

Suggested Readings for Challenges of Living: A Multidimensional Working Model for Social Workers

Chapter 1-The Working Model

Fraser, M. (Ed.). (2004). *Risk and resilience in childhood: An ecological perspective* (2nd ed.). Washington, D.C.: National Association of Social Workers. Reviews the research on risk and resilience in childhood and adolescence in relation to child maltreatment, school failure, children with disabilities, alcohol and other drug use, delinquency and conduct disorder, sexually transmitted diseases, adolescent pregnancy, childhood depression, and youth suicide.

Kirk, S., & Reid, W. (2002). *Science and social work: A critical appraisal*. New York: Columbia University Press. Traces the history of efforts to bridge the worlds of science and social work practice and proposes a framework for continued efforts to bridge these two worlds.

Luthar, S. (Ed.). (2003). *Resilience and vulnerability: Adaptation in the context of childhood adversities*. New York: Cambridge University Press. Provides a resilience framework for research, policy, and practice, focusing on familial adversity and ecosystemic and sociodemographic risk.

Shonkoff, J., & Phillips, D. (Eds.). *From neurons to neighborhoods: The science of early childhood development*. Washington, D.C.: National Academy Press. Reports on a two and a half year study to evaluate and integrate the current state of science about early childhood development.

Vaillant, G. (2002). *Aging well*. Boston: Little, Brown & Company. Reports on longitudinal research with three separate cohorts of 824 individuals, following them from adolescence well into late adulthood, and focusing on both risk and protective factors.

Werner, E., & Smith, R. (2001). *Journeys from childhood to midlife: Risk, resilience, and recovery*. Ithaca, NY: Cornell University Press. Reports on a longitudinal study of a cohort born on the island of Kauai, Hawaii, in 1955, focusing on risk and protective factors in their journeys from prenatal development through midlife.

Chapter 2-Elements of Knowing and Doing

Adams, M., Blumenfeld, W., Castaneda, R., Hackman, H., Peters, M., & Zuniga, X. (2000). *Readings for diversity and social justice: An anthology on racism, anti-Semitism, sexism, heterosexism, ableism, and classism*. New York: Routledge. An anthology of readings on various forms of prejudice and discrimination; includes scientific articles, personal stories, and discussions of potential action steps to work for social justice.

Lum, D. (Ed.). (2003). *Culturally competent practice: A framework for understanding diverse groups and justice issues* (2nd ed.). Belmont, CA: Thomson: Brooks/Cole. Proposes a framework for building the capacity to practice social work with diverse groups; includes exercises for critical self-reflection and highlights social justice issues common to social work practice.

Rothenberg, P. (Ed.). (2004). *Race, class, and gender in the United States* (6th ed.). New York: Worth. An anthology of readings that explores race, class, and gender as inter-related aspects of human experience, using a mix of scientific articles and personal stories to explore issues of power, privilege, and inequality.

Chapter 3-Financial Impoverishment

Danzinger, S., & Lin, A.C. (Eds.) (2002). *Coping with poverty*. Ann Arbor, MI: The University of Michigan Press. Presents articles and essays that report the latest research on how people cope with poverty throughout their lives and on a daily basis.

Danziger, S.H., & Haveman, R.H. (Eds.) (2001). *Understanding poverty*. New York: Russell Sage Foundation. Explores the issue of poverty in the United States from the time the War on Poverty was declared to the present. Reviews poverty policy, indicates gaps, and offers ideas for policy and program changes that will reduce poverty and income inequity.

Edin, K. & Lein, L. (1997). *Making ends meet: How single mothers survive welfare and low-wage work*. New York: The Russell Sage Foundation. Reports on interviews with dozens of women who live on welfare, clearly articulates the difficulties experienced by poor women and children who are given inadequate governmental support, and it shows the resilience, hard work, and creativity of women placed in this impossible situation.

Ehrenreich, B. (2001). *Nickel and dimed: On (not) getting by in America*. New York: Holt and Company. Presents a journalist's journey into minimum wage work as she travels across America taking entry level jobs from several different service sector employers, jobs that take both a high level of skill and a high level of strength, working for employers who make outrageous and dehumanizing demands and pay meager wages far too low to support the leanest household. A testament to the resilience and the work ethic of low-wage workers and an indictment of corporate greed and governmental neglect. A play has been produced based on this important work.

