD clients at home and at school. Soundproofs offices. Ensures clients' privacy. Masks conversations. Increases your focus by eliminating ambient noise. Assures restful sleep at home and in travel situations. Two speeds of constant, smooth sound of rushing air. Choose the one that suits the situation.

Sound Screen	AAJ-371558	\$75.00
--------------	------------	---------

PROFESSIONAL RESOURCES



DSM-IV Made Easy

by James Morrison

Accessibly written and easy to use, this comprehensive book covers everything you need to know about *DSM-IV*. Following the same format as *DSM-IV*, it presents every diagnosis and includes case examples, a detailed analysis of each case and a clear explanation of how to arrive at the diagnosis and how to rule out other possibilities. 15 CE credits available; details will be sent with the book. "Compared to the 900-page *DSM-IV*, [this] book has simpler language, useful explanations of psychiatric terms, chatty diagnostic 'tips' and simplified criteria lists for the disorders."—*Clinical Social Work Journal*. Hard cover, 594 pages.

Book	AAJ-65404	\$75.00
------	-----------	---------

52 Brain – Boosting Activities for Groups

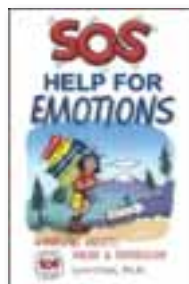
by Rick Germann, MA, LCPC

Challenge teens with these fun and engaging mental workouts activities that uses cognitive skills to: improve memory, decision-making, problem-solving, concentration, thinking skills, and creativity. Each activity is *reproducible* with step-by-step instructions for leading the activity. Activities are rated easy, moderate or difficult. Need additional brain boosting? Try the *Brain Booster Cards*. Soft cover, 110 pages.



WELLNESS REPRODUCTIONS PUBLISHING

Book with CD	AAJ-363826	\$44.95
Brain Booster Cards	AAJ-349462	\$17.95
Set of 2	AAJ-374551	(SAVE \$8) \$54.95



SOS Help for Emotions

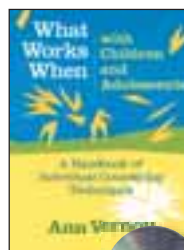
This self-help program helps to enhance your emotional intelligence, gain insight for changing thoughts and feelings, and becoming more successful in attaining goals. 302 pages.

Book	AAJ-66777	\$16.00
------	-----------	---------

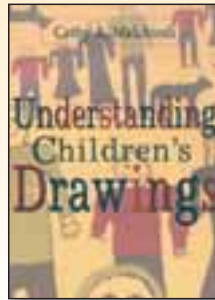
What Works When with Children and Adolescents

by Dr. Ann Vernon

Designed for counselors, social workers, and psychologists in schools and mental health settings. Offers over 100 creative activities and interventions with children and adolescents. Contains strategies for establishing a relationship with students who are apprehensive about counseling. Includes a chapter on working with parents and teachers. Soft cover, 344 pages. CD included. (Ages 6-18.)



Book	AAJ-1531	\$49.95
------	----------	---------



Understanding Children's Drawings

by Cathy A. Malchiodi

Provides therapists with a broad understanding of the process and content of art in therapy. Helps children to express feelings, thoughts and perceptions, communicate using symbols, work through trauma and loss and interact with the therapist. Soft cover, 252 pages.

Book	AAJ-65611	\$30.00
------	-----------	---------

Motivation - Identifying strengths, interests, abilities, hopes and dreams

by Carol Butler, MS Ed, RN, C & Ester Leutenberg

Motivation means incentive, inspiration, enthusiasm; it is the driving force behind behavior. People need motivation to face difficulties in their lives, make significant behavioral change, and reach their maximum potential. Motivation is achieved by identifying ones strengths, interests, abilities, hopes and dreams.

If you are working with teens or adults in a therapeutic or supportive role and they need motivation to help them on their journey to a healthier life, this book is for you. Each activity includes clear instructions and reproducible activities to keep your planning and preparation time at a minimum.

Part I has 23 sections, for all adult and teen participants. **Part II has 9 sections**, specifically for clients with mental illness and addiction issues.

