

Tripp Psychiatry LLC

New Patient  
Resources

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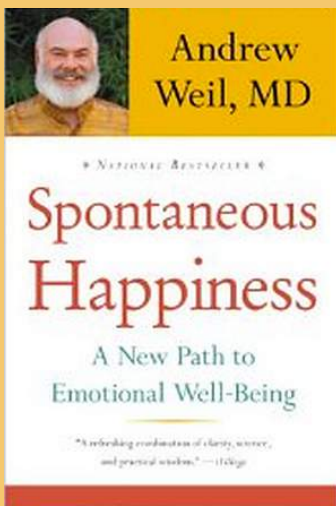
## WELLNESS



### THE FEELING GOOD BOOK

by David Burns MD

A classic in the field, written for patients, with a cognitive behavioral therapy theme, focusing on behavioral and cognitive techniques to treat depression and anxiety yourself.

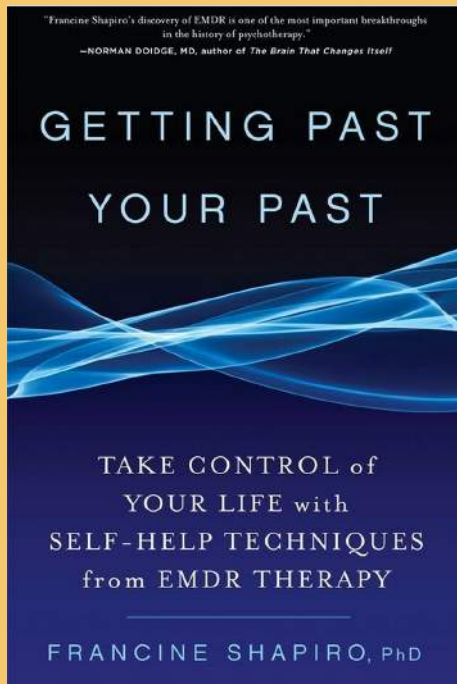


### SPONTANEOUS HAPPINESS

by Andrew Weil MD

A nice DIY plan for therapy, mindfulness, and exercise. The anti-inflammatory diet doesn't have any research behind it, but it's not a bad generic diet.

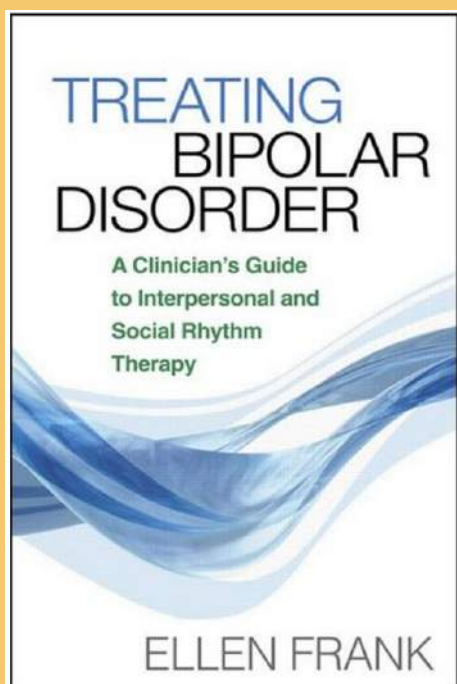
## TRAUMA TREATMENT



EMDR SELF HELP TECHNIQUES  
by Francine Shapiro PhD.

A book for those who have experienced significant trauma, written for patients by the creator of the technique. Discuss with your therapist first.

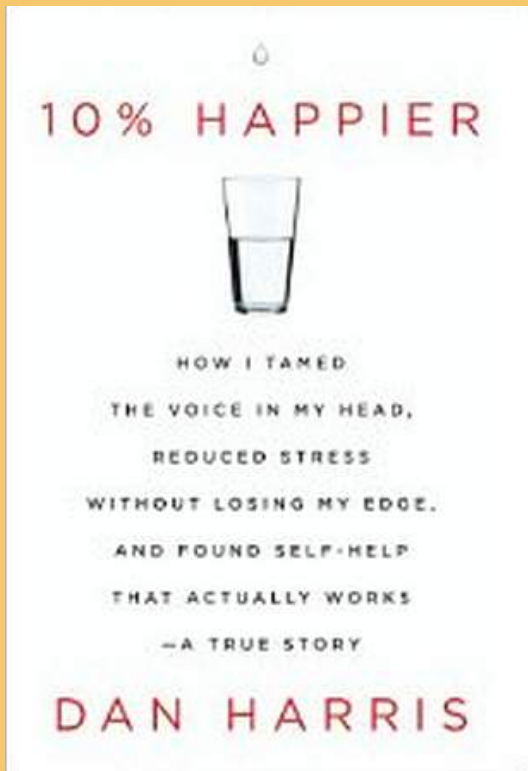
## BIPOLAR TREATMENT



Treating Bipolar Disorder: A Clinician's  
Guide to Interpersonal and Social Rhythm  
Therapy  
by Ellen Frank PhD

