

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Accessing the Healing Power of the Vagus Nerve; Self-Help Exercises for Anxiety, Depression, Trauma, and Autism**

Author: Stanley Rosenberg *Books* 12/05/2017 296

This practical guide to understanding the cranial nerves as the key to our psychological and physical well-being builds on Stephen Porges's Polyvagal Theory—one of the most important recent developments in human neurobiology. Drawing on more than thirty years of experience as a craniosacral therapist and Rolfer, Stanley Rosenberg explores the crucial role that the vagus nerve plays in determining our psychological and emotional states and explains that a myriad of common psychological and physical symptoms—from anxiety and depression to migraines and back pain—indicates a lack of proper functioning in the vagus nerve.

Through a series of easy self-help exercises, the book illustrates the simple ways we can regulate the vagus nerve in order to initiate deep relaxation, improve sleep, and recover from injury and trauma. Additionally, by exploring the link between a well-regulated vagus nerve and social functioning, Rosenberg's findings and methods offer new hope that by improving social behavior it is possible to alleviate some of the symptoms at the core of many cases of autism spectrum disorders. Useful for psychotherapists, doctors, bodyworkers, and caregivers, as well as anyone who experiences the symptoms of chronic stress and depression, this book shows how we can optimize autonomic functioning in ourselves and others, and bring the body into the state of safety that activates its innate capacity to heal.

Material Title: **Achieving Success with Impossible Children: How to Win the Battle of Wills**

Author: Dave Ziegler *Books* 2005 343 pages

This book for parents, from the author of Raising Children Who Refuse to be Raised, discusses working with challenging children in various settings. It provides numerous case examples, practical applications, and hands-on suggestions, and includes chapters on mastering responsibility, positive discipline, violence, trauma, trauma therapy, attachment, residential treatment, and school success.

Material Title: **Adoption Parenting: Creating a Toolbox, Building Connections**

Author: Jean MacLeod and Sheena Macrae *Books* 2006 485 pages

It's the What to Expect for adoptive families! Over 100 contributors have woven a stunning tapestry of advice for adoptive parents. Parenting adopted children requires understanding the extra layer and this book helps in that understanding. Appropriate for the newly created family or the more experienced, Adoption Parenting looks at stumbling blocks to good parenting and standard parenting practices that aren't appropriate for adopted children. It looks at the core issues all members of the adoption triad face, and at how it affects standard parenting challenges like sleeping through the night, discipline, and attachment. Adoption Parenting covers specific challenges families have faced: dealing with grief and loss, FASD, Trauma and PTSD, Sensory Integration, Speech and Language delays, and ways to effectively parent a post-institutionalized child or a child who has experienced trauma in their journey to you.

Material Title: **Advanced Parenting: Understanding Trauma and Activities That Heal (CD)**

Author: Kay Dechario and Kelly Winters *CDs* 8/6/2011 15 minutes

Presented by Kay Dechario and Kelly Winters of the Center for Child and Family Therapy, Colorado at the 37th NACAC Conference 2011 in Denver, Colorado. This session offers an overview of trauma (definitions, causes, and current perspectives) while focusing on issues that affect adoptive families. The presenters will cover behavioral challenges, school difficulties, and family regulation, and will present activities that enrich attachment, and brain development, and create change. Attendees will be able to begin implementing tools immediately.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Alex and the Scary Things; A Story to Help Children Who Have Experienced Something Scary**
Author: Melissa Moses *Children's Books* 02/21/2015

Alex is an alligator who has experienced 'scary' things. In this charmingly illustrated story, he talks about how this affects him and how he copes.

By reading about the different parts of Alex that come out because of the scary things he has experienced, such as The Destroyer when he is angry, Spacey when he dissociates, and Puddles when he is sad, children will learn to recognise when they experience these emotions themselves and find solutions for overcoming them. Alex talks about the different coping strategies he uses to get back to being himself, such as breathing techniques, a counting game, painting, and finding a safe space he can go to, encouraging children to think about when they can do to help themselves handle difficult feelings.

An essential resource for professionals working with children who have experienced trauma, including social workers, counsellors, therapists, and child psychologists, as well as for parents and foster carers. Suitable for children aged approximately 4 to 8 years.

Material Title: **Attachment Dance, The (DVD)**
Author: TCU Institute of Child Development *DVDs* 2008 16 minutes

The attachment relationship between parents and their children is one of the most cherished experiences of our lives. In the Attachment Dance, developmental psychologist and Director of the TCU Institute of Child Development, Dr. Karyn Purvis, explores the attachment experiences of neuro-typical children and children with histories of harm. Dr. Purvis explains how to recognize features of the attachment relationship and teaches parents and caregivers how to explore their own attachment styles and facilitate healing for the children in their care. In this lecture, Dr. Purvis aims to deepen understanding of attachment issues, both theoretically and practically, and provide a solid foundation for parents and their children.

Material Title: **Attachment: 60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan**
Author: Christina Reese *Books* 2018 181

In a society that values independence, self-preservation and individualistic thinking, we are missing the key to fulfillment: Connection through Attachment.

Simple, attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. It is possible to repair dysfunctional attachment, but first it is necessary to recognize attachment style, unhealthy relationship patterns, and the impact they are having.

Improve your client's relationships by teaching them strategies to feel more connected reestablish trust, and restore positive emotions. Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.

- Clinical examples, handouts and worksheets to use with clients of all ages
 - Recognize attachment styles
 - Identify key symptoms of attachment difficulties and their inception
 - Interventions that repair attachment traumas to heal stress, shame, and anxiety
 - Techniques to help clients improve their relationships (children, parents, friends, and significant others)
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Material Title: **Attachment: How Ours Impacts Theirs (Audio)**
Author: Robyn Gobbel *DVDs* 2017 83 minutes

When we offer our children experiences in secure attachment, we provide them an optimal foundation for healthy relationships and mental health. This webinar will clearly explain how attachment is directly related to regulation (and dysregulation) in the nervous system, identify common characteristics of the different attachment patterns- while emphasizing that attachment is so much more than behavior, as well as provide a starting point for how you might begin to shift your own attachment patterns.

Material Title: **Attachment: How Ours Impacts Theirs (Video)**
Author: Robyn Gobbel *DVDs* 2017 83 minutes

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Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Ayuda Para Billy [Help for Billy]**

Author: Heather Forbes

Libros en español

2018

229

"Ayuda para Billy" es un manual pragmático que ayuda a guiar a las familias y a los educadores que están trabajando con niños que han enfrentado el trauma. El libro por Heather Forbes, basado en los conceptos de la neurociencia de las emociones y el comportamiento, provee estrategias lógicas, comprensivas, y detalladas para educadores y padres. Este libro es fácil de leer y explica y ayuda a comprender la verdadera naturaleza en cuando a las experiencias que afectan el cerebro y el aprendizaje. Es un libro vital para cualquier persona que trabaja con niños en la sala de la escuela.

"Help for Billy" is a pragmatic manual to help guide families and educators who are struggling with traumatized children. Based on the concept of the neuroscience of emotions and behavior, Heather Forbes provides detailed, comprehensive, and logical strategies for teachers and parents. This easy to read book, with tables, outlines and lists, clears the way for a better understanding of the true nature regarding traumatic experiences affecting the brain and learning. It is a must read for anyone working with a child in the classroom.

Material Title: **A-Z of Therapeutic Parenting, The**

Author: Sarah Naish

Books

4/16/2018

343

Therapeutic parenting is a deeply nurturing parenting style, and is especially effective for children with attachment difficulties, or who experienced childhood trauma. This book provides everything you need to know in order to be able to effectively therapeutically parent.