Facilitator-led sessions provide blueprints or maps to help leaders:

- Conduct question and answer sessions, brainstorming, games and other activities
- Engage clients' attention, heighten their interest, and promote creative thinking
- Motivate participants to reach their highest potential
- Encourage group members to listen and learn from each other

Participants will:

- Recognize they are not alone with their fears and aspirations
- Identify and overcome potential obstacles to success
- Ponder, learn and grow from past experiences
- Develop insight and define hopes and dreams
- Reflect upon and respond to inspirational quotes and the wisdom of the ages
- Become aware of their personal attributes

Versatility of materials for various age groups, interactive and/or introspective activities, and the uniqueness of guided discovery of strengths, interests, hopes and dreams make this book vital. The special section addressing needs of clients with emotional and/or substance abuse issues expand this book's reach to include almost every population. 242 pages.

Workbook	AAJ-1915	\$57.95
----------	----------	---------

PROFESSIONAL RESOURCES



Instant Help Charts Set

Busy counselors rarely have the time to keep up with "best practices" for all the problems that affect today's children and teens. Now, staying informed is easy with this collection of charts. They are designed to give you an "instant" overview of how to assess the problem, the most useful techniques, dos and don'ts for teachers and parents, medications that help, and more. The 10-chart collection includes: *ODD, OCD, Tourette Syndrome, Depression, Eating Disorders, Anxiety Disorders, Asperger Syndrome, Bipolar Disorder, Autism, and Self-Injury*. One each of ten charts. Bonus CD.

SET AAJ-63023 \$39.95

BEST PRACTICES
at a glance!

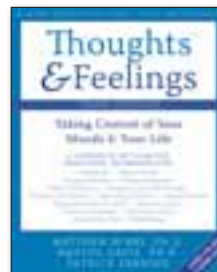


Games (and Other Stuff) for Group

by Chris Cavert and Friends, Tim Dodds, and Lisa Prosser-Dodds

Counselors seeking innovative games and activities to add fun and adventure to small group settings need go no further. Provides exciting experiential, discussion-provoking activities that focus on expressing emotions, honor, frustration, communication, trust, following directions and much more. Loads of 5-10 minute activities, Teaching Tales and Minute Mysteries to assist you in charging up your group. 122 pages. (Ages 12 and Up)

Book AAJ-65602 \$27.95



Thoughts and Feelings, 3rd Edition

Taking Control of Your Moods and Your Life

by Matthew McKay, Ph.D., Martha Davis, Ph.D. & Patrick Fanning

A workbook of cognitive behavioral techniques to help with worry, panic disorder, perfectionism, obsessive thinking, phobia, depression, low self-esteem, shame and guilt, anger, mild avoidance or bad habits. Using specific techniques, you can create a personal treatment plan to work on your specific issue. Soft cover, 320 pages.

Book AAJ-20358 \$24.95



Let's Talk About Being in Special Ed.

A must read for every special education student!

This book was written by an experienced Special Education teacher who discovered that it is

key to help students understand not only their disabilities, but the process and everything that is going on around them. Special education kids hear all the acronyms and know that there are meetings being held about them. This can lead to anxiety, poor self-esteem, and diminished self-image. This easy-to-read book allows parents, teachers, and students to demystify special education. It allows students to see special education as a tool to their success rather than a stigma. It increases the likelihood of their being successful in school and comfortable with themselves and their peers.

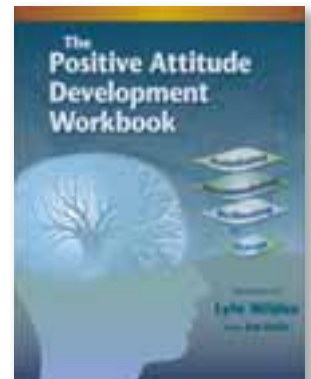
Book AAJ-1896 \$12.95

The Positive Attitude Development Workbook

Assimilating, Accommodating, Acclimating to Change

By Lyle Wildes with Joe Kelly

This workbook, written by Lyle Wildes who served 20 years in correctional institutions, is filled with lessons that will change the participant's outlook and equip him/her to deal more effectively with the never-ending changes in their life. The process for accepting change begins with one's attitude and the texture and quality of our attitude determines the type of life we build. The lessons can be self-administered or led by a group facilitator.



Book AAJ-1493 \$20.00

PROFESSIONAL RESOURCES

Understanding & Managing the Defiant Child DVDs

by Russell A. Barkley, Ph.D.