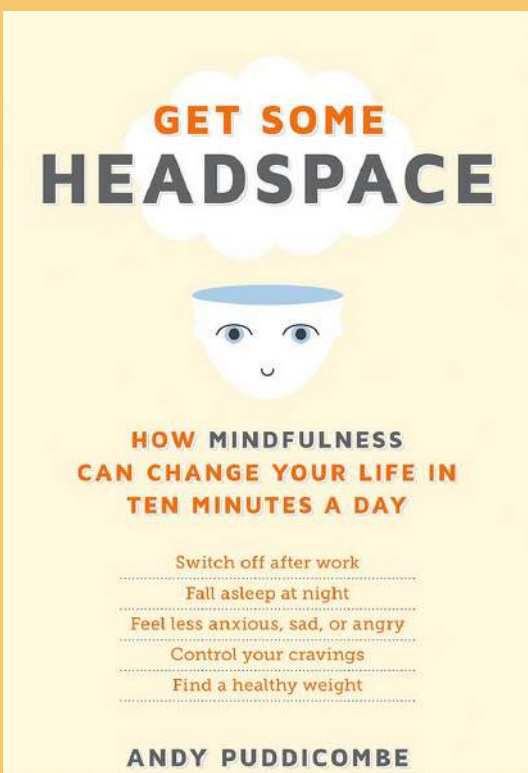
This is a book for clinicians for treatment of bipolar disorder, but very practical and accessible for self help as well.

# Mindfulness



## 10% Happier by Dan Harris

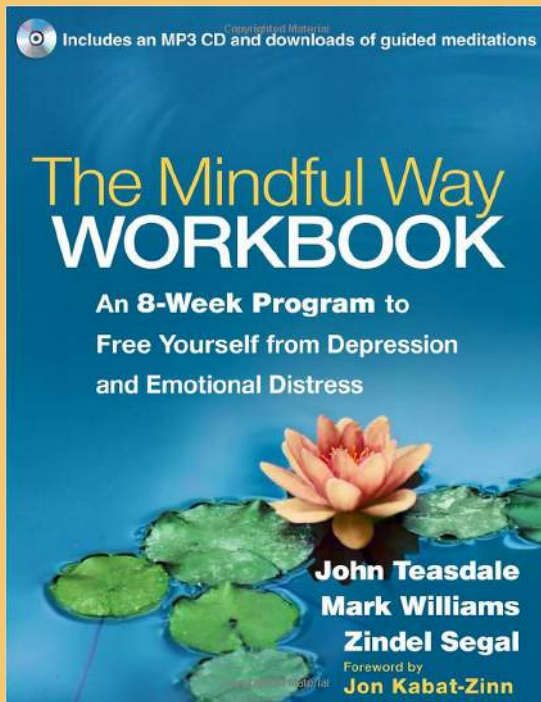
An ABC news anchor describes his experience seeking treatment after having a panic attack on Good Morning America in 2004. Not a how to book, but a refreshing honest look at medication, therapy, and meditation in mental health. Funny and honest.



## Get Some Headspace by Andy Puddicombe

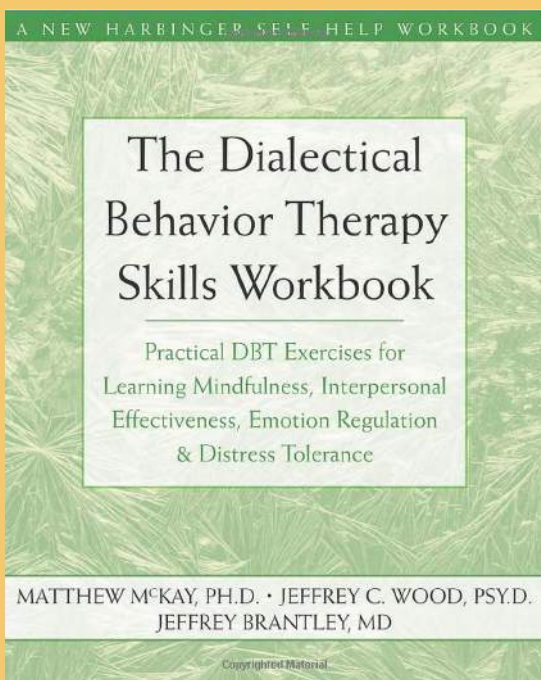
A British Buddhist monk who does consultations for primary care providers in the UK provides some fundamentals and basics that are very easy to understand and easy beginner exercises to ease into meditation, see later in the guide for a link to his website