Providing a model of intervention, The A-Z of Therapeutic Parenting gives parents or caregivers an easy to follow process to use when responding to issues with their children. The following A-Z covers 60 common problems parents face, from acting aggressively to difficulties with sleep, with advice on what might trigger these issues, and how to respond.

Material Title: **Baby Owl Lost Her Whoo* (Children's Materials)**

Author: Cindy R. Lee

Children's Books

2014

30 pages

Do you have a bossy child at home or a child obsessed with control? Professionals know that children become controlling when they are afraid. Parents who don't know this spend all their energy fighting for control and are left feeling frustrated, angry and confused. Baby Owl Lost Her Whoo teaches children WHY they need to let go of control. When left to manage on her own, Baby Owl freezes in the cold, eats only sweets and forgets to brush her beak! A book designed to teach concepts developed by Dr. Karyn Purvis, this story cleverly teaches children that parents are indeed in charge. When children know a safe loving adult is in charge, they can let go of control and spend their time laughing, playing and exploring.

Material Title: **Beautiful: A Poetic Celebration of Displaced Children**

Author: Jaiya John

Books

2014

192 pages

The many fictional voices of displaced children in Beautiful are inspired by youth Jaiya John has worked with over a lifetime. This second edition contains 8 NEW POEMS. Beautiful is much more than a source of inspiration. Its words reveal the majesty and vulnerability of all children. Beautiful is an empowerment anthem for youth, a resource for those who love, care for, and work with these purposeful souls. Child light shines through these pages, asserting the demand of our young for their dignity, while portraying their limitless power to heal, grow, and flourish. A poetic companion to Jaiya John's Reflection Pond, Beautiful is the kind of treasure we polish repeatedly, its truth seeping into our compassion. Struggle and triumph. Solitude and belonging. A journey of sunflowers toward the sun of selfhood. In these pages we find Beauty born.

Material Title: **Behavior Management Using Supportive Controls (DVD)**

Author: Vera Fahlberg, M.D.

DVDs

2003

95 minutes

Traditional methods of discipline will often fail with children who have been abused or neglected. In this insightful video, Dr. Vera Fahlberg presents Supportive Control, an alternative method of behavior management. Dr. Fahlberg speaks openly, compassionately, and informatively on the importance of positive solutions. She brings the prospect of hope to families who care for abused and neglected children (description from Sociallearning.com). DVD also includes a Viewer Guide and Questionnaire.

Material Title: **Beneath the Mask: For Teen Adoptees: Teen and Young Adults Share Their Stories**

Author: C.A.S.E

Children's Books

2018

95 pages

As a follow up to C.A.S.E. CEO and co-author Debbie Riley's signature book Beneath the Mask: Understanding Adopted Teens, written for clinicians and parents of teens, the C.A.S.E. Team has created this new companion workbook specifically for the teens themselves, featuring personal, heartfelt stories written by teen and young adult adoptees who graciously shared their feelings about their own adoption journeys. Filled with engaging exercises, journaling pages and thought-provoking activities, this workbook offers teen adoptees, their parents and the clinicians who support them a valuable resource.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Best of Questions & Answers with Heather T. Forbes, LCSW, The (6 CDs)**
Author: Heather T. Forbes, LCSW *CDs* 2015 7 hours

This 6-disc audio CD set is a compilation of the very best Q&A Heather T. Forbes has done with parents through her online parenting classes over the past several years. This one-of-a-kind audio set contains seven hours of practical, effective, & loving solutions for foster, adopted, and traumatized children. Topics include abandonment, arguing, boundaries vs. consequences, chores, disobedience, emotional age, expectations, grieving, healing, hygiene, lying, medical trauma, medication, older children, opposition, overwhelm, parent anger, parent self-care, prenatal trauma, regulatory issues, relatives, shutting down, sibling rivalry, social issues, stealing, tantrums, texting, toddler issues, transitions, trauma and much more!

Material Title: **Beyond Behaviors; Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges**
Author: Mona Delahooke *Books* 3/19/2019 315

In *Beyond Behaviors*, internationally known pediatric psychologist, Dr. Mona Delahooke describes behaviors as the tip of the iceberg, important signals that we should address by seeking to understand a child's individual differences in the context of relational safety.

Featuring impactful worksheets and charts, this accessible book offers professionals, educators and parents tools and techniques to reduce behavioral challenges and promote psychological resilience and satisfying, secure relationships.

Neuroscience-based effective tools and strategies for children labeled with:

- Conduct Disorder
- Oppositional Defiant Disorder (ODD)
- Disruptive Mood Dysregulation Disorder (DMDD)
- Reactive Attachment Disorder (RAD)
- Sensory Processing Disorder (SPD)
- Anxiety & Depression
- Autism & Developmental or Learning Differences

And children who experience or have experienced:

- Aggressive, confusing and unpredictable behaviors
 - Tantrums and meltdowns
 - Disconnection or shutdown
 - Adverse childhood experiences
 - Trauma and toxic stress
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Material Title: **Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children With Severe Behaviors (Volume 1)**
Author: Heather T. Forbes and Bryan Post *Books* 2006 109 pages

This book is divided into three parts – "The Principles of a New Understanding;" "Seven Behaviors Based in Fear;" and "Parenting Bonus Section." The middle part devotes a chapter each to "Parents Appear Hostile and Angry;" "Lying;" "Stealing;" "Hoarding and Gorging;" "Aggression;" "Defiance;" and "Lack of Eye Content."

Material Title: **Beyond Consequences: Logic and Control, Volume One **RUSSIAN VERSION****
Author: Heather Forbes *Books* 170

Material Title: **Beyond Healing: The Path to Personal Contentment After Trauma**
Author: David Ziegler *Books* 2009 260

Many individuals have had their dreams and hopes in life shattered by physical or emotional trauma. While healing is critically important, this work explores ways of moving beyond healing in order to experience a truly fulfilling life. It takes a close, critical look at many of our beliefs about human limitations and offers an undeniable message of hope - hope for those individuals who have paid such a high price for past abuse and trauma, and hope for our future and the possibility of reaching both our individual and collective human potential. *Beyond Healing* is an invaluable guide to anyone who has personally experienced trauma or is attempting to help someone else who has.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Black Baby White Hands: A View from the Crib**

Author: Jaiya John

Books

2002

378 pages

July 15, 1968. It is only three months following the assassination of Martin Luther King, Jr., and the nation is burning. Black and White America are locked in the tense grip of massive change. Into this inferno steps an unsuspecting young White couple. Neither significantly knew even a single African American person while growing up. Now, a child will change all of that forever. In this fateful moment, a Black baby becomes perhaps the first in the history of New Mexico to be adopted by a White family. Here is a brazenly honest glimpse into the mind and heart of that child, a true story for the ages that flows like a soulful river—separated from his mother at birth, placed into foster care, adopted, and finally reunited with his biological family in adulthood—an astounding journey of personal discovery. Jaiya John has opened the floodgates on his own childhood with this piercing memoir. *Black Baby White Hands*, a waterfall of jazz splashing over the rocks of love, pain and the honoring of family. Magically, this book finds a way to sing as it cries, and to exude compassion even as it dispels well-entrenched myths. This story is sure to find itself well worn, stained by tears, and brushed by laughter in the lap of parents, adolescents, educators, students and professionals. Here comes the rain and the sunshine, all at once.

Material Title: **Body Keeps the Score, The: Brain, Mind, and Body in the Healing of Trauma**

Author: Bessel van der Kolk, M.D.

Books

2014

356 pages

This profoundly humane book offers a sweeping new understanding of the causes and consequences of trauma, offering hope and clarity to everyone touched by its devastation. Trauma has emerged as one of the great public health challenges of our time, not only because of its well-documented effects on combat veterans and on victims of accidents and crimes, but because of the hidden toll of sexual and family violence and of communities and schools devastated by abuse, neglect, and addiction. Drawing on more than thirty years at the forefront of research and clinical practice, Bessel van der Kolk shows that the terror and isolation at the core of trauma literally reshape both brain and body.