Understanding the Defiant Child provides a vivid picture of what we know about Oppositional Defiant Disorder and presents real-life scenes of family interactions and commentary from parents. Illuminates the nature and causes of ODD, why it should be dealt with early, and what can be done. Ideal viewing for school practitioners, clinical child psychologists, counselors and parents coping with a defiant child. Manual reviews material in DVD and provides supplementary information. 35 minutes.

Managing the Defiant Child brings to life a proven approach to behavior management. Shows how parenting skills can dramatically improve the parent-child relationship. Manual serves as a mini-reference on parent-training principles. 35 minutes.



Understanding DVD	AAJ-65550	\$105.95
Managing DVD	AAJ-65499	\$105.95
Both Defiant Child DVDs	AAJ-65630	(SAVE \$32) \$180.00

Children and Stress

by Marty Loy, PhD

Children and Stress: A Handbook for Parents, Teachers, and Therapists provides an overview of childhood stress and a wide array of creative activities that can be used to help children gain control over their stress. Included are activities that help children adopt healthy coping strategies, learn new stress management skills, and value the benefits of relaxation. Each fun and engaging activity is a complete lesson plan, providing all the details an adult needs to conduct the activity and follow-up discussions.



The book is divided into two sections:

Section I provides background information.

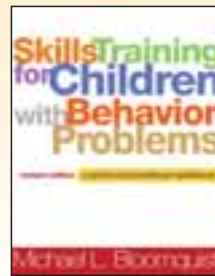
Section II presents over 100 activities using a format that includes a title, purpose statement, objectives, timeline, activity description, step-by-step instructions, and discussion questions.

Book	AAJ-1666	\$39.95
------	----------	---------

Skills Training for Children with Behavior Disorders

by Michael L. Bloomquist

Designed for use by both parents and therapists, provides background information, step-by-step instructions and many useful, *reproducible* worksheets. Techniques offered help children with anger management, compliance and following rules, academic success, emotional well-being and self-esteem and much more. Soft cover, 242 pages.

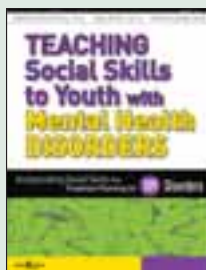


Book	AAJ-65416	\$36.00
------	-----------	---------

Teaching Social Skills to Youth with Mental Disorders

by Jennifer Resetar Volz, Ph.D.; Tara Snyder, Psy.D.; Michael Sterba, M.H.D.

This comprehensive manual connects specific social skills to 109 commonly diagnosed disorders ranging from ADD to



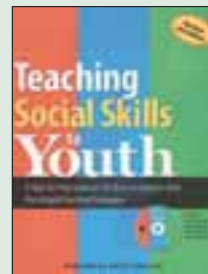
schizophrenia. The authors suggest specific social skills that can be targeted to enhance treatment, reduce negative behavior, and build on a child's strengths. Also addresses the culture and ethnicity in selecting skills and includes examples of treatment plans from a group home, from a mental health facility, and a school. Soft cover, 192 pages.

Book	AAJ-1125	\$29.95
------	----------	---------

Teaching Social Skills To Youth

by Tom Dowd, M.A.,
Jeff Tierney, M.Ed.

Companion book to *Teaching Social Skills to Youth with Mental Disorders*. Skills from basic to the complex include: following instructions, disagreeing appropriately, clarifying values and beliefs, stress management, and conflict resolution. Individual and group teaching techniques are discussed. Soft cover, 292 pages.



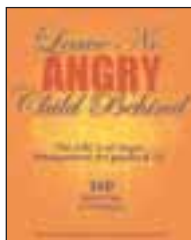
Book	AAJ-65978	\$32.95
Set of Both Books	AAJ-1126A	(SAVE \$9) \$53.45

