

## **MHPN Webinar: Supporting the Mental Health of Men Experiencing Difficulty Regulating their Emotions**

### **List of Panel Suggested Supporting Resources**



Australian Bureau of Statistics. Personal Safety. Canberra: ABS, 2012

<http://www.racgp.org.au/your-practice/guidelines/whitebook/>

Introduction to working with men and family relationships guide: A resource to engage men and their families

[https://www.dss.gov.au/sites/default/files/documents/working\\_with\\_men.pdf](https://www.dss.gov.au/sites/default/files/documents/working_with_men.pdf)

King, A. Sweeney, S. and Fletcher, R. A Checklist for Organisations Working with Men using the non-deficit approach. Children Australia. Volume 30 No. 3

<http://www.mengage.org.au/MENGAGE/media/MediaLibraryOne/Checklist-Working-With-Men/Checklist-For-Organisations-Working-With-Men.pdf>

Different types of Intimate Partner Violence – An exploration of the literature by Dr. Jane Wangmann (October 2011, Issues Paper 22)

[http://www.adfvc.unsw.edu.au/PDF%20files/IssuesPaper\\_22.pdf](http://www.adfvc.unsw.edu.au/PDF%20files/IssuesPaper_22.pdf)

Bushman, B. J. (2002). Does venting anger feed or extinguish the flame? Catharsis, rumination, distraction, anger, and aggressive responding. Personality and social psychology bulletin, 28(6), 724-731.

<http://www-personal.umich.edu/~bbushman/PSPB02.pdf>

Deffenbacher, J. (2011). Cognitive-behavioural conceptualization and treatment of anger, Cognitive and Behavioral Practice, 18, 212-221.

<http://eric.ed.gov/?id=EJ918622>

Forbes, D., McHugh, T. & Chemtob, C. (2013). Regulating Anger in Combat-Related Stress Disorder. In Fernandez, E. (Ed.), Treatments for Anger in Specific Populations: Theory, Application and Outcome, (pp. 52-73). USA: Oxford Press.

Healy, M., Stoeckel, S. & McHugh, T. (2011). Walking on Eggshells and Through Minefields. Pennon Publishing, Victoria.

<http://www.trauma.org.au/On-Eggshells-and-Through-Minefields>

Kahneman, D. (2011). Thinking, fast and slow. New York: Farrar, Straus & Giroux.

<http://www.amazon.com/Thinking-Fast-Slow-Daniel-Kahneman/dp/0374533555>

Pinker, S. (1999). How the mind works. Annals of the New York Academy of Sciences, 882, 119-127.

<http://www.amazon.com/How-Mind-Works-Sтивен-Pinker/dp/0393334775/>

Potegal, M., Stemmler, G. & Spielberger, C. (2010). International Handbook of Anger. New York: Springer.

<http://www.springer.com/us/book/9780387896755>