Ehrenreich, B., & Hochschild, A. (Eds.) (2002). *Global woman: Nannies, maids, and sex workers in the new economy*. New York: Metropolitan Books. An edited book of essays detailing the lives of women migrant workers hired as nannies, maids, or sex workers in the global economy; follows the journeys of poor women from

- developing nations to their jobs working for wealthy families in wealthy nations. Explores the effects of globalization on both rich and poor people and countries.
- Hays, S. (2003). *Flat broke with children: Women in the age of welfare reform*. New York: Oxford University Press. Uses statistics and findings from qualitative research to detail the lives of poor women and their families in the post welfare era; explores the difficulties faced by these women as they try to raise children, find decent jobs, and negotiate a system of paperwork, bureaucracy, and gaps.
- Iceland, J. (2003). *Poverty in America*. Berkeley: University of California Press. Provides history, definitions, theory, and statistics regarding poverty in the United States in a very readable fashion.
- Sachs, J. (2005). *The end of poverty: Economic possibilities of our time*. New York: The Penguin Press. Explores the problem of extreme poverty experienced by a billion people worldwide. Uses extensive research as well as case studies to examine global poverty, and it outlines a succinct plan for ending it.
- Shipler, D.K. (2004). *The working poor invisible in America*. New York: Alfred A. Knopf. Presents the results of interviews with a number of the working poor in the United States and illuminates their lives. Reveals that many poor people are working very hard at jobs that do not offer sufficient wages to allow them to live financially stable lives. Points out gaps in the social safety net and suggests ways that governmental and corporate policy could change to allow workers access to fair and equitable wages that adequately support them.
- Shirk, M., Bennett, N.G., & Aber, L.J. (1999). *Lives on the line: American families and the struggle to make ends meet*. Boulder, CO: Westview Press. Takes an in-depth look at ten families struggling to make ends meet: four White, three Black, two Latino, and one Hawaiian/Samoan family. Demonstrates that, contrary to popular rhetoric, poor families are not lazy but very diligent workers struggling to survive. Also explores problems associated with poverty, including pollution, violence, and poor nutrition.
- Shulman, B. (2003). *The betrayal of work: How low-wage jobs fail 30 million Americans*. New York: The New Press. A study in the vein of Ehrenreich's *Nickle and Dimed*, looks at both the broad statistics concerning low-wage work and the individual lives of low-wage workers. Provides evidence that individuals and families are working hard, often under difficult circumstances, yet are unable to obtain the quality of life promised to them through their toil.

Chapter 4-Community Violence

- Garbarino, J. (1999). *Lost boys: Why our sons turn violent and how we can save them*. New York: Free Press. Drawing on stories of violent youth, this book explores why young men and boys become violent. It calls attention to such risk factors as

war zone neighborhoods, hurt and alienation, lax adult supervision and support, child abuse, gangs, and substance abuse.

Garbarino, J., Dubrow, N., Kostelny, K., & Pardo, C. (1998). *Children in danger: Coping with the consequences of community violence*. San Francisco: Jossey-Bass. Examines how living with chronic community violence threatens child development. Also shows how professionals can help children exposed to chronic violence.

Humes, D. (1997). *No matter how loud I shout: A year in the life of juvenile court*. New York: Simon & Schuster. Provides an inside look at the Los Angeles Juvenile Court, based on time spent with judges, probation officers, lawyers, and the kids themselves. Focuses on the stories of five children.

Rodriguez, L. (2001). *Hearts and hands: Creating community in violent times*. New York: Seven Stories Press. Using anecdotes and interviews, focuses on healing through community building; based on the author's experiences as a peacemaker with gangs in Los Angeles and Chicago.

Rodriguez, L. (1994/2005). *Always running: La Vida Loca: Gang days in L.A.* New York: Simon & Schuster. A memoir of the author's days in an East L.A. gang in the 1970s.

Rodriguez, J. (2000). *East side stories: Gang life in East L.A.* New York: Powerhouse Books. Presents a collection of essays and photographs of gang life in East L.A. and an interview of a former gang member.

