

DNA-V Resource Sheet

Recommended Reading about DNA-V and ACT

- Hayes, L. L. & Ciarrochi, J., (2015). The thriving adolescent: Using acceptance and commitment therapy and positive psychology to help teens manage emotions, achieve goals and build connection. Oakland CA: New Harbinger.
- Ciarrochi, J. Hayes, L. & Bailey, A. (2012). Get out of your mind and into your life for teens. Oakland CA: New Harbinger. (Foreword by S. C. Hayes)
- Turrell, S., & Bell, M. (2016). ACT for adolescents. Treating Teens and Adolescents in Individual and Group Therapy. Oakland CA: New Harbinger.

More information on DNA-V and CASEL

- http://thrivingadolescent.com/wp-content/uploads/2017/09/sel-competencies-scan-article-CiarrochiL.Hayes_.pdf

Videos about the DNA-V model (geared towards Youth)

- <http://thrivingadolescent.com/dreambig/>

FREE Group Protocol Download and Workbook

- http://thrivingadolescent.com/wp-content/uploads/2017/08/Thriving-in-groups_RaynerHayesCiarrochi2017-sharing.pdf
- <http://thrivingadolescent.com/wp-content/uploads/2017/08/Thriving-NOTEBOOK-for-young-people-2017.pdf>

DNA-V Worksheets and other Downloads

- <http://thrivingadolescent.com/adolescent-resources/thriving-adolescent-book-downloads/>
- <http://thrivingadolescent.com/adolescent-resources/get-out-of-your-mind-and-into-your-life-for-teens-book-downloads/>

Other Useful (and fun) Therapy Tools

- Sneaky Cards: Playing It Forward <https://sneakycards.com/>
- Deck of Mindfulness Cards for Adolescents
https://www.amazon.com/gp/product/155957058X/ref=oh_aui_detailpage_o00_s00?ie=UTF8&psc=1
- Mindfulness Activity Cards https://www.amazon.com/Mindful-Games-Activity-Cards-Mindfulness/dp/1611804094/ref=pd_bxgy_14_2?encoding=UTF8&psc=1&refRID=PVP37BERKHJEMXHYE10E
- ACT based book written *for* adolescents: Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can
https://www.amazon.com/gp/product/1626258651/ref=oh_aui_detailpage_o01_s00?ie=UTF8&psc=1