Material Title: **Body Remembers, The: The Psychophysiology of Trauma and Trauma Treatment**

Author: Babette Rothschild

Books

2000

173 pages

A tribute to van der Kolk's view of the "body keeps the score," this book is the first to combine, with consistency, theory, research and practice in enabling the traumatized to have hope, recover their balance, and avoid medical maladies resulting from chronic traumatic stress.

Material Title: **Boy Who Built A Wall Around Himself, The**

Author: Ali Redford

Children's Books

11/21/2015

32

Boy built a wall to keep himself safe. Behind it he felt strong and more protected. Then Someone Kind came along. She bounced a ball, sang and painted on the other side of the wall, and Boy began to wonder if life on the other side might be better after all.

Written for children aged 4 to 9, this gentle full-colour picture book uses a simple metaphor to explain how children who have had painful or traumatic experiences can build barriers between themselves and other people. It will help children explore their feelings and encourage communication.

Material Title: **Boy Who Was Raised As a Dog, The: And Other Stories from a Child Psychiatrist's Notebook**

Author: Bruce D. & Maia Szalav Perry

Books

2006

246 pages

Through these accounts of experiences working with traumatized children, child psychiatrist Perry shows readers how early-life stress and violence affects the developing brain. Recovery requires that the patient be "in charge of key aspects of the therapeutic interaction." He says "lasting, caring connections to others" are irreplaceable in healing; medications and therapy alone cannot do the job. "Relationships are the agents of change and the most powerful therapy is human love."

Material Title: **Brain, The: Effects of Childhood Trauma (DVD)**

Author: Bruce Perry

DVDs

2002

29 minutes

Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that actually change neuron response and cognitive pathways. Children who experience on-going high levels of arousal due to trauma will develop systems in their brains that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems for children, adolescents, and adults in learning ability, mood, bonding, and attachment, and in problem-solving.

Material Title: **Brain, The: Effects of Childhood Trauma (VHS)**

Author: Bruce Perry

Videotapes

2002

29 minutes

Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that actually change neuron response and cognitive pathways. Children who experience on-going high levels of arousal due to trauma will develop systems in their brains that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems for children, adolescents, and adults in learning ability, mood, bonding, and attachment, and in problem-solving. ("Understanding Childhood Trauma" Series Part 3.)

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment
Author: Daniel and Jonathan Baylin Hughes *Books* 2012 272 pages

In this groundbreaking exploration of the brain mechanisms behind healthy caregiving, attachment specialist Daniel A. Hughes and veteran clinical psychologist Jonathan Baylin guide readers through the intricate web of neuronal processes, hormones, and chemicals that drive—and sometimes thwart—our caregiving impulses, uncovering the mysteries of the parental brain.

Material Title: Building the Bonds of Attachment (DVD)
Author: Daniel Hughes *DVDs* 2006 3 hours

This two-disk DVD, from a workshop on the author's method of Dyadic Developmental Psychotherapy is for parents and professionals who live or work with adopted, foster, or biological children with trauma-attachment disorders. He presents techniques for dealing with the child and the behavior and understanding the difference.

Material Title: Caleb's Healing Story: An interactive story with activities to help children to overcome challenges arising from trauma, attachment issues, adoption, or fostering
Author: Kathleen & Tasha Chara & Lehner *Children's Books* 6/21/2016 144

Caleb invites you on a journey to learn about attachment and trauma in this interactive story and workbook intended for children (ages 5-14) and the adults who support them.

Caleb shares his own story about healing from his difficult early experiences, and encourages readers to join him in sharing their stories and completing the healing activities included in the book. Caleb's Healing Story identifies the common challenges that children who have experienced attachment or trauma issues will encounter and offers easy to use interventions in the form of activities and worksheets.

Material Title: Childhood Mental Health Disorders: Making Sense of Our Complex Children (DVD)
Author: Dr. Ronald Federici and Heather T. Forbes *DVDs* 2012 47 minutes

In this interview, Dr. Federici sheds light on the countless number of children who are being treated with multiple layers of inappropriate care due to multiple and inaccurate diagnoses. Trauma presents itself differently, requiring a closer look at the child's anxiety and fear. This DVD will give you a better understanding of how a child's world needs to be reconstructed with the family being the primary construct, whereby the family becomes the "medication."

Material Title: Children Changed by Trauma
Author: Debra Whiting Alexander *Books* 1999 198 pages

This book is about helping children find meaning and strength. The author boils down complex concepts and jargon-heavy theory into clear and concise methods of working with children who have survived a trauma. Parents, friends, pastors, counselors, teachers, therapists and others stand to benefit from its lucidity.

Material Title: Child's Own Story, The: Life Story Work with Traumatized Children
Author: Richard Rose *Books* 2005 143 pages

A practice-focused guide to life story work, it shows how this effective tool can be used to help young people recover from abuse and make sense of a disrupted upbringing in multiple homes or families. Though some sections apply more to the system in Great Britain, where it was written, it is a resource for social workers, child psychotherapists, residential care staff, long-term foster parents and other professionals working with traumatized children.

Material Title: Clinical Handbook/Practical Therapist Manual For Assessing and Treating Adults With Post-Traumatic Stress Disorder (PTSD), A
Author: Donald Meichenbaum *Books* 1994 600 pages

This comprehensive training manual for mental health professionals presents almost all that is currently known about the assessment and treatment of PTSD. In over 600 pages, Dr. Meichenbaum not only challenges the reader's understanding of PTSD, but presents numerous case studies to enable the reader to understand the subject even further. Over 1500 references.

Material Title: Complex PTSD in Children (2 VHS)
Author: *Videotapes* 2000 24 minutes

Part I, subtitled "Etiology, Assessment, Advocacy" and Part II, subtitled "Therapeutic Interventions," are aimed at an audience of therapists, but most parents raising a child suffering from PTSD will find many useful and enlightening insights in the conversations of six experienced therapists. The discussions of therapeutic techniques might be particularly helpful to parents who are seeking a therapist for their child.

Material Title: Complex Trauma and PTSD: Making Sense of Our Complex Children (DVD)
Author: Dr. Ronald and Heather T. Forbes, LCSW Federici *DVDs* 2012 47 minutes

Children who are continually under stress during their early years often accumulate layers and layers of emotional injury. Their post trauma behaviors are fear-based, chaotic, and out of reality. In this interview, Dr. Federici explains how and why parents and professionals need to work at the level of the child's development in order to create safety. Healing then happens through a step-by-step develop-mental process with families being the curative agent.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption**
Author: Mike Berry Books 2017 215 pages

Adopting or fostering a child brings its own unique set of challenges only another parent facing the same uphill climb could possibly understand. From parenting children with traumatic pasts, to dealing with attachment issues, to raising a child with special needs, it can sometimes be a struggle just getting through the day.

Mike Berry knows the loneliness and isolation you can easily feel in your particular parenting role—because he's been there. He's still there, and he wants to give you the hope and encouragement you so desperately need.

There are plenty of how-to guides out there on parenting, but this one-of-a-kind book is specifically designed to address your needs as a parent of an adopted or foster child. With a refreshing dose of honesty, empathy, and care, you'll discover you are definitely not alone on your journey and God has a very special plan for you and your family.

Material Title: **Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption (AUDIO)**

Author: Mike Berry CDs 2018 5 discs

Know That You Are Not Alone on This Journey

Adopting or fostering a child brings its own unique set of challenges only another parent facing the same uphill climb could possibly understand. From parenting children with traumatic pasts, to dealing with attachment issues, to raising a child with special needs, it can sometimes be a struggle just getting through the day.

