

Books by Michael Ungar PhD

Michael Ungar has authored ten books and written more than 75 book chapters and articles. His non-fiction books are written with three audiences in mind: Parents, researchers and mental health professionals. Michael recently published his first novel, *The Social Worker*. Below are brief descriptions of his ten titles, accompanied by ISBN numbers, to help you order from any bookseller.

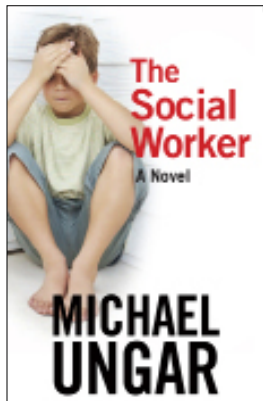


If you'd like more information about Michael, here's how to find him online:

Website: www.michaelungar.com



Fiction

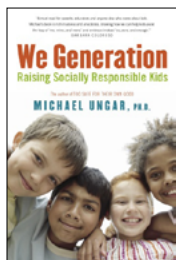


The Social Worker (2011)

Joey is not your typical social worker. He burns down houses to solve bureaucratic deadlocks, steals to get his clients bigger welfare cheques, and lies if it will help prevent his supervisor from intruding in the lives of his young clients. Joey's plans for revenge against the system that failed him may have worked, except buried in old agency files are untold family secrets. A social worker now, Joey remembers all too well what it felt like to be a client. In and out of foster homes, his father dead, his mother an abusive emotional wreck, Joey put his talents as a juvenile delinquent to good use in secure custody.

The Social Worker is a controversial and provocative story of what it means to reach out to the most vulnerable, set amid the hidden world of those whose motivations to help can be as difficult to understand as the systems for which they work. ISBN 987-1-897426-26-5

Parenting Titles



We generation: Raising socially responsible kids (2009)

Through inspiring stories taken from Dr. Ungar's clinical work with children, youth and families, and research gathered from around the world, Ungar shows how the close connections kids crave and the support that adults provide can help kids realize their full potential - and how it can also protect them from the dangers of delinquency, early sexual activity, and drug abuse. At a time when global issues and activism come to the forefront, *We Generation* offers a fresh, optimistic way of thinking about our children's true potential. ISBN 0738213780



Too safe for their own good (2007)

Our children are safer now than at any other time in history. If we adults think back to when we were young, didn't the risks we took and the responsibilities we had help prepare us for the challenges we would face later in our lives? In his ongoing work with young people and their families, Ungar is seeing a disturbing trend: a connection between all the security we offer children and adolescents, and troubling behaviours like drug abuse, early sexual activity, violence and truancy. *Too safe for their own good* shares what Ungar has learned from families who have found ways to provide their children with the right amount of risk and responsibility. ISBN 077108708X



Playing at being bad: The hidden resilience of troubled teens (2007)

Our most troubled youth are far more resilient and healthy than we are ready to admit. If we take the time to listen very closely to our children speak about their own experiences beyond our front doors, we hear an entirely different story about their lives than the one we adults tell. Unlike many other books about difficult kids that reflect the wisdom of adults, this one explores the truth of adolescence. ISBN 077108711X

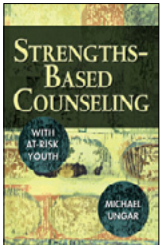
***Please turn the page for Michael's books for
Mental Health Professionals and Researchers***

Books for Mental Health Professionals



Counseling in challenging contexts: Working with individuals and families across clinical and community settings (2011)

In this text, Michael Ungar introduces the new social ecological model designed to integrate the best of what we know about individual and family counseling and case management with practical applications of strengths-based interventions in clinical, community and institutional settings. Two concepts of Navigation and Negotiation organize the theory and it's application to counseling practice in office-based and community settings. A DVD demonstrating practice accompanies the text. ISBN 084003184X



Strengths-based counseling with at-risk youth (2006)

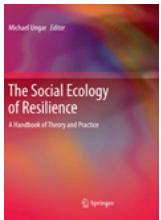
Now more than ever, counselors, teachers, community workers, and parents are striving to prevent individual and school-wide tragedy before it happens. Critical to the success of their efforts is a deep respect for the adolescent experience. In this book, author and social worker Michael Ungar takes a fresh, hopeful approach to challenging youth by looking beyond the surface of "bad" behaviours to understand them as a way of coping with life's adversities. ISBN 1412928192



Nurturing hidden resilience in troubled youth (2004)

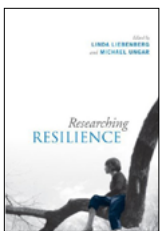
This is the first text in it's field to examine resilience as a social construct; it offers a comprehensive theory of resilience and a model for the application of this theory to direct practice with high-risk youth in clinical, residential, and community settings. ISBN 0802085652

Books for Researchers



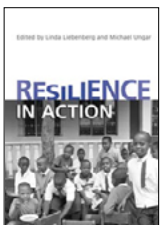
The social ecology of resilience (2012, editor)

Taking the view that resilience is a process to be developed and nurtured rather than a hard-wired capacity of the individual, The Social Ecology of Resilience explains how interactions with school, family, community, and culture can provide ingredients for positive development. ISBN 9781461405856



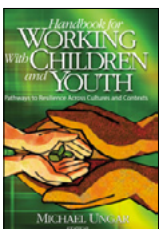
Researching resilience (2009, with Linda Liebenberg)

While categorization has always been one of the primary focuses of the social sciences, recent trends within these disciplines have tended to categorize various behaviours as disorders. *Researching Resilience* challenges this tendency to pathologize, and marks a profound shift in research methods from the study of disorder to the study of well-being. ISBN 0802094708



Resilience in action (2008, with Linda Liebenberg)

Mental health specialists and researchers contend that the development of resilience in youth is facilitated at several different levels. Relational, cultural, individual, and governmental factors all have a strong influence over the mental well-being of young people. *Resilience in Action* looks at youth interventions with a view to fostering resilience in those living in adverse situations and conditions. ISBN 0802092691



Handbook for working with children and youth: Pathways to resilience across cultures and contexts (2005)

This text examines lives lived well despite adversity. Calling upon some of the most progressive thinkers in the field, it presents a ground breaking collection of original writing on the theories, methods of study, and interventions that promote resilience. ISBN 1412904056