# Self Study Workbooks



**The Mindful Way Workbook**  
by John D. Teasdale PhD, J. Mark G. Williams DPhil, Zindel V. Segal PhD

An 8-week long program using mindfulness techniques to help with mood and anxiety, including a CD with mindfulness exercises, you can also use with your therapist.

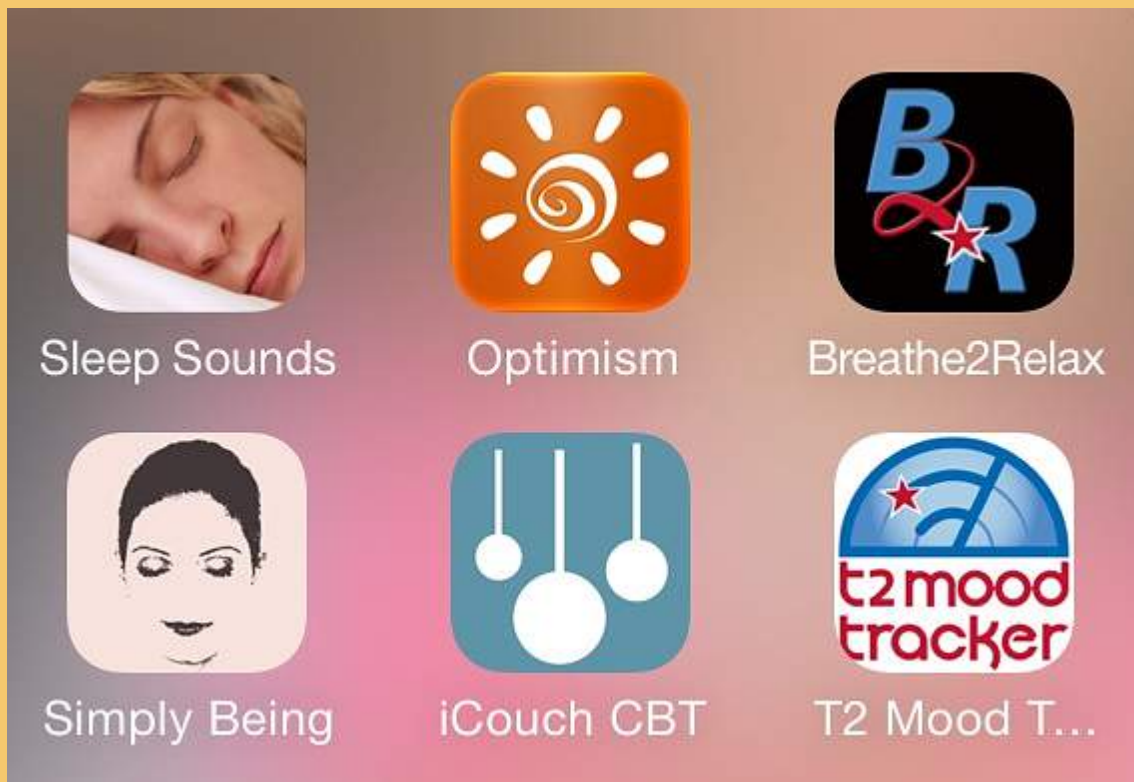


**The Dialectical Behavior Therapy Skills Workbook**  
by Matthew McKay, Jeffrey C. Wood, Jeffrey Brantley

A workbook using DBT techniques to help with anxiety, mood, and emotional regulation. Especially useful for those with a history of trauma.