Leave No Angry Child Behind

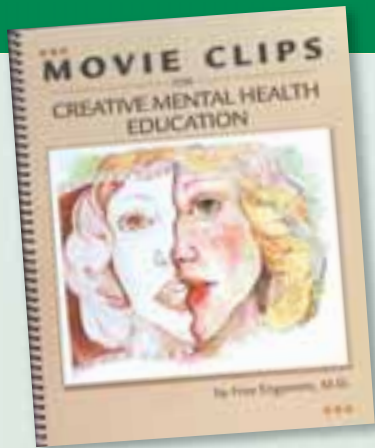
The ABC's of Anger Management for Grades K-12

by Anna T. McFadden, Ph.D. & Katy Cooper, M.S.W

Contains 160 alphabetized, anger management quick tips and strategies for teachers, administrators, counselors, resource officers, social workers, psychologists and parents. This book focuses on proactive, rather than "band aid solutions." Soft cover, 112 pages. (Grades K-12)



Book	AAJ-20657	\$23.95
------	-----------	---------



WELLNESS
REPRODUCTIONS
& PUBLISHING

Movie Clips for Creative Mental Health Education

by Fritz Engstrom, M.D.

This innovative volume presents a wealth of information to the educator/clinician who wants to use movie clips as a teaching tool on issues about mental health. Specially chosen clips are recommended based on their portrayal of the issues, dramatic feel, acting styles and brevity in getting the point across. (Actual clips are not included in book.)

Join well-known Dr. Engstrom as he covers common themes in psychological/psychiatric educational settings. Some topics covered:

- Depression, Bipolar, Schizophrenia, Anxiety, Substance Abuse and Dependence, Personality Disorders
- Bereavement and Pathological Grief, Families and Life Crises
- Healing in Mental Health Settings
- The Therapeutic Relationship

Over 40 movies are each reviewed with a four-page module:

Page 1: OUTLINE: the date of the movie, actors in the scene, timing on DVD and VHS (simple directions to find the scene), the length of the film clip (typically 2 to 6 minutes), summary of the movie and scene.

Page 2: INSIGHT PAGE: Five questions per handout can be used with clients or patients to prompt them to think about themselves.

Page 3 and Page 4: DISCUSSION: Questions and answers about the movie facilitate learning. Students and staff at all levels can appreciate nuances of diagnosis and treatment. Clinicians, faculty and teachers can use this section to lead discussions among students and/or patients.

Examples of some of the 40 movies are:

- The Last Picture Show** (Depression)
- Good Morning Vietnam** (Bipolar)
- A Beautiful Mind** (Schizophrenia)
- Saving Private Ryan** (Life Cycle Events – Bereavement)
- E. T.** (Healing in Mental Health)
- Good Will Hunting** (The Therapeutic Relationship)

Be ready to have engaging sessions full of lively discussion and insights with this creative way of getting the information and messages across.

191-page softcover book AAJ-351059 \$49.95

(Does not include actual videos or DVDs)



Clinician's Thesaurus

The Guidebook for Writing Psychological Reports

by Edward L. Zuckerman, Ph.D.

This practical guidebook helps you to find the right words to describe your clients quickly and accurately. Has a check-list of thousands of words and phrases in an easily-accessible format to make constructing meaningful reports easier than ever. Fully compatible with DSM-IV. Electronic version 5.0 gives access to 500+ terms. Soft cover, 360 pages.

Book AAJ-65724 \$46.00

Cognitive Therapy Techniques

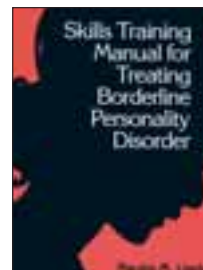
A Practitioner's Guide

by Robert L. Leahy, Ph.D.

Details the full variety of evidence-based techniques for specific client problems and therapeutic challenges. Effective ways to identify and challenge thoughts and core beliefs; modify patterns of worry, self-criticism and approval-seeking; evaluate personal schemas; intervene in emotional processes; and activate new experiences for the client. Over 80 *reproducible* client forms and handouts. Soft Cover, 347 pages.



Book AAJ-67186 \$50.00



Skills Training Manual For Treating Borderline Personality Disorder

by Marsha M. Linehan, Ph.D.

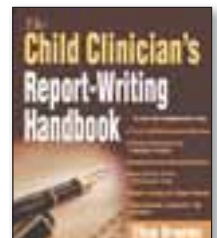
A step-by-step guide helps you teach borderline patients mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance. Advises on how to conduct skills training and when to try other treatment strategies. Includes *reproducible* handouts and exercises. Soft cover, 180 pages.

Book AAJ-65622 \$45.00

The Child Clinician's Report-Writing Handbook

by Ellen Braaten, Ph.D.