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Material Title: **Conversation Starters for Direct Work with Children and Young People; Guidance and Activities for Talking About Difficult Subjects**

Author: Audrey Tait Books

Conversation Starters for Direct Work with Children and Young People provides guidance and support for any adult who needs to talk to children about difficult issues. The issues covered include domestic abuse and drug use, mental health issues, adoption and fostering, family illness and bereavement, as well as giving evidence in court.

Material Title: **Courageous Love: Instructions for Creating Healing Circles for Children of Trauma for Grandparents Raising Grandchildren**

Author: Laura Montane Bailey Books 2013 325 pages

Raising grandchildren can be challenging for many reasons. Often, the children have experienced complicated family dynamics, heartbreaking loss, abuse, and neglect - all of which may affect their emotions, behavior, and development. In *Courageous Love*, author Laura Montane Bailey draws on both professional and personal experience to offer grandparents the hero status they deserve and the encouragement they need, to continue to fight for the lives of the grandchildren they love. This book explores the devastating impact of trauma to brain development and function, and provides instructions for helping grandchildren to experience Post Traumatic Growth rather than Post Traumatic Stress Disorder. Bailey presents the idea of the Healing Circles to provide what traumatized children need most: Safety, basic needs, and structure. Family gatherings that create identity and foster a sense of belonging. Clear rules, authority agreements and non-toxic relationships. These Healing Circles provide a protective structure that becomes the container for joy, empathy, and love, a powerful combination for delivering hope and healing to children of trauma. Bailey discusses the three key responsibilities of raising grandchildren in a high tech, high stress, unpredictable world: take care of yourself, un-break the hearts of your grandchildren, and re-wire their brains for success. Presenting easy-to-understand solutions, *Courageous Love* gives grandparents the tools and confidence they need to run this parenting marathon.

Material Title: **Creating Felt Safety (Audio-Part 1 of 2)**

Author: Robyn Gobbel DVDs 2017 74 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Creating Felt Safety (Audio-Part 2 of 2)**

Author: Robyn Gobbel *DVDs* 2017 52 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Material Title: **Creating Felt Safety (Video-Part 1 of 2)**

Author: Robyn Gobbel *DVDs* 2017 74 minutes

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Material Title: **Creating Loving Attachments: Parenting with PACE to Nurture Confidence and Security in the Troubled Child**

Author: Kim S. Golding & Daniel A. Hughes *Books* 2012 240

All children need love, but for troubled children, a loving home is not always enough. Children who have experienced trauma need to be parented in a special way that helps them feel safe and secure, builds attachments and allows them to heal.

Playfulness, acceptance, curiosity and empathy (PACE) are four valuable elements of parenting that, combined with love, can help children to feel confident and secure. This book shows why these elements are so important to a child's development, and demonstrates to parents and carers how they can incorporate them into their day-to-day parenting. Real life examples and typical dialogues between parents and children illustrate how this can be done in everyday life, and simple stories highlight the ideas behind each element of PACE.

This positive book will help parents and carers understand how parenting with love and PACE is invaluable to a child's development, and will guide them through using this parenting attitude to help their child feel happy, confident and secure.

Material Title: **Creating Sexual Safety in Adoption and Foster Care (2 CDs)**

Author: NACAC Conference *CDs* 2011 84 minutes

This material is a recording from the NACAC Conference in August 2011. Presented by Wayne Duehn, School of Social Work, University of Texas at Arlington (retired). In this session, workers will develop knowledge and skills to help parents address the needs of adopted children who have been sexually abused. Discover how to enable parents to create a healing milieu to counteract the negative impact of trauma on a child's psychosocial and cognitive development, and to enhance positive self-esteem. Learn how to help adoptive families become the central ingredient in their children's recovery.

Material Title: **Creative Ideas for Assessing Vulnerable Children and Families**

Author: Katie Wrench *Books* 6/21/2018 232

For the busy frontline practitioner with little time to plan ahead, this hands-on guide presents imaginative and unique methods to engage families and caregivers throughout the process of assessing vulnerable children.

Setting the context for each area of assessment, including strengths and resilience, risk and needs and the child's lived experience, the book then describes a series of activities or creative techniques to engage young people and their caregivers within this area. It outlines the materials required, aims of the exercise and method. It includes 'handy hints' based upon practical experience, making it a quick go-to guide for every day practice.

It encourages practitioners to focus on building safety into relationships and to adapt their approach to take into account the impact of trauma and abuse on an individual's capacity to engage and to communicate verbally.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Creative Interventions for Troubled Children & Youth**

Author: Liana Lowenstein *Books* 1999 112

This best-selling collection is filled with creative assessment and treatment techniques for use in individual, group, and family settings. The book begins with a variety of engaging assessment activities providing clinicians with diagnostic tools to assist in treatment planning. The remaining four chapters provide activities to help children and teens identify feeling states, cope with emotional difficulties, strengthen interpersonal skills, and enhance self-esteem. The last section of the book describes the graduation ceremony that can be incorporated as part of the child's termination process. Each activity is described within a framework that recommends age suitability, preferred treatment modality, and appropriate stage of treatment. Materials needed to complete the activity are outlined. Several activities include worksheets that may be reproduced for use with clients. The book includes detailed instructions for all activities and a discussion section that further clarifies application and process. Activities are geared to 4-16 year-olds. Mental health professionals and teachers will find this book invaluable.

Material Title: **Crianza Basada en la Confianza: Cómo crear cambios duraderos en la conducta de su hijo (dos videos DVD)**

Author: TCU Institute of Child Development *DVDs* 2014 4 horas

Esta serie está compuesta en dos videos DVD y ofrece una riqueza de sabiduría acerca de los comportamientos asociados con el trauma. Los doctores Purvis y Cross instruyen a las familias y cuidadores usando experiencias de la vida real para resolver los problemas y muestran unas habilidades y estrategias prácticas al aplicar los principios de la intervención relacional basada en la confianza ("TBRI" por sus siglas en inglés). Los padres en todo el mundo elogian al sistema de TBRI por haberles dado una esperanza en momentos de crisis y soluciones prácticas que pueden beneficiar a la toda la familia. [Original English version of this DVD set is entitled "Trust-Based Parenting: Creating Lasting Changes in Your Child's Behavior" (2 DVDs).]

Material Title: **Dancing with a Porcupine: Parenting wounded children without losing your self**

Author: Jennie Owens *Books* 2019 238

Parenting is hard. So what do you do when you're parenting a child who has experienced trauma or has extra challenges? You often feel alone and inadequate. You want so much to help your child, but you are at the end of your own rope. You feel guilty that sometimes you want to just quit. What can you do -- how can you make it through the day -- how can you help your child while also taking care of yourself? Maybe someone you love is parenting a traumatized child. Or perhaps you are a social work, counselor, or other professional who sees families like these every day. You want to know how to better help them.

In "Dancing with a Porcupine," Jennie Owens shares with humor and raw honesty the compelling story of her struggle to save her own life while caring for three children she and her husband adopted from foster care. How could she stay loving, giving, and forgiving in the midst of a daily battle with children acting out the rage, resentment, and pain of their own traumatic pasts? When faith, endurance, and creativity are not enough, what's next?

Jennie and her husband, Lynn, support foster and adoptive families through their counseling clinics and through Forever Homes, a nonprofit organization they founded. Jennie leads retreats and provides training regarding trauma-informed practices. She and Lynn sold their home to travel the U.S. with their youngest son and two dogs. They continue to tell their story on a YouTube channel called Destination Rejuvenation. Jennie and Lynn have adopted four children, three who'd been in foster care for over six years.

