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Otto F. Wahl

Social Media and Mental Health (First Edition) Joan Swart,Michael Arntfield,2018-09-13 Social Media and Mental Health: Depression, Predators, and Personality Disorders presents case studies and guidelines to help policymakers, parents, educators, and criminal justice experts better understand the negative effects of social media on mental health. The book examines the direct correlations between technology and the onset of significant personality and mood disorders, criminal violence, and other dysfunctional behavior, particularly in American youth. The text addresses cyberbullying, suicide, and the cycle of abuse; Internet addiction and its relation to impaired psychosocial functioning; and the narcissistic tendencies that individuals can develop as a result of too much screen time, including attention-seeking behavior, constant self-promotion, and feelings of entitlement. Chapters are dedicated to the adverse effects of social media on dating and romantic relationships, the concept of online friends, and the dangerous fantasies that individuals can foster online. The book closes with a timely chapter about radicalization, terrorism, and new media. Scientifically rigorous in nature, Social Media and Mental Health is also an ideal textbook for college-level courses in forensic psychology, social work, juvenile crime, and communications. It can also be used as a guide for educators, employers, and administrators, including law enforcement or corrections officials who work with schools, youth groups, and at-risk populations.

Darius the Great Is Not Okay Adib Khorram,2024-04-02 Darius doesn't think he'll ever be enough, in America or in Iran. Hilarious and heartbreaking, this unforgettable debut introduces a brilliant new voice in contemporary YA. Winner of the William C. Morris Debut Award "Heartfelt, tender, and so utterly real. I'd live in this book forever if I could." —Becky Albertalli, award-winning author of Simon vs. the Homo Sapiens Agenda Darius Kellner speaks better Klingon than Farsi, and he knows more about Hobbit social cues than Persian ones. He's a Fractional Persian—half, his mom's side—and his first-ever trip to Iran is about to change his life. Darius has never really fit in at home, and he's sure things are going to be the same in Iran. His clinical depression doesn't exactly help matters, and trying to explain his medication to his grandparents only makes things harder. Then Darius meets Sohrab, the boy next door, and everything changes. Soon, they're spending their days together, playing soccer, eating faludeh, and talking for hours on a secret rooftop overlooking the city's skyline. Sohrab calls him Darioush—the original Persian version of his name—and Darius has never felt more like himself than he does now that he's Darioush to Sohrab. Adib Khorram's brilliant debut is for anyone who's ever felt not good enough—then

met a friend who makes them feel so much better than okay.

iGen Jean M. Twenge,2017-08-22 As seen in Time, USA TODAY, The Atlantic, The Wall Street Journal, and on CBS This Morning, BBC, PBS, CNN, and NPR, iGen is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of iGen just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

It's Kind of a Funny Story Ned Vizzini,2010-09-25 Like many ambitious New York City teenagers, Craig Gilner sees entry into Manhattan's Executive Pre-Professional High School as the ticket to his future. Determined to succeed at life—which means getting into the right high school to get into the right college to get the right job—Craig studies night and day to ace the entrance exam, and does. That's when things start to get crazy. At his new school, Craig realizes that he isn't brilliant compared to the other kids; he's just average, and maybe not even that. He soon sees his once-perfect future crumbling away.

Infant and Early Childhood Mental Health Kristie Brandt,Bruce D. Perry,Stephen Seligman,Ed Tronick,2014-10-03 Infant and Early Childhood Mental Health: Core Concepts and Clinical Practice is a groundbreaking book that provides an overview of the field from both theoretical and clinical viewpoints. The editors and chapter authors -- some of the field's foremost researchers and teachers -- describe from their diverse perspectives key concepts fundamental to infant-parent and early childhood mental health work. The complexity of this emerging field demands an interdisciplinary approach, and the book provides a clear, comprehensive, and coherent text with an abundance of clinical applications to increase understanding and help the reader to integrate the concepts into clinical practice. Offering both cutting-edge coverage and a format that facilitates learning, the book boasts the following features and content: A focus on helping working professionals