Collect pertinent information from children, parents, and teachers; organize evaluation results into a high-quality report; choose just the right wording, terms, and phrases to express findings and describe tests used; and develop appropriate treatment plans. Includes interview questions, developmental milestones, sample reports and report formats, treatment planning tips for particular disorders, and lists of commonly used medications and abbreviations. Contains *reproducible* consent forms, questionnaires, and other ready-to-use tools. Soft cover, 380 pages.



Book AAJ-15701 \$45.00

INDEX

100 Interactive Activities, Mental Health.....	34	Get Rid of the Hurt.....	14	Skills Training Children w/Behavior Disorders.....	52
101 Bully Prevention Activities.....	23	Getting 2 Know U Cards.....	45	Skills Training for Borderline Personality.....	53
101 Positive Memories.....	48	Girls in Real Life Situations.....	16	Social and Emotional Competence Game.....	16
101 Ways to Teach Children Social Skills.....	28	Go Fish games.....	4	Social Skills Comics for Kids.....	18
50 Activities and Games for Kids with ADHD.....	8	Good Grief.....	14	Social Skills Comics for Teens.....	28
52 Brain Boosting Activities for Groups.....	50	GriefWork.....	37	Social Skills Program.....	45
A Guide for Living with PTSD.....	47	GriefWork Companion Book.....	37	SOS Help for Emotions.....	50
A New Beginning.....	34	Griefwork for Teens.....	5, 21	SOS Parenting.....	36
A Rainbow of Hope.....	14	Growing Great Girls.....	26	Sound Screen.....	49
A Volcano in My Tummy.....	9	Handbook for Helping Kids w/ Anxiety, Stress.....	11, 21	Stepping On Up.....	15
ABC's of Anger, The.....	9	Hating Tami.....	23	Stop Bullying Now!.....	23
Actions & Consequences, Teens/Adults.....	45	Healing Activities/Children in Grief.....	14	Stop, Relax & Think.....	7
Activities for Building Character		Healing the Shame That Binds You.....	34	Strategies for Anger Management.....	35
and Social Emotional Learning.....	4	Healing the Trauma of Domestic Violence.....	33	Strategies for Motivation.....	44
ADHD: 102 Practical Strategies.....	7	Help! I Have a Teenager.....	36	Strategies for Using Art/Self-Reflection.....	37
Anger Control Activities.....	9	Helping Hand Card Game.....	37	Stress Management Program.....	46
Anger Control Workbook.....	35	Helping Kids Heal.....	6, 21	Stress Relief for Kids.....	11
Anger Management Situations Cards.....	35	Hidden Rules.....	17	Talking Tools.....	14
Anger Management Skills Cards.....	35	How to Stop Before You Pop.....	9	Talking, Feeling, Doing Collection.....	12
Anger Management Speedway.....	22	Impulse Control.....	7	Tangle Therapy.....	49
Ball Sets.....	20, 30	Impulse Control Game, The.....	7	Teaching Children Empathy.....	16
BINGO Games for Teens.....	30	Instant Help Charts.....	51	Teaching Social Skills to Youth.....	52
BINGO! For Adults, Older Adults.....	42, 48	Journey to Friendsville.....	16	Mental Disorders.....	52
Brainwave CDs.....	47	LAUGH.....	47	Teen Relationship Workbook & Cards.....	21
Bridge of Self-Confidence Game.....	38	Leave No Angry Child Behind.....	52	Teen Workbooks Series.....	29
Bridge Over Worried Waters.....	11	Lesson Booster – Angry.....	10	Teens' Solution Workbook.....	25