Chapter 5-Child Maltreatment

Stories About/By Survivors

Bass, E., & Thornton, L. (1991). *I never told anyone: Writings by women survivors of child sexual abuse*. New York: Perennial. Testimonials about experiencing child sexual abuse, authored by survivors. Organized by the victim's relationship to the perpetrator.

Bragg, R. (1997). *All over but the shoutin'*. New York: Pantheon. Autobiographical account of growing up exposed to domestic violence and chronic poverty during the 1960s and 1970s in the South.

Crosson-Tower, C. (2002). *From the eye of the storm: The experiences of a child welfare worker*. Boston: Allyn & Bacon. Autobiographical discussion of working within the child welfare system, describing daily responsibilities and experiences.

- Fisher, A.Q. (2001). *Finding fish: A memoir*. New York: Morrow. Autobiographical account of growing up in an abusive foster home and the challenges of transitioning to independence.
- King, N. (1995). *Speaking our truth: Voices of courage and healing for male survivors of childhood sexual abuse*. New York: Perennial. A collection of accounts of abuse and recovery, authored by male survivors of child sexual abuse.
- McLain, P. (2003). *Like family: Growing up in other people's houses: A memoir*. Little & Brown. Describes the lives of three sisters growing up in foster care, from childhood through adolescence.
- Moore, J. (2005). *Fat girl: A true story*. New York: Hudson Street Press. An autobiographical account of growing up in an abusive home and suffering from social ostracism.
- Parent, M. (1996). *Turning stones: My days and nights with children at risk*. New York: Harcourt. An autobiographical account describing the observations and experiences of a caseworker in New York City; includes discussion of several cases involving child fatalities.
- Walls, J. (2006) *The glass castle: A memoir*. New York: Scribner. Autobiographical account of growing up with modern-day nomadic parents as they struggle with mental health and substance abuse issues.
- Wischild, L.M. (2003). *The obsidian mirror: Healing from childhood sexual abuse*. New York: Seal Press. An autobiographical account of experiencing child sexual abuse, focusing particularly on the nature and challenges of recovery.

Series

- Pelzer, D. (1995): *A child called "it": One child's courage to survive*. Deerfield Beach, FL: Health Communications.
- Pelzer, D. (1997). *The lost boy: A foster child's search for the love of a family*. Deerfield Beach, FL: Health Communications.
- Pelzer, D. (2000). *A man named Dave: A story of triumph and forgiveness*. Plume.
- Pelzer, D. (2004). *The privilege of youth: A teenager's story of longing for acceptance and friendship*. New York: Dutton.
An autobiographical series that begins with a young boy's years of severe physical and emotional abuse, perpetrated by his mother. The series includes discussion of the author's experiences within the foster care system and his transition into adulthood, including exploration of his road to recovery.

Academic Literature

- Barth, R.P., Plotnick, R.D., Pecora, P.J., Whittaker, J.K., & Maluccio, A.N. (2000). *The child welfare challenge: Policy, practice, and research* (2nd Ed.) New York: Aldine. Comprehensive overview of significant policies and research findings shaping contemporary child welfare systems and practice.
- Crosson-Tower, C. (2002). *Understanding child abuse and neglect*. Boston: Allyn & Bacon. Provides an overview of the major types of child maltreatment, the role of caregiver-child attachment, and relevant practice issues for professionals working with maltreated children and their families.
- Crosson-Tower, C. (2003). *Exploring child welfare: A practice perspective* (3rd Ed.). Boston: Allyn & Bacon. Provides an introductory overview of the child welfare system, including description of its structure, functions, and issues of contemporary relevance.
- Gerdes, L.I. (Ed.). (2003). *Child abuse: Opposing viewpoints*. Farmington Hills, MI: Greenhaven Press. Presents distinct points of view on controversial topics relevant to child maltreatment, such as causes of and solutions to child maltreatment. Explores the rationale behind and evidence supporting conflicting opinions in each topic area.
- Lindsey, D. (2003). *The welfare of children*. (2nd ed). New York: Oxford University Press. A historical analysis of the welfare and child welfare system, focusing upon the development of modern day child welfare policies and practices. Focuses upon the linkages between poverty and child neglect and argues for radical reform of the modern child welfare system.
- Myers, J.E.B, Berliner, L., Briere, J. & Reid, T. (Eds). (2002). *APSAC handbook on child maltreatment*. (2nd ed). Thousand Oaks, CA: Sage. Targeting the practicing professional, provides a thorough overview of various types of child maltreatment and related issues. Includes discussion of practice skills and principles in each topic area.
- Samantrai, K. (2003). *Culturally competent public child welfare practice*. Wadsworth Publishing. Emphasizing the necessity of knowledge of diversity to competent practice, this text examines parental ability to meet children's needs according to the cultural context.
- Smith, M.G., & Fong, R. (2004). *The children of neglect: When no one cares*. Brunner-Routledge. In-depth examination of the issues most relevant to understanding child neglect, including its causes and consequences. Explores contemporary policy and practice strategies as well as the relevance of culture, substance abuse, and poverty.