expand their specialization skills and knowledge and on offering core competency training for those entering the field, which reflects the Infant-Parent Mental Health Postgraduate Certificate Program (IPMHPCP) and Fellowship in Napa, CA that was the genesis of the book. Chapters written by a diverse group of authors with vastly different training, expertise, and clinical experience, underscoring the book's interdisciplinary approach. In addition, terms such as clinician, therapist, provider, professional, and teacher are intentionally used interchangeably to describe and unify the field. Explication and analysis of a variety of therapeutic models, including Perry's Neurosequential Model of Therapeutics; Brazelton's neurodevelopmental and relational Touchpoints; attachment theory; the Neurorelational Framework; Mindsight; and Downing's Video Intervention Therapy. An entire chapter devoted to diagnostic schemas for children ages 0--5, which highlights the Diagnostic Classification of Mental Health Disorders of Infancy and Early Childhood: Revised (DC:0-3R). With the release of DSM-5, this chapter provides a prototypical crosswalk between DC:0-3R and ICD codes. A discussion of the difference between evidence-based treatments and evidence-based practices in the field, along with valuable information on randomized controlled trials, a research standard that, while often not feasible or ethically permissible in infant mental health work, remains a standard applied to the field. Key points and references at the end of each chapter, and generous use of figures, tables, and other resources to enhance learning. The volume editors and authors are passionate about the pressing need for further research and the acquisition and application of new knowledge to support the health and well-being of individuals, families, and communities. Infant and Early Childhood Mental Health: Core Concepts and Clinical Practice should find a receptive audience for this critically important message.

Crazy Like Us Ethan Watters,2010-01-12 It is well known that American culture is a dominant force at home and abroad; our exportation of everything from movies to junk food is a well-documented phenomenon. But is it possible America's most troubling impact on the globalizing world has yet to be accounted for? In Crazy Like Us, Ethan Watters reveals that the most devastating consequence of the spread of American culture has not been our golden arches or our bomb craters but our bulldozing of the human psyche itself: We are in the process of homogenizing the way the world goes mad. America has been the world leader in generating new mental health treatments and modern theories of the human psyche. We export our psychopharmaceuticals packaged with the certainty that our biomedical knowledge will relieve the suffering and stigma of mental illness. We categorize disorders, thereby defining mental illness and health, and then parade these seemingly scientific certainties in front of the world. The blowback from these efforts is just now coming to light: It turns out that we have not only been changing the way the world talks about and treats mental illness -- we have been changing the mental illnesses themselves. For millennia, local beliefs in different cultures have shaped the experience of mental illness into endless varieties. Crazy Like Us documents how American interventions have discounted and worked to change those indigenous beliefs, often at a dizzying rate. Over the last decades, mental illnesses popularized in America have

been spreading across the globe with the speed of contagious diseases. Watters travels from China to Tanzania to bring home the unsettling conclusion that the virus is us: As we introduce Americanized ways of treating mental illnesses, we are in fact spreading the diseases. In post-tsunami Sri Lanka, Watters reports on the Western trauma counselors who, in their rush to help, inadvertently trampled local expressions of grief, suffering, and healing. In Hong Kong, he retraces the last steps of the teenager whose death sparked an epidemic of the American version of anorexia nervosa. Watters reveals the truth about a multi-million-dollar campaign by one of the world's biggest drug companies to change the Japanese experience of depression -- literally marketing the disease along with the drug. But this book is not just about the damage we've caused in faraway places. Looking at our impact on the psyches of people in other cultures is a gut check, a way of forcing ourselves to take a fresh look at our own beliefs about mental health and healing. When we examine our assumptions from a farther shore, we begin to understand how our own culture constantly shapes and sometimes creates the mental illnesses of our time. By setting aside our role as the world's therapist, we may come to accept that we have as much to learn from other cultures' beliefs about the mind as we have to teach.

