



**FAMILY DEVELOPMENT  
FAMILY TRANSITIONS  
MILITARY CAREGIVING  
NUTRITION & WELLNESS**  
Military Families Learning Network

## ***Resource List for MFLN Chronic Illness Webinars***

- ***Chronic Illness: Empowering Families in the Journey – Part I; January 19, 2017; <https://learn.extension.org/events/2899>***
- ***Chronic Illness: Empowering Families in the Journey – Part II; January 26, 2017; <https://learn.extension.org/events/2900>***

**Webinar presenter:** [Tai J. Mendenhall, Ph.D., LMFT](#), Medical Family Therapist and Associate Professor, University of Minnesota Department of Family Social Science; [mend0009@umn.edu](mailto:mend0009@umn.edu); 612-624-3138

### **Articles/Research**

- Ahn, J., & Lee, S. (2016). Research Article: Peer Attachment, Perceived Parenting Style, Self-concept, and School Adjustments in Adolescents with Chronic Illness. *Asian Nursing Research*, 10300-304. doi:10.1016/j.anr.2016.10.003
- Årestedt, L., Persson, C., & Benzein, E. (2014). Living as a family in the midst of chronic illness. *Scandinavian Journal Of Caring Sciences*, 28(1), 29-37. doi:10.1111/scs.12023
- Barley, E., & Lawson, V. (2016). Health psychology: supporting the self-management of long-term conditions. *British Journal Of Nursing*, 25(20), 1102-1107.

- Benzein, E., Olin, C., & Persson, C. (2015). 'You put it all together' - families' evaluation of participating in Family Health Conversations. *Scandinavian Journal Of Caring Sciences*, 29(1), 136-144. doi:10.1111/scs.12141
- Bigelow, D. (2015). How to Live Well with Chronic Pain and Illness: A Mindful Guide. *Library Journal*, 140(12), 70.
- Burch, V., & Duff, C. (2012). The mindful way to living well. *British Journal Of Cardiac Nursing*, 7(3), 134-136.
- Cipolletta, S., Marchesin, V., & Benini, F. (2015). Family Functioning as a Constituent Aspect of a Child's Chronic Illness. *Journal Of Pediatric Nursing*, 30e19-e28. doi:10.1016/j.pedn.2015.01.024
- Dadich, A., Fisher, K. R., & Muir, K. (2013). How can non-clinical case management complement clinical support for people with chronic mental illness residing in the community? *Psychology, Health & Medicine*, 18(4), 482-489. doi:10.1080/13548506.2012.748207
- Dezutter, J., Luyckx, K., & Wachholtz, A. (2015). Meaning in life in chronic pain patients over time: associations with pain experience and psychological well-being. *Journal Of Behavioral Medicine*, 38(2), 384-396. doi:10.1007/s10865-014-9614-1
- Doherty, W., & Mendenhall, T. (in press). Medical family therapy. In *American Psychological Association's (APA) APA Handbook of Contemporary Family Psychology*. Washington, DC: APA.
- Gabriel, R., Figueiredo, D., Jácome, C., Cruz, J., & Marques, A. (2014). Day-to-day living with severe chronic obstructive pulmonary disease: Towards a family-based approach to the illness impacts. *Psychology & Health*, 29(8), 967-983. doi:10.1080/08870446.2014.902458
- Gan, L. L., Lum, A., Wakefield, C. E., Nandakumar, B., & Fardell, J. E. (2016). School Experiences of Siblings of Children with Chronic Illness: A Systematic Literature Review. *Journal Of Pediatric Nursing*, doi:10.1016/j.pedn.2016.11.007
- Griggs, S., & Walker, R. K. (2016). The Role of Hope for Adolescents with a Chronic Illness: An Integrative Review. *Journal Of Pediatric Nursing*, 31404-421. doi:10.1016/j.pedn.2016.02.011
- Haemmelmann, K. L., & McClain, M. (2013). A Therapeutic Approach for Treating Chronic Illness and Disability among College Students. *Professional Counselor*, 3(3), 105-116.
- Hodgson, J., Lamson, A., Mendenhall, T., & Crane, R. (Eds.) (2014). *Medical Family Therapy: Advanced Applications*. New York: Springer.
- Mendenhall, T. (2016). MFT, trauma, and the military. *Journal of Marital and Family Therapy*. Retrieved from [http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1752-0606/homepage/virtual\\_issue\\_mft\\_trauma\\_and\\_the\\_military.htm](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1752-0606/homepage/virtual_issue_mft_trauma_and_the_military.htm)
- Mendenhall, T. (2016). *Integrated care: A team-based approach to reduce healthcare costs and improve outcomes*. Retrieved from <http://cehdvision2020.umn.edu/cehd-blog/integrated-care/> . CEHD Vision 2020.
- Peek, C. (2013). Integrated behavioral health and primary care: A common language. In M. Talen & A. Valeras (Eds.), *Integrated Behavioral Health in Primary Care* (pp. 9-32). New York: Springer.

- Talen, M., & Valeras, A. (2013) (Eds.). *Integrated Behavioral Health in Primary care*. New York: Springer.
- Trump, L., & Mendenhall, T. (in press). Couples coping with Cardiovascular Disease: A systematic review. *Families, Systems, & Health*.

