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

Chapter 1-The Working Model


Chapter 2-Elements of Knowing and Doing

Chapter 3-Financial Impoverishment


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.


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.

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.


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 Nickel 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

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


Chapter 5-Child Maltreatment

Stories About/By Survivors


**Series**


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**


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**


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.


Chapter 8-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.


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.


Kaplan, M.S., Huguet, 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., Gearring, 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


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.


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.
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.
