## Alec L. Miller, PsyD

## Helping Children & Parents Cope After the Pandemic: Emotion Regulation Skills for School and at Home Heard in Rye, Tuesday, Jan 25, 2022

## **RESOURCES**

- Borba, M. (2016). *Unselfie: Why empathetic kids succeed in our all-about-me world*. Touchstone.
- Twenge, J. M. (2018). *iGen: Why Today's super-connected kids are growing up less rebellious, more tolerant, less happy and completely unprepared for adulthood.*Atria.
- Lahey, J. (2015). The gift of failure: How to Step back and let your child succeed. HarperCollins.
- **Miller, A.L.**, Rathus, J.H., & Linehan, M.M. (2007). *Dialectical behavior therapy with suicidal adolescents*. The Guilford Press, NY. (translated into Japanese, Polish and Spanish)
- Rathus, J.H., & **Miller, A.L**. (2015). *DBT Skills Manual for Adolescents*. The Guilford Press, NY. (translated into Chinese, French, Korean, Italian, Polish, Spanish, and Russian)
- Mazza, J.J., Dexter-Mazza, E.T., **Miller, A.L.**, Rathus, J.H., & Murphy, H.E., (2016). *DBT Skills Training in Schools: The Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A)*. The Guilford Press, NY. (translated into Italian)