

Resources for Counseling Students

Counseling Academic & Professional Honor Society International

<http://www.csi-net.org/>

Chi Sigma Iota

CSI is an international honor society that values academic and professional excellence in counseling. We promote a strong professional identity through members (professional counselors, counselor educators, and students) who contribute to the realization of a healthy society by fostering wellness and human dignity.

- x Counselor's Bookshelf includes reviews on books, media and resources related to counseling field
- x Membership benefits include access to monthly webinars
- x Non-members can access PDF files of *Journal* (Academic Journal)

Mental Health

Helpguide.org

<http://www.helpguide.org/> as well as resources for individuals effected by these issues.

- x Making a plan to quit smoking
- x Signs and symptoms of alcohol abuse/dependence
- x Tips for managing symptoms of ADHD
- x Exercise tips
- x Emotional selfhelp toolkit that includes steps to dealing with overwhelming stress and managing emotions
(http://www.helpguide.org/toolkit/emotional_health.htm#toolkit_overview)

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- x Anger management tips and techniques
 - x And much more!

- x Pros - people have posted on message boards and received comments from other members of the site

Moodjuice

<http://www.moodjuice.scot.nhs.uk/>

Contains modules of Life Skills, Healthy Living, Relationships, Feelings and Behaviors and Finding Meaning. Provides printable booklets on :

- x Bereavement/Grief
- x Overcoming Problems
- x Anger
- x Depression
- x Anxiety
- x Sleep Problems
- x Post-Traumatic Stress
- x Shyness and Social Anxiety
- x Chronic Pain
- x Assertiveness
- x Obsessions and Compulsions
- x Panic
- x Phobias
- x Cons of the site - Listed resources are for Scotland, printable materials contain several mistakes (grammar, spelling, missing words), some links lead to error messages
- x Pros - printable booklets contain useful information and activities to help individuals deal with whatever issues they are having

Suicide.org

- x Information on suicide and other conditions that may go hand in hand with suicide (depression, bipolar disorder, race, elderly, bullying, etc.)
- x Steps on how to complete a "No Suicide Contract"
- x Suicide warning signs, causes of suicide
- x Information on support groups listed by state
- x FAQs

Motivational Interviewing

www.motivationalinterview.org

- x On-line training opportunities in Motivational Interviewing
- x Links to publisher websites for books, manuals, and multimedia resources that might be useful, some manuals are available in PDF format
- x Clinicians tab has printable handouts with skills and tools for Motivational Interviewing, as well as a document for clinicians to use for assessment
- x Many resources for trainers that are free or available for purchase
- x Cons - some of the sections do not contain any information (section for educators)

National Institute of Mental Health

<http://www.nimh.nih.gov/health/topics/index.shtml>

- x Information for many different mental health disorders (anxiety, bipolar, depression, eating disorders, panic disorder, PTSD, suicide, etc)
- x Each disorder section includes a definition, causes, signs and symptoms, at risk diagnosis, treatment, living with, and clinical trials
- x Links to research studies on disorders
- x Free full color PDF, "A Parent's Guide to Autism Spectrum Disorder" (<http://www.nimh.nih.gov/health/publications/parents-guide-to-autism-spectrum-disorder/index.shtml>)
- x Color images available to print related to mental disorders (not very many images available)

AnxietyBC®

<http://www.anxietybc.com/>

- x Resources for youth and young adults, adults, new mothers and parents, including tips for reducing stress and anxiety
- x Printable brochures for OCD, panic attacks, anxiety and CBT (<http://www.anxietybc.com/brochures.php>)
- x Access to a mobile app, "Mindshift", designed to help teens and young adults cope with anxiety
- x Adult section contains Self Help Home Toolkit with several printable resources

PsychCentral

<http://psychcentral.com/>

- x Information on several different mental disorders including symptoms, causes, treatment and getting help
- x Psychological Tests and Quizzes to screen for mental disorders (should take as scientific results, just a screening tool to determine if further testing and evaluation is recommended)
- x "Resources" page contains tons of articles, websites, book suggestions and support groups, as well as much more information. Organized by mental disorder
- x "Drugs" page contains general information regarding commonly prescribed medications
- x "Research" page gives links to clinical trials that are presently occurring

American Psychiatric Association

Online Assessment Measures

<http://www.psychiatry.org/practice/dsm/dsm5/online-assessment-measures>

- x Level 1 and 2 Cross-Cutting Symptoms Measures broken up by age
- x Disorder-Specific Severity Measures for adults, children ages 7, 11 and clinician-rated
- x Disability Measures
- x Personality Inventories for adults and children ages 11-17
- x Early Development and Home Background for parents of children ages 6-17 and clinician-rated

