



## SAN DIEGO PUBLIC LIBRARY PATHFINDER



# COPING

At some time almost every person will have to deal with or help someone else deal with stress, grief, trauma, violence, tragedy, or disaster. The San Diego Public Library has many books that will help you get through troubled times.

### The Catalog

Computer terminals located in the Central Library and in each branch library provide access to the online catalog. Some examples of useful subject headings are:

Adjustment (Psychology)	Stress (Physiology)
Grief	Stress Management
Disaster Management	Violence
Psychic Trauma	

### Magazines and Newspapers

For the most current information, magazines and newspapers are important resources. To search periodicals by topic, consult the online databases available on all public terminals, and the many printed periodical indexes located throughout the Library.

#### Selected On-line Databases:

**Magazine Index (Info Trac).** Search this online periodical database to find full-text articles and citations from general interest magazines, newspapers, and reference books. Enter Adjustment (Psychology), Grief, Life Skills, Post-Traumatic Stress Disorder, or Stress (Psychology).

**ProQuest** Search this online periodical database to find more than 1,400 full-text newspapers and general interest magazines.

#### Selected Print Indexes:

**Reader's Guide to Periodical Literature.**

Available near the Call Desk. See Adjustment (Psychology), Grief, or Stress.

### Internet

Search these and other sites at an Internet terminal in the Central Library's Computer Lab or at a Branch Library. Many contain links to helpful current magazine articles or to additional web sites:

Coping with a National Tragedy (National Association of School Psychologists)

[http://www.nasponline.org/NEAT/crisis\\_0911.html](http://www.nasponline.org/NEAT/crisis_0911.html)

Educators for Social Responsibility

<http://www.esrnational.org>

GriefCounselors

<http://www.GriefCounselors.com>

Help with Trauma (American Psychological Association)

<http://www.apa.org/psychnet/coverage.html>

Helping Children Cope with a National Tragedy (American Psychiatric Association)

[http://www.psych.org/public\\_info/childrentragedy91201.cfm](http://www.psych.org/public_info/childrentragedy91201.cfm)

Parenting Press: How to Talk to Kids About Violence

[http://www.parentingpress.com/resp\\_issues.html](http://www.parentingpress.com/resp_issues.html)

Rainbows: From Hurt, through Healing, to Hope

<http://www.rainbows.org/main.shtml>

Resources for Children and their Parents and Educators

[http://www.ala.org/alsc/dealing\\_with\\_tragedy.html](http://www.ala.org/alsc/dealing_with_tragedy.html)

Speaking to Your Children About Tragic Events

<http://www.ctparentsplus.org>

### Crisis Hotlines

Access and Crisis Line (800) 479-3339

Counseling (619) 230-0997



# RESOURCES

A sampling of the materials available at the Central Library on Coping

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## LITERATURE & LANGUAGES

**After the Darkest Hour: How Suffering Begins the Journey to Wisdom**, by Kathleen A. Brehony. 2000. 155.93/BREHONY

**Bereavement: Counseling the Grieving Throughout the Life Cycle**, by David A. Crenshaw. 1990. 155.937/CRENSHAW

**The Complete Guide to Stress Management**, by Chandra Patel. 1991. 155.9042/PATEL

**Dancing With Fear: Overcoming Anxiety in a World of Stress and Uncertainty**, by Paul Foxman. 1996. 152.46/FOXMAN

**Falling Apart: Avoiding, Coping with and Recovering from Stress Breakdown**, by Michael Epstein and Sue Hosking. 1992. 155.9042/EPSTEIN

**From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and Put You in Control of Your Life**, by Lucinda Bassett. 1995. 152.46/BASSETT

**Good Grief Rituals: Tools for Healing**, by Elaine Childs-Gowell. 1992. 155.937/CHILDS

**The Grief Recovery Handbook**, by John W. James and Russell Friedman. 1998. 152.8/JAMES

**Guiding Your Child Through Grief**, by Mary Ann Emswiler and James P. Emswiler. 2000. 155.937/EMSWILER

**Healing Grief: Reclaiming Life After Any Loss**, by James Van Praagh. 2000. 155.937/VAN PRAAGH

**The Healing Power of Humor**, by Allen Klein. 1989. 152.4/KLEIN

**How to Handle Trouble: A Guide to Peace of Mind**, by John Carmody. 1993. 248.86/CARMODY

**The Land of I Can**, by Susan L. Gilbert. 2001. 158.1/GILBERT

**The One-Minute Meditator: Relieving Stress and**

**Finding Meaning in Everyday Life**, by David Nichol and Bill Birchard. 2001. 155.9042/NICHOL

**What Happens to Good People When Bad Things Happen**, by Robert A. Schuller. 1995. 248.86/SCHULLER

**When Bad Things Happen to Good People**, by Harold S. Kushner. 1981. 296.311/KUSHNER

**When Things Fall Apart: Heart Advice for Difficult Times**, by Pema Chodron. 1997. 294.3444/CHODRON

**You Don't Have to Suffer: A Handbook for Moving Beyond Life's Crises**, by Judy Tatelbaum. 1990. 158.1/TATELBAUM

## SCIENCE & INDUSTRY

**Back From the Brink: A Family Guide to Overcoming Traumatic Stress**, by Donald R. Catherall. 1992. 616.8521/CATHERALL

**I Can't Get Over It: A Handbook for Trauma Survivors**, by Aphrodite Matsakis. 1992. 616.8521/MATSAKIS

**Life After Trauma: A Workbook for Healing**, by Dena Rosenbloom and Mary Beth Williams. 1999. 616.8521/ROSENBLOOM

## SOCIAL SCIENCES

**The Art of Condolence**, by Leonard M. Zunin and Hilary Stanton Zunin. 1991. 306.9/ZUNIN

**Endangered: Your Child in a Hostile World**, by Johann Christoph Arnold. 2000. 305.23/ARNOLD

**Media Violence: Opposing Viewpoints**. 1999. 303.6/MEDIA

**Mourning and Dancing for Schools: A Grief and Recovery Sourcebook for Students, Teachers, and Parents**, by Sally Downham Miller. 2000. 371.46/MILLER (also YA)