Calm Down & Play.....	8	Let's Talk About Special Ed.....	51	The Assignment: Girls, Cliques, Cruelty.....	23
Child Clinician's Report-Writing Handbook.....	53	Let's Talk About When Your Parent is in Jail.....	6	The Childhood Transition Series.....	13
Children and Stress.....	52	Life Management Skills Activity Books.....	41	The Me I See.....	25
Chill Out! Gamebook.....	22	Life Skills & Mental Health Workbooks.....	40	This One Moment.....	37
Clean & Sober.....	34	LifeSkills Circle Game/ Cards for Teens.....	26	Thoughts and Feelings, Taking Control Book.....	51
Clinician's Thesaurus.....	53	LifeSkills Circle Game/Cards for Adults.....	42	Thoughts and Feelings Game.....	6
Cognitive Therapy Techniques.....	53	LifeSteps.....	24	Thought Changing Card Kits.....	32
Complete Caregiver Support Guide.....	5	LifeStories Game.....	28	Through My Eyes.....	25
Conflict Resolution from Inside Out.....	22	Magic Island.....	6	Thumball!.....	49
Coping Game, The.....	36	Managing the Defiant Child.....	52	Tools and Techniques for Helping GAD.....	11
Coping Skills Group.....	36	Mean Girls.....	23	Totika.....	25
Coping With Anxiety.....	36	Memory Garden.....	14	Tough Choices Anger Management.....	22
Coping With Change.....	36	Motivation Workbook.....	50	Understanding Children's Drawings.....	50
Coping with Difficult People.....	36	Movie Clips.....	53	Understanding Faces Game, The.....	7
Courage to Heal, The.....	33	No More Meltdowns.....	18	Understanding the Defiant Child.....	52
Creating a Healthy, Balanced Life.....	38	Nobody Likes Me, Everybody Hates Me.....	16	What Did You Say? Game.....	7
Creative Interventions/Traumatized Children.....	21	PEP Talks.....	31	What Does It Mean to Me?.....	18
Crisis Survival Skills.....	47	Photo Social Stories Cards.....	17, 18	What Should I Do Now?.....	25
Crossing the Bridge book/cards.....	38	Positive Attitude Development Workbook.....	51	What to Do When Brain Gets Stuck.....	6
Domestic Violence Survival Workbook.....	33	PTSD Workbook.....	47	What to Do When You Worry Too Much.....	11
Dr. Playwell's Worry-Less Game.....	11	Puppet Sets.....	10	What To Do When Your Temper Flares.....	9
DSM-IV Made Easy.....	50	Quiet Mind Series.....	39	What Works When w/Children & Adolescents.....	50
Emotional Intelligence Game.....	18	Real Life Teens Series.....	31	You Can Control Your Anger Gamebook.....	9
Emotional Intelligence Workbooks.....	32	Relationship Workbook, The.....	33	You Can Control Your Worries.....	11
EMOTIONS Products.....	46, 48	Relaxation & Stress Reduction Workbook.....	47	You Can Make Friends.....	16
Empowering Children of Incarcerated Parents.....	6	Remote Control Anger Control.....	10		
Enhancing Self-Esteem.....	48	Remote Control Impulse Control.....	8		
Enhancing Social Skills.....	48	Roll A Role.....	19		
Equipped for Life.....	28	SEALS books and cards.....	27		
Everybody Gets Angry.....	9	Self-Esteem Cards.....	44		
Everyone Has Feelings Poster.....	12	Self-Esteem Program.....	44		
Expressory Game.....	25	Self-Esteem Workbook.....	44		
Figure Me Out.....	7	Self-Esteem Workout Video.....	44		
Find It.....	8	Sexual Abuse Victim/Offender Treatment.....	33		
Focus Game.....	8	Sign Your Emotions Poster.....	12		
Gaining Insight Cards.....	37	Sing Song Yoga.....	13		
Games and Other Stuff for Group.....	51	Skill Building Cards.....	43		