Social Media and Mental Health in Schools Jonathan Glazzard,Colin Mitchell,2018-10-22 Social media is at the heart of children's and young people's lives. It is intimately entwined with mental health issues and can be both a blessing and a curse. Do you fully understand the links between social media and mental health? What problems does social media present for your learners? What benefits could it bring them? What can you do to educate children and young people about the use of social media while also developing their digital resilience? Whether you are a primary or secondary teacher, this book helps you tackle these questions, with a range of practical strategies and solutions that are workable in school and classroom settings.

Digital Delivery of Mental Health Therapies Hannah Wilson,2022-02-21 This guide shares best practice for delivering mental health support and treatment digitally. Part One considers aspects relevant to all digital mental health interventions, such as therapeutic alliance, risk, safeguarding, working with complexity, and what people are looking for from digital support. Part Two focuses on specific therapies and models, including CBT, ACT, DBT, CFT, CAT and EMDR, and how they can be adapted for digital delivery. Whatever technology is available to you, this book will support you in taking your practice onto whichever digital platforms both you, and your clients feel comfortable with. With top tips from a wide range of practitioners, this book opens a conversation about the benefits, challenges and best practice for delivering mental health therapies using digital platforms.

Social Work and Mental Health Sylvia I. Mignon, MSW, PhD,2019-09-09 Clear, comprehensive, and accessible, this textbook presents an overview of the contemporary American mental health system and its impact on clients and social workers. The failure of the system to provide quality care for the mentally ill is explored, including issues and policies that

social workers face in accessing mental health care for their clients, while also discussing the ways in which social workers can improve the overall functioning of the system and promote the development and expansion of policy and practice innovations. This is the first textbook to examine the lack of understanding of the roots of mental illness, the challenges in classification of mental disorders for social workers, and difficult behavioral manifestations of mental illness. By looking at the flaws and disparities in the provision of mental health services, especially in relation to the criminal justice system and homelessness and mental illness, social work students will be able to apply policy and practice to improve mental health care in their everyday work. A focus on the lived experiences of the mentally ill and their families, along with the experiences of social workers, adds a unique, real-world perspective. Key Features: Delivers a clear and accessible overview and critique of social work in the broader context of mental health care in the US Reviews historical and current mental health policies, laws, and treatments, and assesses their impact on social services for the mentally ill Investigates racial and ethnic disparities in mental health provision Incorporates the experiences of people with mental illness as well as those of social workers Offers recommendations for future social work development of mental health policies and services Includes Instructors Manual with PowerPoint slides, chapter summaries and objectives, and discussion questions Addresses CSWE core competency requirements

Logged In and Stressed Out Paula Durlofsky,2020-12-21 Social media is here to stay, and Logged In and Stressed Out presents the right information and tools to improve our lives through examining and changing our digital habits. America is facing a mental health crisis. Studies show that the average American is spending more than 10 hours a day in front of their screens, suicide rates are at an all-time high, and mental health professionals are working hard to address social media's role in this epidemic. Social media can sometimes feel like an unpredictable roller coaster ride. One's mood can swing from elated after getting a slew of "likes" on a post to worthlessness and deflation in response to being criticized in a comment thread. Too often, bad feelings from social media interactions linger, negatively affecting our off-line lives and worsening already present mental health issues. Instead of demonizing social media by taking a one-note, "digital detox" approach, Logged In and Stressed Out recognizes social media is not, itself, the problem--it's how we use it that needs examining. Paula Durlofsky guides readers through its impact on break-ups and infidelities, social distortion and comparison, trauma and triggers, social media binging, depression, anxiety, and other common concerns, using real stories from her own practice to personalize concepts and recommendations. By setting needed limits and embracing new practices, it is possible to improve mental health when using social media. Durlofsky details the whys and hows of creating a safe digital space, cultivating digital and social media mindfulness, applying the techniques of metalizing while consuming social media, and decreasing social media and digital reactivity. She offers suggestions for how to use social media and digital technology to create meaningful social interactions and positive mental health and provides readers with practical steps to put these ideas into action. Social media

is here to stay, and Logged In and Stressed Out presents the right information and tools to improve our lives through examining and changing our digital habits.