## Blogs

- Caring for Those with Chronic Pain. (November 19, 2012). eXtension. <http://articles.extension.org/pages/73832/caring-for-those-with-chronic-pain>
- What's Ailing Us: Things to consider when a loved on has a chronic illness: <https://militaryfamilies.extension.org/2017/01/16/whats-ailing-us-things-to-consider-when-a-loved-one-has-a-chronic-illness/>

## Books

- Bernhard, T. (2015). *How to Live Well with Chronic Pain and Illness*. Boston: Wisdom Publications.
- Bernhard, T. (2010). *How to Be Sick: A Buddhist-Inspired Guide for the Chronically Ill and Their Caregivers*. Boston: Wisdom Publications.
- Burch, V. (2015). *You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-being- An Eight-Week Program*. New York: Flatiron Books.
- Burdick, D. (2013). *Mindfulness Skills Workbook for Clinicians and Clients: 111 Tools, Techniques, Activities & Worksheets*. Eau Claire, WI: PESI Publishing & Media.
- Carlson, M. (2014). *CBT for Chronic Pain and Psychological Well-being: A Skills Training Manual Integrating DBT, ACT, Behavioral Activation and Motivational Interviewing*. Chichester, England: Wiley-Blackwell.
- Cervero, F. (2012). *Understanding Pain : Exploring the Perception of Pain*. Cambridge, Mass: The MIT Press.
- Dahl, J. (2004). *Acceptance and Commitment Therapy for Chronic Pain*. Reno, NV: New Harbinger Publications.
- Dahl, J., & Lundgreen, T., (2006). *Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain*. Oakland, CA: New Harbinger Publications.
- Doka, K. J. (2014). *Counseling Individuals with Life Threatening Illness, Second Edition*. New York, N.Y.: Springer Publishing Company.
- Donoghue, P. (2000). *Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness*. New York: W.W. Norton & Company.
- Edwards, M., & Titman, P. (2010). *Promoting Psychological Well-Being in Children with Acute and Chronic Illness*. London: Jessica Kingsley Publishers.
- Fennell, P. (2006) *The Chronic Illness Workbook: Strategies and Solutions for Taking Back Your Life*. Oakland, CA: Spring Harbor Press.

- Gardner-Nix, J. (2009). *The Mindfulness Solution to Pain: Step-By-Step Techniques for Chronic Pain Management*. Oakland, CA: New Harbinger Publications.
- Maglione, M., Hempel, S., Ruelaz, A., Apaydin, E., Ewing, B., Hilton, L., Xenakis, L., Shanman, R., Newberry, S., Colaiaco, B., Sorbero M. (2016) *Mindfulness Meditation for Chronic Pain*, Rand Corporation.
- Silver, J. K. (2004). *Chronic Pain and the Family*. Cambridge, MA: Harvard University Press.
- Wolf, C., Serpa, G., Kornfield, J., & Goodman, T. (2015). *A Clinician's Guide to Teaching Mindfulness: The Comprehensive Session-by-Session Program for Mental Health Professionals and Healthcare Providers*. Oakland, CA: New Harbinger Publications.

### Journal Articles Nutrition and Dietetics

- Practice Paper of the American Dietetic Association: Home Care—*Opportunities for Food and Nutrition Professionals*  
[http://www.eatrightpro.org/~media/eatrightpro%20files/practice/position%20and%20practice%20papers/practice%20papers/practice%20papers/home\\_care\\_pdf.ashx](http://www.eatrightpro.org/~media/eatrightpro%20files/practice/position%20and%20practice%20papers/practice%20papers/practice%20papers/home_care_pdf.ashx)
- Practice Paper of the American Dietetic Association: *Nutrition Intervention in the Treatment of Eating Disorders*  
[http://www.eatrightpro.org/~media/eatrightpro%20files/practice/position%20and%20practice%20papers/practice%20papers/practice%20papers/practice\\_paper\\_nutrition\\_intervention.ashx](http://www.eatrightpro.org/~media/eatrightpro%20files/practice/position%20and%20practice%20papers/practice%20papers/practice%20papers/practice_paper_nutrition_intervention.ashx)
- Academy of Nutrition and Dietetics: *Revised 2012 Standards of Practice in Nutrition Care and Standards of Professional Performance for Registered Dietitians* [http://www.andjrnl.org/article/S2212-2672\(12\)01936-3/pdf](http://www.andjrnl.org/article/S2212-2672(12)01936-3/pdf)

### Podcasts

- In Sickness & In Health: <http://www.insicknesspod.com/>
- Life After Chronic Illness: <https://goo.gl/BQ0p01>
- Fully Sick: <https://goo.gl/Yz11Q>
- Just a Spoonful: <https://goo.gl/l65kQV>
- Ouch: Disability Talk: <https://goo.gl/7UlrgX>
- When Someone You Love Has a Chronic Illness: <https://goo.gl/DPnU6j>

## **Websites**

- The Mighty: <https://themighty.com/>
- But You Don't Look Sick: <https://butyoudontlooksick.com/>
- Healing Well: <http://www.healingwell.com/>
- Invisible Disabilities Association: <https://invisibledisabilities.org/>

## **Webinars**

- Understanding Narcotic Medications for Service Members. MFLN webinar; <https://learn.extension.org/events/1723>

**This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Readiness Policy, U.S. Department of Defense under Award Number 2015-48770-24368**