Chapter 6-Traumatic Stress

- Herman, J. L. (1992). *Trauma and recovery*. New York; Basic Books. A classic book on human trauma and its sequelae. Describes the history, symptoms, and stages of recovery related to traumatic disorders.
- Mertus, J. (1997). *The suitcase: Refugee voices from Bosnia and Croatia*. Berkeley, CA: University of California Press. Presents 75 refugee stories told to relief workers, including perspectives on “starting over”.
- Pipher, M. (2002). *The middle of everywhere*. New York: Harcourt Books. Describes the demographic shifts occurring in the United States, specifically focusing on the needs of refugee families settling in Lincoln, Nebraska.
- Rosenfeld, L. B., Caye, J. S., Ayalon, O., & Lahad, M. (2004). *When their world falls apart: Helping families and children manage the effects of disasters*. Washington, DC: NASW Press. Examines the effects of trauma and a variety of disasters on children and families, communities, and the larger environment.
- Ung, L. (2000). *First they killed my father: A daughter of Cambodia remembers*. New York: HarperCollins. Provides a detailed account of the author’s childhood living during the Khmer Rouge’s terror in Cambodia and her courage that persevered throughout the traumas, migrations, and separations that she and her family experienced.

Chapter 7-Substance Abuse

- Frey, J. (2003). *A million little pieces*. New York: Doubleday. Describes the author’s experience through the many harrowing tribulations of his addiction and ultimately through his treatment in an inpatient facility. Has been questioned for its authenticity, and yet, it reflects the experiences of many.
- Marlowe, A. (1999). *How to stop time: Heroin from A to Z*. New York: Anchor Books: New York. This heroin memoir is written from a critical perspective questioning the larger societal structures that may perpetuate heroin addiction.
- Pinsky, D. (2003). *Cracked: Putting broken lives together again*. New York: HarperCollins Publishers: Provides a detailed account of the ravages of addiction as seen by professionals treating such persons in institutional settings. Calls for professionals to become more aware of their own assumptions about addiction and about the people whom they work to help.
- Simon, D., & Burns, E. (1997). *The corner: A year in the life of an inner-city neighborhood*. New York: Broadway Books. Examines the language, roles, and created infrastructure of the inner-city drug culture. Has been made into a movie.