    Ten Arguments for Deleting Your Social Media Accounts Right Now Jaron Lanier,2018-05-29 AS SEEN IN THE NETFLIX DOCUMENTARY THE SOCIAL DILEMMA A WIRED ALL-TIME FAVORITE BOOK A FINANCIAL TIMES BEST BOOK THE CONSCIENCE OF SILICON VALLEY- GQ "Profound . . . Lanier shows the tactical value of appealing to the conscience of the individual. In the face of his earnest argument, I felt a piercing shame about my own presence on Facebook. I heeded his plea and deleted my account." - Franklin Foer, The New York Times Book Review "Mixes prophetic wisdom with a simple practicality . . . Essential reading." - The New York Times (Summer Reading Preview) You might have trouble imagining life without your social media accounts, but virtual reality pioneer Jaron Lanier insists that we're better off without them. In Ten Arguments for Deleting Your Social Media Accounts Right Now, Lanier, who participates in no social media, offers powerful and personal reasons for all of us to leave these dangerous online platforms. Lanier's reasons for freeing ourselves from social media's poisonous grip include its tendency to bring out the worst in us, to make politics terrifying, to trick us with illusions of popularity and success, to twist our relationship with the truth, to disconnect us from other people even as we are more "connected" than ever, to rob us of our free will with relentless targeted ads. How can we remain autonomous in a world where we are under continual surveillance and are constantly being prodded by algorithms run by some of the richest corporations in history that have no way of making money other than being paid to manipulate our behavior? How could the benefits of social media possibly outweigh the catastrophic losses to our personal dignity, happiness, and freedom? Lanier remains a tech optimist, so while demonstrating the evil that rules social media business models today, he also envisions a humanistic setting for social networking that can direct us toward a richer and fuller way of living and connecting with our world.

    Media Madness Otto F. Wahl,1995 From Psycho, Silence of the Lambs, Kojak, and Melrose Place, from books, music, cartoons, advertising, and newspapers, we all derive our images of mental illness. These omnipresent media portrayals are at the least insensitive, inaccurate, and unfavorable and at the worst stigmatizing and pernicious. In this important book, Dr. Otto Wahl examines the prevalence, nature, and impact of such depictions, using numerous examples from film, television, and print media. He documents the remarkable frequency of these images and demonstrates how the media has stereotyped the mentally ill through exaggeration, misunderstanding, ridicule, and disrespect. Media Madness also shows the damaging consequences of such stereotypes - stigma, rejection, loss of self-esteem, reluctance to seek, accept, or reveal psychiatric treatment, discrimination, and restriction of opportunity. The forces that shape current images of mental illness are clarified, as are the efforts of organizations and individuals to combat such exploitation.

    Ask a Manager Alison Green,2018-05-01 From the creator of the popular website Ask a Manager and New York's work-

advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

Public Mental Health William W. Eaton,M. Daniele Fallin,2019-04-03 [A] masterful volume that will do much to advance understanding of mental health as an essential public health challenge. -Journal of Sociology & Social Welfare THE GROUNDBREAKING TEXTBOOK IN POPULATION-LEVEL MENTAL HEALTH, NOW FULLY REVISED AND UPDATED Public Mental Health equips a new generation of public health students, researchers and practitioners with the most innovative social. biological, and behavioral science approaches to mental health challenges at the population level. Incorporating insights from multiple health and science disciplines, this new edition introduces novel concepts and methodologies for understanding the occurrence of mental disorders in populations worldwide. Reflecting the disciplinary diversity and expertise of an internationally-recognized roster of contributors, its nineteen chapters include coverage of such essential topics as: · estimates of global prevalence based on new data from the Global Burden of Disease Study · the complex way in which genes, other biological factors, and life stresses increase risk · mental health disparities among population subgroups · population-level mental health consequences of violence and natural disasters · the logic and practice of prevention of mental and behavioral disorders With a perspective that will resonate from the lab to the legislature floor, Public Mental Health offers a much-need core text for students, researchers, and practitioners.