Material Title: **Dare to Love: The Art of Merging Science & Love Into Parenting Children with Difficult Behaviors**

Author: Heather T. Forbes, LCSW *Books* 2009 134 pages

Emerging science has helped us to understand children better from a neurological and behavioral standpoint. Yet, all the academic research coupled with the best diagnoses for children can still leave parents feeling completely powerless. In her book, *Dare to Love*, Heather Forbes, LCSW, describes in detail, through a series of questions and answers, how to merge science into everyday parenting. This book gives practical, effective, and loving solutions for any parent struggling with his or her child. It will leave you feeling empowered, hopeful, and excited to be a parent again!

Material Title: **Developing Mind, The: How Relationships and the Brain Interact to Shape Who We Are**

Author: Daniel J. Siegel, M.D. *Books* 1999 337 pages

This book, for clinicians, educators, researchers, and anyone interested in human experience, goes beyond the nature and nurture divisions that have constrained much of our thinking about development. Siegel explores the role of interpersonal relationships in forging key connections in the brain. He presents a new way of thinking about the emergence of the human mind and the process by which each of us becomes a feeling, thinking, remembering individual.

Material Title: **Developmental Disabilities: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 44 minutes

Explore the differences between attachment disorder and developmental disabilities. In this DVD, Dr. Federici explains how a child's development can be altered through traumatic experiences leading to an alteration in the brain that can manifest into psychological, regulatory, social, and learning problems. Trauma goes much deeper than attachment. This discussion will give you a thorough understanding of the entire developmental spectrum for our children.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Domestic Violence and Childhood Trauma (DVD)**
Author: Bruce Perry *DVDs* 2002 29 minutes

This video examines how abused children often become involved later in destructive and problematic adult relationships. In some cases the adult who was abused in childhood becomes a victim again in adult relationships, in other cases they may become the perpetrator of domestic violence. Three personal stories are presented.

Material Title: **Don't Hit My Mommy! A Manual for Child-Parent Psychotherapy With Young Witnesses of Family Violence**
Author: Alicia F. Lieberman and Patricia Van Horn *Books* 2005 146 pages

This practical handbook offers treatment guidelines to address the behavioral and mental health problems of young children whose most intimate relationships are disrupted by the experience of violence. Practitioners from a variety of disciplines will gain an understanding of the impact of violence and will discover concrete intervention strategies to address the consequences of this experience for young children.

Material Title: **Drowning With My Hair On Fire: Insanity Relief for Adoptive Parents**
Author: Ce Eshelman, LMFT *Books* 2016 344

Relief for Adoptive Parents of Traumatized, Attachment-Challenged Children. . . Drowning with My Hair on Fire is a lifeline for adoptive parents trying to navigate the choppy waters of raising adopted children from difficult beginnings. Author Ce Eshelman's beautiful heart really shines through in the hundreds of letters to parents to read each day when needing hope, inspiration, advice, direction, reminders, or practical help. She deeply understands them and the chaos of their lives and families because she was there, but is now able to give them the wisdom culled from reading every book on the subject, attending hundreds of seminars and workshops, years of her own therapy, and fearlessly facing her own mistakes. If you are raising a traumatized, attachment-challenged child, Ce is the friend you want, and this is the book you need. "Ce is the real deal. She's one of those rare gems who deeply cares about the people she serves. She is willing to freeze frame and blow up her mistakes for you to see so you can avoid the same pitfalls. She then points to the path of secure attachment. The book itself is a secure base you can return to again and again when things get difficult at home." -Jennifer Olden, LMFT, Certified EFT Therapist

Material Title: **Education and Trauma: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes *DVDs* 2012 42 minutes

Trauma can have an impact on the brain, compromising a child's focus, memory, and ability to retain, retrieve, and organize information. It can negatively impact a child's memory, speech, language, problem solving skills, and informational processing. In this series, Dr. Federici discusses how to best educate children who may present with typical behavioral or learning issues but need to be addressed from a trauma perspective in order to reach their full learning potential.

Material Title: **Effective Strategies for Severe Behaviors in Adopted and Foster Children (3 DVDs)**
Author: Bryan Post and Gizane Indart, PsyD, LPC *DVDs* 4 hours

Bryan Post and Dr. Gizane Indart provide clear cut understanding of the root of severe behaviors most frequently identified by parents and caregivers as troublesome and specific step by step strategies to eliminating these behaviors and creating healing and peace in your home. Learn why even adoption at birth is traumatic. Gain life changing insights to why your children act out, and what you can do to help them succeed. Leave fear-based parenting behind you!

Material Title: **Esperanza para Sanar; Una Guía para Padres Sobre Trauma y Apego [[Hope for Healing, a Parent's Guide to Trauma and Attachment]]**
Author: Attach *Libros en español* 2018 144

Material Title: **Facilitating Behavioral Change (DVD)**
Author: TCU Institute of Child Development *DVDs* 2008 25 minutes

One of the most commonly asked questions for the staff at the TCU Institute of Child Development is how to deal with "problem behaviors." Tragically, children with history of abuse, neglect, or trauma are more likely to display these behaviors that are driven by fear. In Facilitating Behavioral Change, Dr. Karyn Purvis, a developmental psychologist and Director of the TCU Institute of Child Development, explores the concepts of Connecting and Correcting Principles, key elements in the Trust-Based Relational Intervention (TBRI-SM), the unique approach developed by Dr. Purvis and her team. This lecture provides practical insights and tips on how to use TBRI-SM tactics in real-life situations.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Facilitating Meaningful Contact in Adoption and Fostering; A Trauma-Informed Approach to Planning, Assessing, and Good Practice**

Author: Louis Sydney Books 06/21/2014 218

Most children who are fostered or adopted have some level of contact with their birth family -- whether face-to-face or by letter -- yet most of the time the psychological impact of contact on the child isn't considered.

This book explores what attachment, neuroscience and trauma tell us about how contact affects children, and shows how poorly executed contact can be unhelpful or even harmful to the child. Assessment frameworks are provided which take the child's developmental needs into account. The authors also outline a model for managing and planning contact to make it more purposeful and increase its potential for therapeutic benefit. The book covers the challenges presented by the internet for managing contact, unique issues for children in kinship care, problems that arise when adoptive parents separate and many other key issues for practice.

Material Title: **Family, The: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW DVDs 2012 47 minutes

Children belong in families because families are the curative factor. Dr. Federici explains that for children from traumatic backgrounds, families become the definitive and key element; the family is the treatment for the child. He discusses how a family intervention program, with a holistic and reality-based approach, can be used to reconstruct traumatized children and reintegrate them back into the family system successfully.

Material Title: **Fawn's Touching Tale: A story for children who have been sexually abused**

Author: Irene Wineman-Marcus and Agnes Wohl, LCSW, ACSW Children's Books 5/26/18 30

i. Introduction to Parents, School Personnel and Psychotherapists: There are many books aimed at the prevention of sexual abuse; few story books are geared for children that deal with the profound emotional aftermath. This book is unique because it offers the use of engaging animal protagonists, which allows the child to work through painful emotions in a less threatening and more effective manner. Among the most universal issues for the sexually abused child are: the mixed feelings toward the abuser, the dread and wish to be loved, the difficulties of disclosing the abuse, the fear of being blamed and/or of not being believed. The effects frequently culminate in a sense of vulnerability, damaged self-esteem, guilt and faulty defenses against the feelings of being hurt. This can lead to a wide range of self-destructive behavior in childhood and adulthood. This gentle, "child friendly", animal tale provides children with a story they can listen to again and again. Parents, psychotherapists and school professionals can use this book as a point of entry into complex feelings that the youngster, or any sexually abused person might experience. Our hope is that with the help of this book, the child will begin the process of healing and gradual resumption of his or her healthy psychological development.

Material Title: **First Steps for Strengthening Adoptive Families (DVD)**

Author: DVD DVDs 2006 20 minutes.