# Apps

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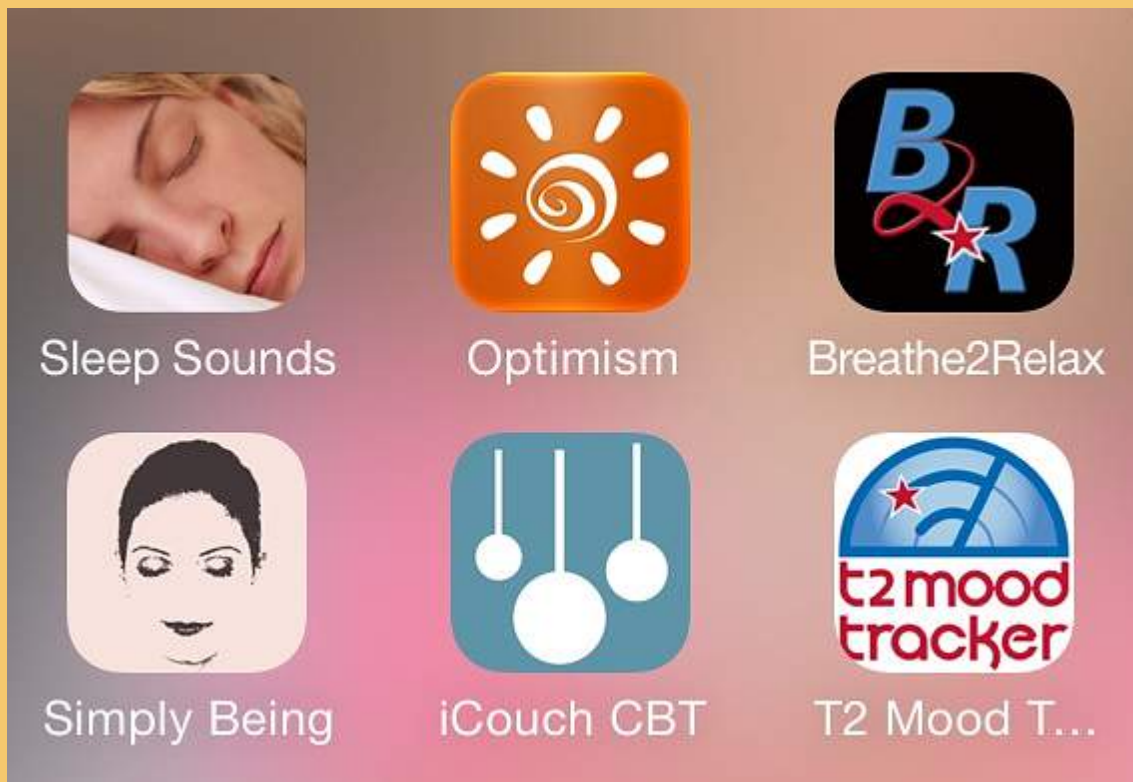
These are 6 apps for the iPhone IOS. They are free or less than \$10, with relaxation techniques, CBT thought records, guided relaxation, and mood tracking

**Sleep Sounds** are ~12 nature sounds (e.g. thunderstorm, at the beach)

**Optimism** is a free mood tracker created in the UK. You can track your sleep quality, sleep quantity, mood, positive and negative coping skills, and email yourself a graph of 2 weeks progress. **Mood Tracker** is a similar free app created in the US.

# Apps 2

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**Breathe2Relax** is a free app providing visual and auditory prompts for diaphragmatic breathing.

**Simply Being** is a 0.99 app that provides 5/10/15 minute guided relaxations for shorter moments of mindfulness

**iCouch CBT** is a free thought record app for use with CBT therapy, you can email your record to yourself or your therapist to compliment your in session psychotherapy.





**Bloom** is a music app where you can start a tune with your phone, high notes at the top of your phone, low notes at the bottom of your phone and it will evolve your own personal ambient relaxation music.

For those with the Android OS, the company Excel for Life has several CBT oriented apps:

<http://amzn.to/GImPT2>

Also, SIMPLY BEING and the T2 Mood Tracker are also available for Android.

## S-Adenosyl methionine (SAME) Treatment for Depression

800mg twice a day of SAME can be helpful in the treatment of depression

## Melatonin

1-5mg 60-90 minutes before bedtime, it enhances your body's own circadian rhythms. Not habit forming, it will work or not work, not a lot of middle ground. You can purchase at any pharmacy or larger grocery or department stores like Target, as well as GNCs.

## Valerian Root

It is recommended to take a smaller dose of Valerian for anxiety than one would to fall asleep. This helps to avoid the drowsy effects of higher doses. Approximately 250-500mg as needed up to three times a day is best.

## EPA Omega 3 Fatty Acids

A recent clinical trial showed a strong reduction in depressive symptoms in patients particularly with a higher BMI or inflammatory panel, the capsules are available commercially on Amazon for \$55 for a 2 month supply. 2 capsules a day

Amazon Link: <http://amzn.to/1aSVPPi>

## Mindfulness Based Stress Reduction (MBSR) Course at UPMC Shadyside Hospital

This is the link for the MBSR course given several times a year through the UPMC integrative medicine center. It is based on the original course developed at UMass Worcester by Jon Kabat Zinn, resulting in his original book Full Catastrophe Living. The course is directed by Carol Greco PhD. <http://bit.ly/GIIDPo>

## Pittsburgh Shambhala Meditation Institute

Located in Highland Park, Pittsburgh Shambhala Meditation Institute has free group meditation classes available five days a week.