You are Not Alone ,1992

Teen Mental Health in an Online World Victoria Betton,James Woollard,2018-10-18 This essential book shows practitioners how they can engage with teens' online lives to support their mental health. Drawing on interviews with young people it discusses how adults can have open and inquiring conversations with teens about both the positive and negative aspects of their use of online spaces. For most young people there is no longer a barrier between their 'real' and 'online' lives. This book reviews the latest research around this topic to investigate how those working with teenagers can use their insights into digital technologies to promote wellbeing in young people. It draws extensively on interviews with young people aged 12-16 throughout, who share their views about social media and reveal their online habits. Chapters delve into how teens harness online spaces such as YouTube, Instagram and gaming platforms for creative expression and participation in public life to improve their mental health and wellbeing. It also provides a framework for practitioners to start conversations with teens to help them develop resilience in respect of their internet use. The book also explores key risks such as bullying and online hate, social currency and the quest for 'likes', sexting, and online addiction. This is essential reading for teachers, school counsellors, social workers, and CAMHS professionals (from psychiatrists to mental health nurses) - in short, any practitioner working with teenagers around mental health.

A Handbook for the Study of Mental Health Teresa L. Scheid,Tony N. Brown,2010 The second edition of A Handbook for the Study of Mental Health provides a comprehensive review of the sociology of mental health. Chapters by leading scholars and researchers present an overview of historical, social and institutional frameworks. Part I examines social factors that shape psychiatric diagnosis and the measurement of mental health and illness, theories that explain the definition and treatment of mental disorders and cultural variability. Part II investigates effects of social context, considering class, gender, race and age, and the critical role played by stress, marriage, work and social support. Part III focuses on the organization, delivery and evaluation of mental health services, including the criminalization of mental illness, the challenges posed by HIV, and the importance of stigma. This is a key research reference source that will be useful to both undergraduates and graduate students studying mental health and illness from any number of disciplines.

Handbook of the Sociology of Mental Health Carol S. Aneshensel,Jo C. Phelan,2006-11-22 This handbook describes ways in which society shapes the mental health of its members, and shapes the lives of those who have been identified as mentally ill. The text explores the social conditions that lead to behaviors defined as mental illness, and the ways in which the concept of mental illness is socially constructed around those behaviors. The book also reviews research that examines socially conditioned responses to mental illness on the part of individuals and institutions, and ways in which these responses affect persons with mental illness. It evaluates where the field has been, identifies its current location and plots a course for the future.

How to Break Up with Your Phone Catherine Price,2018-02-13 Packed with tested strategies and practical tips, this book is the essential, life-changing guide for everyone who owns a smartphone. Is your phone the first thing you reach for in the morning and the last thing you touch before bed? Do you frequently pick it up "just to check," only to look up forty-five minutes later wondering where the time has gone? Do you say you want to spend less time on your phone—but have no idea how to do so without giving it up completely? If so, this book is your solution. Award-winning journalist Catherine Price presents a practical, hands-on plan to break up—and then make up—with your phone. The goal? A long-term relationship that actually feels good. You'll discover how phones and apps are designed to be addictive, and learn how the time we spend on them damages our abilities to focus, think deeply, and form new memories. You'll then make customized changes to your settings, apps, environment, and mindset that will ultimately enable you to take back control of your life.

Technology and Adolescent Mental Health Megan A. Moreno,Ana Radovic,2018-03-01 This comprehensive book provides a framework for healthcare providers working with the dual challenges and opportunities presented by the intersection of mental health and technology. Technology and Adolescent Mental Health provides recent, evidence-based approaches that are applicable to clinical practice and adolescent care, with each chapter including a patient case illustrating key components of the chapter contents. Early chapters address the epidemiology of mental health, while the second section of the book deals with how both offline and online worlds affect mental health, presenting both positive and negative outcomes, and focusing on special populations of at-risk adolescents. The third section of the book focuses on technology uses for observation, diagnosis or screening for mental health conditions. The final section highlights promising future approaches to technology, and tools for improving intervention and treatment for mental health concerns and illnesses. This book will be a key resource for pediatricians, family physicians, internal medicine providers, adolescent medicine and psychiatry specialists, psychologists, social workers, as well as any other healthcare providers working with adolescents and mental health care.

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