* New products are shown in red type.

4 Easy Ways To Order



PHONE:
1-800-440-4003
 Monday-Friday
 8:30 am to 5:00 pm EST.



MAIL ORDERS:
Courage To Change
 303 Crossways Park Drive
 Woodbury, NY 11797



FAX:
1-800-772-6499
 Any hour of the day.



ONLINE:
www.CourageToChange.com
 Any hour of the day.

Make checks payable to Courage to Change
Return Policy: All returns require prior authorization. Customers must label the outside of the package with the Return Authorization Number provided by Customer Service and include a copy of the invoice or packing slip. Customers should return the packages so that it is insured and traceable via UPS, Fedex Ground, or US Mail Prepaid. Returns should be sent to: Courage to Change • Attn: RETURNS
 375 Stewart Road • Wilkes-Barre, PA 18706



We guarantee your 100% complete satisfaction

STEP 1 Order Information (IMPORTANT... attach to your purchase order)					
Product #	Quantity	Description	Unit Price	Total Price	
STEP 2 Shipping And Handling Charges (please check desired service)			Subtotal		
CONTINENTAL U.S. <input type="checkbox"/> Standard Delivery – 10% (min. \$6.95) <input type="checkbox"/> Second Day Delivery – 20% (min. \$19.95) <input type="checkbox"/> Next Day Delivery – 25% (min. \$29.95)		ALASKA, HAWAII, PUERTO RICO <input type="checkbox"/> Standard Delivery – 20% (min. \$19.95) <input type="checkbox"/> Second Day and Next Day – please call for quote	CANADA <input type="checkbox"/> Standard Delivery – 20% (min. \$19.95 + any taxes or tariffs) <input type="checkbox"/> Second Day and Next Day – please call for quote	Shipping & Handling (see Step 2)	
			NY & PA Sales Tax		
			GRAND TOTAL		
STEP 3 Payment Method		STEP 4 Ship To			
<input type="checkbox"/> Check Enclosed <input type="checkbox"/> VISA/MC (\$25 minimum order) <input type="checkbox"/> American Express (\$25 minimum order) <input type="checkbox"/> Discover (\$25 minimum order) Card Account Number _____ Expiration Date ____ - ____ 3 or 4 Digit Security Code: ____ - ____ - ____ - ____ Signature of Authorized Buyer _____ Credit Card Billing Address Name _____ Address _____ City _____ State _____ Zip _____ <input type="checkbox"/> Bill Me (Purchase Order # Required — Must be faxed or mailed) Purchase Order # _____ Signature _____		Name _____ Title _____ Institution _____ Address (No P.O. Boxes) _____ _____ City _____ State _____ Zip _____ Phone () _____ Fax () _____ E-mail Address _____			
STEP 5 Bill To (if different from Ship To):					
		Name _____ Title _____ Institution _____ Address _____ _____ City _____ State _____ Zip _____ Phone () _____ Fax () _____			



email newsletter! *The Guidance Group News* includes free tools, downloads, news, and ideas to help you accomplish positive outcomes.

YES! Send me my free email newsletter. My email address is: _____

Order Toll-Free at **1-800-440-4003**

Order Online at **www.CourageToChange.com**

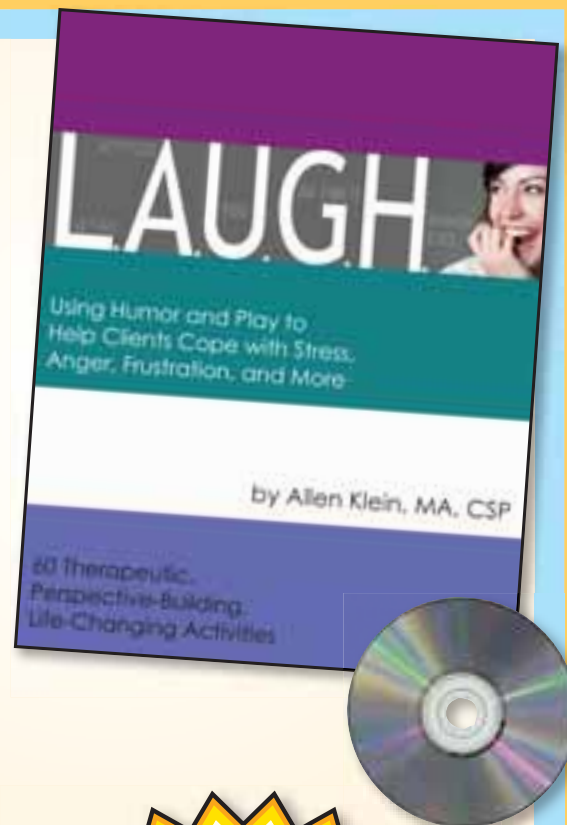
When life gets too stressful... **L.A.U.G.H.**

Use humor to help clients deal with stress, anger, frustration, and more.

- 60 ready-to-use therapeutic activities using humor for healing
- Ideal for young adults, adults, and older adults
- Includes Reproducible Book and CD

Book	AAJ-1495	\$49.95
------	----------	---------

SEE PAGE 47



Smart Phone Users!

Scan this QR code with your smart phone and be automatically transported to our web site, www.CourageToChange.com.

Over
\$200
of money-saving
coupons inside
on page 3.