This DVD can be viewed independently by parents, or as part of a pre-adoptive or post-adoptive curriculum to educate parents, or to educate adoption staff about the important role of attachment, attunement and regulation in strengthening adoptive families. Whether a child was adopted abroad or domestically, early in life or as an older child, recently or several years ago, this DVD can help parents strengthen connections with their adopted child.

Study Guide available. Please request Guide when requesting DVD.

Material Title: **First Steps for Strengthening Adoptive Families: Tools and Techniques for Meeting the Needs of Your Adopted Child Study Guide**

Author: Melissa and Todd Nichols Books 2007 53 pages

The First Steps Study Guide is designed in workbook format and supplements learning from the DVD. The guide contains an outline of the information on the DVD, as well as new information. There's room to take notes while viewing the DVD, and all new exercises not included in the DVD. (description is from publisher at www.familyattachment.com)

Material Title: **From Fear to Love**

Author: E'RMA BRUNDIDGE Books 2019 303

The true story of a child who grew up in neglect, and abuse and found a way to see the gifts that were buried under the trash that others heaped upon her life. Through remembering the lessons her grandfather taught her as a six year old in the three months that she spent with him and the guidance of her faithful Special Friend she was able to survive all that happened in her life when she returned to her family. This is her journey of learning how to release the fear and shame that others forced upon her by their words and actions and how she was able to embrace the truth that what you experienced in your life as a child or young adult does not need to dictate who you are or how you live your life.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Fun Games and Physical Activities to Help Heal Children Who Hurt; Get on Your Feet!**
Author: Beth Powell *Books* 02/21/2018 176

Develop children's brains and bonds with this collection of no-tech, physical games, strategies and activities. Ideal for children who have experienced neglect, abuse and trauma, these "real-world" experiences draw on therapeutic, trauma-focused-care play principles and promote positive attachment between child and caregivers.

Explanations for how and why specific play themes and caregiver attitudes can help children's brain development enhance the text. The book also shows how children learn to problem-solve real life situations by playing them out, finding workable solutions to their own problems, and increasing their resiliency. Further benefits include better cause-effect thinking, impulse control, and increased cognitive and emotional functioning by practicing physical movements that exercise specific areas of the brain.

Material Title: **Ghosts from the Nursery**
Author: Robin Karr-Morse *Books* 1997 298 pages

This book offers startling new evidence that violent behavior is fundamentally linked to abuse and neglect in the first two years of life. Using case histories of "children who kill," along with the latest in brain development research, the authors show how infancy is the stage during which foundations for trust, empathy, conscience and lifelong learning and thinking are laid down or during which a predisposition to violent behavior is "hardwired" into the brain.

Material Title: **Ghosts from the Nursery: Tracing the Roots of Violence**
Author: Robin Karr-Morse and Meredith S. Wiley *Books* 2013 326 pages

When this book was published in 1997, it was lauded for providing scientific evidence that violence can originate in the womb and become entrenched in a child's brain by preschool. This revised edition continues to shift the conversation among parents and policy makers toward more preventative measures, incorporating significant advances in the field of neurobiological research over the past decade.

Material Title: **Gingerbread Girl, The**
Author: Joanna & Heather Forbes *Children's Books* 2017 59 pages

Full of pizzazz and adventure, The Gingerbread Girl takes children on an explorative journey of emotions, survival challenges, and determination. Written from a trauma perspective, unlike the traditional Gingerbread Boy story, it has a different ending (SPOILER ALERT) that shows how even in the most challenging of situations, you can still remain in a place of personal power and confidence.

The Gingerbread Girl includes an in-depth social/emotional discussion guide written by Heather T. Forbes, LCSW. It is designed to be an example of how any traditional storybook can be used as a social/emotional learning experience for children. When we teach young children how to identify their emotional responses, they become better equipped to handle adversity and develop better self-regulatory skills that will serve them to remain in a place of power and control of their own actions.

Material Title: **Grief and Loss in the Care System (DVD)**
Author: Foster Parent College *DVDs*

Material Title: **Growing up in the Care of Strangers: The Experiences, Insights and Recommendations of Eleven Former Foster Kids**
Author: Waln & John Brown & Seita *Books* July 22, 2007 175 pages

Growing up in placement takes a toll, not just on the children in the foster care system but also on the professionals charged with their care. They all make critical decisions that can affect a child's life forever ... which is why this book plays a valuable role in foster care training.

The purpose of this book is to provide child welfare professionals' insightful feedback from foster care alumni who grew up in

Foster family
Kinship care
Orphanage
Group home
Juvenile justice
Adoptive and
Mental health placements.

These former foster children have chosen to reflect on their childhood experiences through the lens of adult professionals so that their unique knowledge might reach receptive minds looking to improve services to youth living in foster care.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Handbook For Treatment of Attachment-Trauma Problems in Children**
Author: Beverly James *Books* 1994 268 pages

An honest and practical guide for parents and professionals to the problems faced by traumatized kids who may never have had a stable, caring relationship in their lives.

Material Title: **Handbook of Social Work in Child and Adolescent Sexual Abuse**
Author: Carolyn Hilarski *Books* 2008 270 pages

This collection of essays for professionals encompasses the spectrum of child and adolescent sexual abuse. It offers practical, up-to-date, and compassionate methods for supporting and treating those immediately affected, and it provides the latest information on assessment, management, prevention, and policy.

Material Title: **Handbook of Therapeutic Care for Children, The**
Author: Janise Mitchell & Joe Tucci & Ed Tronick *Books* 2019 344

This innovative book brings together a wide range of therapeutic approaches, techniques and models to outline recent developments in the practice of supporting children in out-of-home care. It sheds light on the significance of schools, sports and peer relationships in the lives of traumatized children. It also draws particular attention to the vital importance of taking into account children's cultural heritage, and to the growing prevalence of relative care.

Material Title: **Healing Days: A Guide for Kids Who Have Experienced Trauma* (Children's Materials)**
Author: Susan Farber Straus *Children's Books* 2013 32 pages

Healing Days is a sensitive and reassuring story intended for children who have experienced trauma and covers feelings, thoughts, and behaviors that many kids have after a bad and scary thing happens. A useful book to read with a parent or therapist, Healing Days emphasizes that children are not to blame for what happened, and that they can get help and look forward to a happy future. Kids will begin to understand their response to the trauma and learn some strategies for feeling safer, more relaxed, and more confident.

Material Title: **Healing Power of Play, The: Working with Abused Children**
Author: Eliana Gil *Books* 1991 196 pages

This book, for professionals working with abused children, examines Play Therapy and abused children from the perspective of Gil's work with five specific cases. She offers the backgrounds of these cases and describes her work with the children in each example.

Material Title: **Healing Relational Trauma with Attachment-Focused Interventions: Dyadic Developmental Psychotherapy with Children and Families**
Author: Daniel Hughes *Books* 338 pages

DDP is an attachment-focused treatment for children and adolescents who experience abuse and neglect and who are now living in stable foster and adoptive families. Its central interventions are influenced by enhanced knowledge about the structure and functions of the brain, as well as the latest findings regarding developmental trauma and the related attachment problems it brings.

Material Title: **Healing Research (DVD)**
Author: TCU Institute of Child Development *DVDs* 2007 28 minutes

For decades, scientists have studied how children's brains and behaviors are impacted by prenatal exposure to drugs and alcohol, trauma, abuse, and neglect. In this nearly 90-minute lecture, Dr. Karyn Purvis, developmental psychologist and Director of the TCU Institute of Child Development, reviews a wide range of research that gives insight into developmental deficits that drive many behaviors of at-risk children. Dr. Purvis explains the science in easy-to-understand terms to help parents and caregivers understand how psychological changes in children can be induced by early harm. Dr. Purvis helps parents and caregivers see the "real child" beneath their child's behavior.