- x Cultural Formulation Interviews
- x Assessments are PDF format and can be printed
- x Many more available than are included in the DSM-5

Helpline Center - Sioux Falls

<http://helplinecenter.org>

x Find resources in Sioux Falls and surrounding communities for childcare, military

- x Full Color PDF poster "Bullying: What You Need to Know"
- x Color images that promote anti-bullying
- x Use their resources tab to search for certain terms and find resources from other websites that have been approved by stopbullying.org
- x Blog containing posts written by teens as well as professionals in the field
- x Short videos (under a minute) made by teenagers to promote anti-bullying movements in schools - these videos are GREAT!
- x Information on specific state laws regarding bullying and cyber bullying

National Association of School Psychologists

<http://www.nasponline.org/resources/completetopiclist.aspx>

- x Resources on a variety of topics
- x Military section has several resources
- x Cons: Some topics have very little information and few links

Kim's Counseling Corner

<http://kims counselingcorner.com/>

- x Blog written by Kim Peterson, MA, LPC-S, RPT includes personal stories from her experiences
- x "Links, Books, and Other Tools" section has many resources including online links and websites, books, printable worksheets and charts, and useful apps. She also provides links to her other pages (Vodpod, Goodreads, Facebook, Pinterest)
- x Great resource for School Counselors and others working with children

Free Printable Behavior Charts

<http://www.freeprintablebehaviorcharts.com/>

- x Printable stickers - popular characters such as Arthur, Cars, Betty, Kitty, Spiderman etc.
- x Hundreds of printable charts for use with children!

Books that Heal Kids

<http://booksthathealkids.blogspot.com/>

- x Blog giving reviews of books that can be used with children for counseling
- x The right side of the blog gives many different categories to search for books in

Pinterest.com

- x Pinterest is a great place for school counselors to search for classroom activities. Create your own account and "pin" ideas to your boards for quick reference later

PDF document containing 16 activities to build resilience in children and adolescents

[http://www.edgeworkconsulting.com/tools/16%20Games%20That%20Promote%20Conversations%20About%20Resilience\(2005\).pdf](http://www.edgeworkconsulting.com/tools/16%20Games%20That%20Promote%20Conversations%20About%20Resilience(2005).pdf)

Missouri Center for Career Education - lesson plans for elementary, middle and high school students

<http://www.missouricareereducation.org/project/guideln>

Shelby County Schools - Counseling Services Website

<http://www.scsk12.org/SCS/departments/Counseling/CounselingForms.html>

- x Contains links to many counselor forms and documents, most in Word format
- x Forms available under these topics: Charts/Contracts, Check on Student, Counselor Audit, Crisis Referrals, Documentation, Envelope Labels, Feedback to Teacher, Needs Assessments by Parents, Needs Assessments by Students, Needs Assessments by Teachers, Permission Forms, Program/Activity Evaluations by Parents, Program/Activity Evaluations by Students, Program/Activity Evaluations by Teachers, and Referred to Counselor
- x Some forms are broken up into age categories

This link is a Stitch of 14 school counseling blogs

<http://stich.it/siMTIxOTk=>

Student Affairs

StudentAffairs.com

This site contains information directly related to students and professionals in Student Affairs. It is easy to navigate and contains many different resources, including:

- x Search Job Listings in Student Affairs
- x Webinars and Podcasts covering a variety of topics
- x Ejournal articles which contain articles and resources prepared by graduate students
- x Online Residence Assistant Training Module (as of 9/13 the website states they are revamping and converting the module to self-paced and should be done by the end of the year)
- x Information regarding upcoming conferences in the field of College Counseling and Student Affairs
- x Information on joining Listservs
- x Post your resume free of charge

NACADA - The Global Community for Academics Advising

<http://www.nacada.ksu.edu/>

- x Access to articles written for Academic Advising Today
- x Annotated Bibliographies related to recent research on academic advising since 2003
- x Research related links (grant writing, research committee information)
- x Information on annual and regional conferences

NASPA - Student Affairs Administrators in Higher Education

<http://naspa.org/> (Dr. Ruth Harper is a member)

- x Online learning programs (webinars) listed under Events

- x Members receive electronic subscriptions to Journal of Student Affairs Research and Practice, NASPA Journal About Women in Higher Education, Journal of College and Character, as well as the Magazine Leaders Exchange
- x Resources for graduate students and new professionals including job search tips and suggested books
- x Opportunity to join listservs for a variety of topics
- x Links and resources related to a variety of topics: adult learners and students with children, alcohol and other drugs, disability, campus safety, LGBT, multiracial, spirituality and religion in higher education, student-athlete, technology, more

ACPA - Collegiate Student Educators International

<http://www2.myacpa.org> (Dr. Ruth Harper is a member)