## Science of Mindfulness

This is a 2013 panel discussion on the science of mindfulness. It is ~75 minutes long. From the NPR show "To the Best of Our Knowledge" featuring neuroscientists Richard Davidson PhD, Amisha Jha PhD, and clinical mindfulness expert Jon Kabat Zinn PhD. You can watch on youtube

<http://youtu.be/5TeWvf-nfpA>

This is part of a greater symposium on consciousness:  
<http://www.nourfoundation.com/events/the-emerging-science-of-consciousness.html>

## Zen and the Brain

This is a 2010 Google Talk by Dr. James Austin, professors emeritus at the University of Colorado Health Science, on the neuroscience of meditation You can watch on youtube.

<http://youtu.be/vEIXijQctlQ>

## Gentle Yoga and Meditation

This class was recommended by one of my patients. It is a yoga class taught Wednesday night from 7:30 - 8:45pm at the Schoolhouse Yoga Center in Squirrel Hill

<http://bit.ly/1m8ZVIw>

## Get Some Headspace Community

The website follow up to the previously mentioned book Get Some Headspace by Andy Puddicombe. If you want to put in more investment into learning about meditation, it has hours and hours of content, and also a free app to help with your meditation practice.

<https://www.headspace.com/>

# Light Box Therapy

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<http://amzn.to/1A9ATQd>

For those with a seasonal component to your mood, a light of 10,000 Lux or candle power is needed. 30 minutes a day, 2-4 feet away on a kitchen or dining room table, as close to when you wake up as possible. You don't need to stare directly at it, but it does need to be in line of sight.

It works by activating the suprachiasmatic nucleus in your brain, and tricking your brain into thinking it is dawn before the sun comes up, and resetting your circadian rhythms.

The box shown is \$70, and the least expensive light box with the appropriate setting for clinical use. I have been able to find.

While with a minority of my patients I will use psychotherapy myself, I work with a lot of community therapists, and can provide specific recommendations based on school or method of therapy (e.g. EMDR, psychodynamic, CBT, DBT) or specific experiences or symptoms (e.g. trauma, bipolar disorder). Once I have a better sense of what you may be looking for or goals you may want to reach I can provide specific therapists and contact numbers. Also see below

The logo for Psychology Today, featuring the words "Psychology Today" in a bold, blue, sans-serif font.

Psychology today is a clearinghouse for therapists, you can search by school of therapy, insurance, zip code and city, and see who may be available in your local area. Click on the logo or google PSYCHOLOGY TODAY.



The GOOD GRIEF CENTER is a local Pittsburgh nonprofit offering support groups and individual grief counseling for those mourning the loss of important people in their lives

## GoodRx

GoodRx.com is a free web resource you can use to put in a medication and zip code, and it will provide coupons you can provide at a local pharmacy for a 30 day supply of medication deeply discounted



the National Alliance of the Mentally Ill is a national advocacy nonprofit group that has an excellent site on common psychiatric medications, their uses, side effects, and common dosages. You can also check out local chapters, support groups, and other resources NAMI has for both patients as well as families.

**Drugs and Lactation Database (LactMed)** - A peer-reviewed and fully referenced database of drugs to which breastfeeding mothers may be exposed. Among the data included are maternal and infant levels of drugs, possible effects on breastfed infants and on lactation, and alternate drugs to consider.



1. Sleep is an important part of mental wellness, and I recommend people reduce lights and stimulation, and turn off any blue screens (e.g. laptops, smartphones, tablets, TVs) 15-20 minutes before bedtime to help "invite" sleep in.

2. Reserve your bed for sleep, not watching TV, studying, working. You don't want to confuse your brain.

3. If you are lying in your bed for >30 minutes, get up and do something relaxing until you feel tired, and reduce anxiety rather than lie in bed worrying about falling asleep.

4. Below a list of more tips for sleep hygiene:

<http://healthysleep.med.harvard.edu/healthy/getting/overcoming/tips>

Click or use the link below for a online Cognitive Behavioral Therapy psychotherapy program to help with your sleep. It has been funded by several NIH grants and researched for effectiveness. Currently \$135 for 16 weeks of access to the work as you go program. <http://shuti.me/>