There are occasional references to God and quotations from The Bible.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Healing trauma: attachment, mind, body, and brain**

Author: Marion F., Daniel J. Siegel Solomon

Books

2003

357 pages

"Healing Trauma" provides readers with a broad, but detailed, framework in which to understand, evaluate, and treat trauma in the context of recent neurobiological understanding about trauma and traumatic attachments. In this book, Daniel Siegel and Marion Solomon have gathered together the work of the foremost researchers, clinicians, and theoreticians working within this new paradigm of trauma treatment to present a comprehensive discussion of trauma and healing, one that involves biological, developmental, and social components.

Each of the eight chapters in this book provides up-to-date information on the research, clinical practice, and theory of trauma. The first four chapters form a conceptual unit with a focus on the developmental origins of the factors that have been determined to place individuals at risk for suffering long-term sequelae of trauma. Beginning with Daniel Siegel's chapter describing the implications of interpersonal neurobiology for developmental theory, these chapters pay particular attention to the attachment relationship and propose how the nature of that critical bond forms the basis for resilience or vulnerability. In this vein, Erik Hesse, Mary Main, Kelley Yost Abrams, and Anne Rifkin explore the "second generation" effects of trauma while Allan Schore considers the connection between early relational trauma in children and the formation of disorganized attachments. Bessel van der Kolk's chapter considering the current implications of research and theory of PTSD concludes this conceptual unit.

The second four chapters draw upon the resources from developmental research and theory outlined in Chapters 1 through 4, and go on to consider various and complementary approaches to treatment. Francine Shapiro and Lousie Masxfield develop the effective EMDR model of treatment with suboptimal attachment relations. In subsequent chapters, Diana Fosha outlines and provides rich case examples of accelerated experiential-dynamic psychotherapy (AEDP) and Robert Neborsky describes his work with short-term intensive dynamic psychotherapy in which defense mechanisms (often arising from suboptimal attachment) are revealed and reprocessed. Marion Solomon provides the final chapter in which she exhibits a model for couples therapy premised on the repair of disrupted attachment relations at both a neurobiological and social level.

Emerging from the integration of developmental, neurobiological, and social perspectives, "Healing Trauma" provides a collection of essays that will be accessible and valuable to a wide variety of practitioners in the medical and psychological healing professions.

Material Title: **Healthy Touch (DVD)**

Author: TCU Institute of Child Development

DVDs

2008

51 minutes

Touch is a universal language - more dynamic and powerful than any other form of communication. More than an integral part of everyday life; touch is essential to our very existence. The Healthy Touch DVD explores the importance of touch, particularly as a tool for promoting healing and developing deeper connections between parents of children. It features child development experts, Dr. Karyn Purvis and Dr. David Cross, founders of the TCU Institute of Child Development, and renowned researcher, Dr. Tiffany Field, Director of the Touch Research Institute at the University of Miami Miller School of Medicine, among other renowned experts. This nearly 50-minute video also explores research about touch and offers practical ways to add healthy touch in our lives on a daily basis.

Material Title: **Heart of Trauma, The; Healing the Embodied Brain in the Context of Relationships**

Author: Bonnie Badenoch

Books

11/28/2017

368

In this book, Bonnie Badenoch, a gifted translator of neuroscientific concepts into human terms, offers readers brain- and body-based insights into how we can form deep relational encounters with our clients and our selves and how relational neuroscience can teach us about the astonishing ways we are interwoven with one another. How we walk about in our daily lives will touch everyone, often below the level of conscious awareness.

Material Title: **Help for Billy**

Author: Heather T. Forbes, LCSW

Books

2012

198 pages

"Help for Billy" is a pragmatic manual to help guide families and educators who are struggling with traumatized children. Based on the concept of the neuroscience of emotions and behavior, Heather Forbes provides detailed, comprehensive, and logical strategies for teachers and parents. This easy to read book, with tables, outlines and lists, clears the way for a better understanding of the true nature regarding traumatic experiences affecting the brain and learning. It is a must read for anyone working with a child in the classroom.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Help for Billy Live: Creating Trauma-Informed Schools (DVD)**

Author: Heather Forbes, LCSW

DVDs

2016 32 minutes

In this 4-disc collection, Heather guides viewers through her trauma-informed model and brings her book, *Help For Billy*, to life through roleplays, video clips, anecdotes from her years of professional experience, and open Q&A from the audience. Her multi-media presentation along with her light and humorous presentation style makes this DVD not only educational to watch but fun and entertaining.

Heather's trauma-informed approach to meeting the educational needs of our most challenging students (who Heather affectionately refers to the "Billys" of the classroom) will help you understand why students do the things they do from a developmental trauma perspective. Yet more importantly, you will be given the tools you need in order to help the Billys of your school or classroom work through their trauma in a safe, communicative, and caring way so they can reach their full academic potential. This DVD set will restore your hope that there is a way to help your trauma-impacted students. It will also equip and empower you to become your very best when facing the challenges the "Billys" of your classroom present to you on a daily basis.

Material Title: **Help! I've Got an Alarm Bell Going Off in My Head!; How Panic, Anxiety, and Stress Affect Your Body**

Author: K.L. Aspden

Children's Books

11/15/2015

48

Ever wondered what happens inside our bodies when we feel angry, nervous, stressed or anxious? This straightforward, illustrated guide explores just that, explaining what happens to the brain and nervous system when that alarm bell in our heads starts ringing. It describes how our bodies can become very sensitive and set off false alarms, and includes tips and activities to help you reduce feelings of anxiety and keep your nervous system healthy.

Designed for ages 9+, the book aims to teach children who suffer from anxiety, stress or anger about the fight, flight or freeze response in their bodies and what can trigger it, and helps them to understand that it is something that everyone experiences. It also includes ways to manage the stress reaction and reduce feelings of shame. It is an invaluable resource for anyone supporting children who are easily triggered into anxiety or anger, including parents and carers, support workers, teachers, and therapists.

Material Title: **Helping Children Heal from Trauma: What Parents and Caregivers Need to Know (CD)**

Author: Sue Badeau

CDs

8/5/2011 15 minutes

Presented by Sue Beadeau, Casey Family Programs, Pennsylvania at the 37th NACAC Conference 2011 in Denver, Colorado. Every child entering foster care has experienced some amount of trauma—if nothing else, removal from home and placement into care. Parenting a traumatized child can be challenging and stressful. The better a parent is equipped to cope with the emotional, behavioral, and verbal responses of children and youth to placement in foster care, the greater the child or youth's opportunity to heal. The presenter will engage participants in a discussion of the strengths and challenges of traumatized foster children and will share strategies for helping professionals and parents become more trauma-informed.

Material Title: **Helping Kids Calm: Using the Body and Relationship to Support Regulation (Audio)**

Author: Robyn Gobbel

DVDs

2017 96 minutes

This webinar will focus on supporting regulation in your child both thru your relationship and thru supporting the needs of their body (especially sensory needs or difficulties). While this webinar focuses on parenting children with a history of complex trauma, the topics will apply to parenting any child- especially those who have a sensory processing system.

Material Title: **Helping Kids Calm: Using the Body and Relationship to Support Regulation (Video)**

Author: Robyn Gobbel

DVDs

2017 96 minutes

This webinar will focus on supporting regulation in your child both thru your relationship and thru supporting the needs of their body (especially sensory needs or difficulties). While this webinar focuses on parenting children with a history of complex trauma, the topics will apply to parenting any child- especially those who have a sensory processing system.