Chapter 8-Obesity

- Eikelis, N., & Esler, M. (2005). The neurobiology of human obesity. *Experimental Physiology*, 90(5), 673-682. Provides an understandable description of the complex neurobiology underlying obesity.
- Eliadis, E. E. (2006). The role of social work in the childhood obesity epidemic. *Social Work*, 51(1), 86-88. Identifies and discusses the various roles and tasks that a social worker can assume to respond to the obesity epidemic. Presents a range of practice settings to elucidate ways that social workers can intervene to combat childhood obesity.
- Fabricatore, A.N., Crerand, C.E., Wadden, T.A., Sarwer, D.B., & Krasucki, J.L. (2006). How do mental health professionals evaluate candidates for bariatric surgery? Survey results. *Obesity Surgery*, 16(5), 567-73. Presents research findings from 194 respondents who evaluate persons seeking bariatric surgery, including methods of assessment such as clinical interviews or standardized tools and the psychological dimensions that mental health professionals identify as contraindications to bariatric surgery.
- Frongillo, E.A. (2003). Understanding obesity and program participation in the context of poverty and food insecurity. *Journal of Nutrition*, 133(7), 2117-2118. Reviews several studies that support the food insecurity theory and identifies the need to examine policies and programs that support food security in relation to poverty phenomenon.
- Gordon-Larsen, P., Adair, L.S., & Popkin, B.M. (2003). The relationship of ethnicity, socioeconomic factors, and overweight in U.S. adolescents. *Obesity Research*, 11(1), 121-9. A national epidemiological study of 13,113 U.S. adolescents focusing on overweight disparities between ethnic groups. Concludes that multiple factors must be examined to understand why some groups have a higher prevalence of obesity.
- Kaplan, M.S., Hugueta, N., Newsom, J.T. & McFarland, B.H. (2004). The association between length of residence and obesity among Hispanic immigrants. *American Journal of Preventive Medicine*, 27(4), 323-326. Reports on epidemiological data for 2420 foreign-born Hispanic adults, noting a significant relationship between increasing weight leading to obesity and time in the U.S. Reports that causative factors include both high fat diets and a sedentary life style. Suggests interventions that could be used by social workers with different at-risk populations.
- Kiesinger, C. E. (1998). From interview to story: Writing Abbie's life. *Qualitative Inquiry*, 4(1), 71-95. Presents an example of qualitative research that uses the interview to demonstrate how another person's personal situation with obesity can be understood through reflexive understanding by the researcher.

- Passehl, B., McCarroll, C., Buechner, J., Gearing, C., Smith, A.E., & Trowbridge, F. (2004). Preventing childhood obesity: Establishing healthy lifestyle habits in the preschool years. *Journal of Pediatric Health Care*, 18(6), 315-319. Provides a specific training model to assist young children and their parents in obesity prevention. Emphasizes the role that parents, particularly those who are over-controlling, play in a child's ability to self-regulate food intake. Could be used in various community settings where social workers are employed.
- Saunders, R. (2004b). Post-surgery group therapy for gastric bypass patients. *Obesity Surgery*, 14(8), 1128-1131. Presents a model postoperative psychotherapy group based on one social worker's experiences over several years with cognitive behavioral clinical intervention. Addresses both compulsive eating patterns and psychosocial and/or psychiatric co-morbidity issues for clients who elected to undergo bariatric surgery.
- Weiner, J. (2003). *A very hungry girl*. Carlsbad, CA: Hay House. An account of a young woman's long struggle with obesity and other eating disorders. Focuses on the psychological issues that underlay the need to fulfill oneself through food. Includes various self-help strategies to meet these needs. Has been published worldwide and is promoted by the author who is an activist, motivational speaker, and talk-show host. Jessica Weiner also has authored *Do I Look Fat in This?: Life Doesn't Begin Five Pounds from Now* that is available in hard and e-copy. <http://www.suchaprettyface.com/> A website that presents the story of Traci and her continuing journey to combat obesity and cope with the aftermath of surgical intervention. Includes before and after pictures, a diary, questions and answers, and links to related resources and sites. Conveys the desperation, self-hate, as well as pride that have been part of Traci's experience.

Chapter 9-HIV/AIDS

- Costin, L. (2004). *The AIDS pandemic*. Chapel Hill, NC: University of North Carolina Press. Examines the legal, ethical, and policy challenges of the global AIDS pandemic.
- Gant, L. M., Stewart, P.A., & Lynch, V. J. (1998). *Social workers speak out on the HIV/AIDS crisis: Voices from and to African-American communities*. Westport, CT: Praeger Publishers. Written by a team of nationally recognized African American social work professionals with extensive and distinguished backgrounds in HIV/AIDS service. Examines the crisis facing African American communities and calls for African-American communities and service providers to battle the crisis.
- Health & Social Work, 2004 (29) 2. A special issue devoted to HIV/AIDS; stage-setting editorial "The Changing Face of AIDS" by Galambos. Includes articles on older adults, caregivers, South Asians, current trends, and other topics.

Hitchens, N. (1992). *Voices that care*. New York: Simon & Schuster. A collection of stories by and about people who are infected or affected by HIV/AIDS during the first years of the AIDS epidemic in the United States.