- x Career Services Webcast Series provides career development opportunities for professionals, aspiring faculty and graduate students (listed under career development)
- x Presentations and other resources available through Standing Committee and Commission tabs

Vocational Rehabilitation

National Dissemination Center for Children with Disabilities

<http://nichcy.org/familiescommunity/help/foradults#wrap>

- x List of services/resources for Adults with Disabilities - Organizations and Agencies in Your State, Employment, Postsecondary Education, Recreation, Independent Living, Assistive Technology, Disability Living Online
- x The rest of the site focuses on children and adolescents with disabilities

National Rehabilitation Counseling Association (NRCA)

<http://nrcanet.org> [http://henal D4.4 \(I\)0 /C2_0 1 Tf 12 0 0 12 90 418.56 Tm <0078>Tj /TT320 1Tf 12 0b](http://henal D4.4 (I)0 /C2_0 1 Tf 12 0 0 12 90 418.56 Tm <0078>Tj /TT320 1Tf 12 0b)

- x Challenging behaviors toolkit: <http://www.autismspeaks.org/familyservices/toolkits/challengingbehaviors-tool-kit>
- x Postsecondary Educational Opportunities Guide: <http://www.autismspeaks.org/family>

- x Antidepressant skills workbook:
<http://www.comh.ca/publications/resources/asw/SCDPAntidepressantSkills.pdf>
- x Strategies for helping with depression <http://www.teensfindinghope.org/actions-you-can-take.html>
- x Worksheets for teens <http://www.teensfindinghope.org/worksheets.html>

Eating Disorders

- x General information <http://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>
- x General information http://psychcentral.com/disorders/eating_disorders/
- x Thought record sheet:
<http://www.getselfhelp.co.uk/docs/AnorexiaThoughtRecordSheet.pdf>
- x Bulimia and binge eating selfhelp sheet:
<http://www.getselfhelp.co.uk/docs/BulimiaSelfHelp.pdf>
- x Anorexia selfhelp sheet <http://www.getselfhelp.co.uk/docs/AnorexiaSelfHelp.pdf>
- x Printable worksheets:

- x Panic diary <http://www.getselfhelp.co.uk/docs/PanicDiary.pdf>
- x Exposure homework sheet:
<http://www.getselfhelp.co.uk/docs/ExposureHomeworkSheet.pdf>
- x CBT worksheets for panic <http://www.psychologytools.org/panic.html>
- x DSM-5 scales to measure panic <http://www.psychiatry.org/practice/dsm/dsm5/online-assessment-measures>

PTSD

- x Printable selfhelp guide <http://www.moodjuice.scot.nhs.uk/posttrauma.asp>
- x General information about PTSD <http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>
- x General information on PTSD <http://psychcentral.com/disorders/ptsd/>
- x Thought record sheet <http://www.getselfhelp.co.uk/docs/PTSDThoughtRecordSheet.pdf>
- x Treating traumatic memories <http://www.getselfhelp.co.uk/docs/PTSDmetaphor.pdf>
- x Coping with flashbacks <http://www.getselfhelp.co.uk/docs/CopingwithFlashbacks.pdf>
- x CBT worksheets <http://psychologytools.org/ptsd.html>

Schizophrenia

- x General information <http://www.nimh.nih.gov/health/topics/schizophrenia/index.shtml>
- x General information <http://psychcentral.com/disorders/schizophrenia/>
- x CBT for Psychotic Symptoms - a Therapist's Manual:
<http://www.cci.health.wa.gov.au/docs/Psychosis%20Manual.pdf>
- x Relapse Management Worksheet:
http://www.choicesinrecovery.com/pdf/CIR_wksht_relapsemgmt.pdf

Grief

- x Printable selfhelp guide <http://www.moodjuice.scot.nhs.uk/bereavement.asp>
- x CBT worksheets <http://www.psychologytools.org/grief.html>
- x Identify Your Feelings <http://griefcounseling.us/wp-content/uploads/2010/04/identify-feelings.pdf>
- x Grief questions <http://griefcounseling.us/wp-content/uploads/2010/04/Grief-Questions.pdf>
- x Healing Grief Guide http://amybarzach.com/Healing_Your_Grief_Guide.pdf

Suicide

- x No-Suicide Contract <http://suicide.org/no-suicidecontractform.html>
- x Suicide prevention <http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>
- x Commitment to Life Contract <http://www.getselfhelp.co.uk/docs/CommitmentLife.pdf>
- x Coping with suicidal thoughts:
<http://www.getselfhelp.co.uk/docs/CopingSuicidalThoughts.pdf>
- x Suicide worksheets <http://www.therapistaid.com/therapyworksheets/suicide/none>

For Anyone

x Goal setting http://www.choicesinrecovery.com/pdf/CIR_wksht_goalsetting.pdf