Journal of HIV/AIDS & Social Services. Edited by Nathan Linsk and Dorie Gilbert; published by Haworth Press. <http://www.haworthpress.com/web/JHASO>

Klitzman, R., & Bayer, R. (2003). *Mortal secrets: Truth and lies in the age of AIDS*. Baltimore: The Johns Hopkins University Press. Reports on interviews with more than 70 gay men and women, intravenous drug users, sex workers, bisexual men, and heterosexual men and women. Looks at the motivations to get tested for HIV, and, if positive, to disclose or not disclose HIV status. Also examines policy issues related to the findings.

Levenson, J. (2004). *The secret epidemic: The story of AIDS and black America*. New York: Anchor. Examines the AIDS epidemic in Black America by interweaving personal stories, including the story of David deShazo, a white social worker in Alabama, with the historical legacy of racial discrimination and with aspects of current national policy.

Lynch, V. J. (2000). *HIV/AIDS at Year 2000: A sourcebook for social workers*. Boston: Allyn & Bacon. An edited book that provides a comprehensive overview of HIV Disease, descriptions of the lives and needs of the diverse groups impacted by HIV/AIDS, and it addresses roles for social work.

Nokes, K. M. (1998). *HIV/AIDS and the older adult*. Washington DC: Taylor & Francis. Discusses the unique issues faced by older adults living with HIV/AIDS.

Shernoff, M. (1999). *AIDS and mental health practice: Clinical and policy issues*. Binghamton, NY: Haworth Press. An edited collection, written by experts in the field, that demonstrates ways to provide better services to different populations, many of whom have been ignored in AIDS and mental health literature.

Shilts, R. (1987). *And the band played on: Politics, people and the AIDS epidemic*. The first major book on AIDS, examines the first five years of AIDS in the United States, with a critical analysis of the initial handling of the epidemic by the medical and scientific communities and by politicians, the media, and the gay community.

Wooten, J. (2004). *We are all the same: A story of a boy's courage and a mother's love*. New York: Penguin. Tells the story of Nkosi Johnson, a black South African boy born with AIDS, recounting how his mother took him to an AIDS hospice for white patients, how the director of that clinic took Nkosi to raise, and the efforts of Nkosi and his foster mother to bring change to the treatment of AIDS in South Africa.

Wright, K. (2006). *AIDS in blackface: 25 years of an epidemic*. Los Angeles: Black AIDS Institute. (see: www.BlackAIDS.org)

Chapter 10-Major Depression

Aronson, E., & Aronson, P. (2006). *Morning has broken: A couple's journey through depression*. New York, NY: New American Library. A personal story of the battle of major depression as experienced by a man and his wife. Explores the impact of major depression on the couple's relationship as well as extended family members and friends. Discusses the interventions used, both successful and unsuccessful, including the use of ECT.

Bentley, K.J., & Walsh, J. (2006). *The social worker and psychotropic medication: Toward effective collaboration with mental health clients, families, and providers* (3rd ed.). Pacific Grove, CA: Brooks/Cole. Provides the classes, generic and brand names of psychotropic medications, including those used to treat major depression. Includes two unique features: the use of medication with diverse populations and a collaborative model for the client, social worker, and prescribing physician or other mental health professional to identify the agent best suited for a particular client.

Jordan, C., & Franklin, C. (2003). *Clinical assessment for social workers: Quantitative and qualitative methods* (2nd ed.). Chicago, IL: Lyceum. Presents current quantitative and qualitative methods and standardized tools used to assess a range of individual and family problems, including depression, encountered by social workers. Discusses application to diverse populations and suggests ways to incorporate and link assessment to outcome evaluation. Provides information that should be considered when any measure of depression is applied.

Leahy, R.L., & Holland, S. (2000). *Treatment plans and interventions for depression and anxiety disorders*. New York: Guilford. Presents empirically validated guidelines, including specific tools and techniques for intervention with seven disorders including major depression. Concise and understandable in its presentation of complex assessment and cognitive behavioral interventive techniques that social workers can use. A CD-Rom is provided with the book.

Sadock, B.J. & Sadock, V.A. (2001). *Pocket handbook of psychiatric drug treatment* (3rd. Ed.). Philadelphia, PA.: Lippincott, Williams & Wilkins. A summary of psychiatric medications aimed at all mental health professionals who are responding to any mental, emotional, or behavioral disorder. Includes drug names, molecular structures, preparation and dosages, pharmacological actions, indications for use and clinical applications, application to special populations, and drug-drug interactions.