Material Title: **Hope for Healing: A Parent's Guide to Trauma and Attachment**

Author: Attach

Books

2011

165

The language of children is behavior. Feelings such as loss, grief and sadness may be expressed in angry, alienating behaviors. Children with attachment disturbances often try to protect themselves against further hurt, shame and anxiety by using behavior to push away those closest to them. Their emotions can become even more turbulent during adolescence. Fortunately, children with attachment disorders can be treated successfully, enabling them to have healthy, loving and trusting relationships. This guide is designed to help parents of children who have disabilities and/or disorders of attachment. The guide is educational, inspirational and supportive. Caretakers will learn a new way of looking at, and responding to, their child's behavior allowing them to parent more effectively. Providing a good home is not enough for many children. Parents need to truly understand their child's issues, and needs. Only then can a parent create a therapeutic home environment and access appropriate resources to promote healing.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **How Little Coyote Found His Secret Strength; A Story About How to Get Through Hard Times**
Author: Anne & C.C. Alicia Westcott & Hu *Children's Books* 11/21/2017 32

In a deep dark forest, Little Coyote grows up with a tough gang of big strong coyotes. They are cruel, call him names and order him about all day long.

Little Coyote is too small to run away or to stand up for himself, so he learns to do what he's told and makes his body small so nobody notices him. Then, one day he goes on an adventure and ends up discovering new hidden strengths that he never knew he had.

This therapeutic picture book is written to help children aged 4-10 and adults to talk about difficult experiences growing up (including things they may still be going through), and explores how they can affect how your body feels and reacts to things. It is followed by easy to read advice for adults on how to help your child.

Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2016 83 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2016 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Talk About the Hard Truths in Adoption (Video-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2016 83 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2016 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **I Can't Get over It: A Handbook for Trauma Survivors**
Author: Aphrodite Matsakis *Books* 1996 355 pages

Written for people with post-traumatic stress disorder (PTSD) and their families, this book guides trauma survivors through the healing process one step at a time. It helps readers cope with memories and emotions, explains secondary wounding, and identifies the triggers that reactivate traumatic stress.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Identifying and Responding to Trauma: Ages 0 to 5 Years Old (DVD)**

Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Trauma in the life of children from birth to five years of age has a profound impact which intensifies the need for early identification and intervention. Young children are either pre-verbal or inexperienced with verbal language and are unable to adequately express their thoughts and feelings or describe threatening life events. In order to understand a child's behavior and plan for care and intervention it is necessary for the caregiver, teacher, or health care provider to determine the child's history and emotional state from other sources.

Material Title: **Identifying and Responding to Trauma: Ages 0 to 5 Years Old (VHS)**

Author: Bruce Perry *Videotapes* 2002 29 minutes

Trauma in the life of children from birth to five years of age has a profound impact which intensifies the need for early identification and intervention. Young children are either pre-verbal or inexperienced with verbal language and are unable to adequately express their thoughts and feelings or describe threatening life events. In order to understand a child's behavior and plan for care and intervention it is necessary for the caregiver, teacher, or health care provider to determine the child's history and emotional state from other sources. ("Understanding Childhood Trauma" Series Part 4.)

Material Title: **Identifying and Responding to Trauma: Ages Six to Adolescence (DVD)**

Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Misdiagnosed characteristics of trauma are typically gender related, with boys who are hyperactive and act out and girls who dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems for adolescents also include learning difficulties, test anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behavior. This video emphasizes the role of school and community in healing from trauma.

Material Title: **Identifying and Responding to Trauma: Ages Six to Adolescence (VHS)**

Author: Bruce Perry *Videotapes* 2002 29 minutes

Misdiagnosed characteristics of trauma are typically gender related, with boys who are hyperactive and act out and girls who dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems for adolescents also include learning difficulties, test anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behavior. ("Understanding Childhood Trauma" Series Part 5)

Material Title: **Improving Sensory Processing in Traumatized Children**

Author: Sarah Lloyd *Books* 1/21/2016 118

Early trauma and neglect can have a profound effect upon a child's development. Sensory integration theory offers a way of understanding how the brain processes and stores movement experience, and how these experiences manifest at a physical and emotional level. This book explains how early movement experiences affect brain development and gives examples of how trauma can prevent basic sensory processing pathways from being correctly established. It shows how you can identify gaps in normal sensory development and offers ideas for how you can use physical activities to help build up the underdeveloped systems. Good bodily awareness forms the foundation of motor development as well as social and emotional skills and learning. This book will help your child to be more in tune with themselves and their bodies and feel more comfortable in their environment.

Highly accessible with lots of practical tips and examples, this book is written for adoptive and foster parents, and will also be useful for social workers, fostering and adoption workers and those working in primary and early years educational settings.

Material Title: **Innovative Therapeutic Life Story Work: Developing Trauma-Informed Practice for Working with Children, Adolescents and Young Adults**

Author: Richard Rose *Books* 2017 322 pages

This edited volume explores different innovative ways of carrying out life story work, a method which helps traumatized children question and resolve issues from their past. Using the experience of practitioners based in a range of settings -- including schools, intensive services, youth justice and post-adoption support -- it highlights the versatility of this work and provides a useful overview of the latest developments in the field.

Material Title: **Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma**

Author: Debra, Cathy Schweitzer and Stefanie Armstron Wesselmann *Books* 2014 130 pages

Children traumatized in their attachment relationships by abuse and neglect, hospitalizations, or out-of-home placements experience intense hurt, fear, and mistrust. The deep emotional pain often manifests as defiance and aggression, even after the environment has change through adoption, foster care, guardianship, or resolution of issues in the home. A treatment that integrates EMDR and family therapy provides hope and healing for hurt children and their families. This practical guide provides specialized parenting strategies to support the treatment, designed to help heal the past, integrate the emotional and logical regions of the child's brain, and nurture a healthy, happier child.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Introductory Overview: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 44 minutes

In this introductory overview of complex trauma, Dr. Federici eloquently brings simplicity to the understanding of children from every end of the trauma spectrum. Federici gives insight on how to create an intervention program with simplicity and accuracy. This interview between these two professionals explores and sheds light on how developmental issues are the root of the problem underlying a child's negative behaviors.

Material Title: **It's Not Me: Understanding Complex Trauma, Attachment, and Dissociation**

Author: Anabel Gonzalez *Books* 2018 218 pages

The aspects of our personality that we reject tell us a very important story. The way in which we define who we are - our identity - is shaped by the significant relationships in our life. If we have a history of complex relationships, whether it be with our parents, romantic partners or other significant figures, it can profoundly change the way we see ourselves. Our mind gets fragmented, and a deep conflict arises within us, which sometimes consumes a large part of our energy and keeps us from living a life that is fully satisfying. This book, which is aimed at patients and family members of people who have been through adverse situations that fit with what we call complex trauma, will present and explain some of the psychological problems that these situations can produce. Based on work done with patients who have a history of trauma or attachment disorders, different ideas are presented that can help overcome dysfunctional post-traumatic patterns. The aim of this book is to understand how the reactions that we have, which sometimes may be difficult even for us to explain, come from an accumulation of experiences and things we have learned, of which we may not even be fully aware. This book is about the psychological consequences of all these experiences, but mainly about our freedom to choose what we do with them.

Material Title: **Jump OUT of the Trauma Tornado: Tackling Lying (Audio)**

Author: Robyn Gobbel *DVDs* 2017 75 minutes

Families with children who have experienced trauma often get stuck in a vicious cycle of difficult behavior, parent reaction, and then more difficult behavior. This webinar will break down the trauma tornado, helping you understand how it started and what you can do to jump out. It will also help you understand lying as a trauma driven behavior and will give you ideas on how to respond in a way that will actually increase trust and decrease fear- the very thing that is driving the lying in the first place. These skills will help you get to the root of the lying without relying on short-term behavior fixes or fear-based compliance.

Material Title: **Jump OUT of the Trauma Tornado: Tackling Lying (Video)**

Author: Robyn Gobbel *DVDs* 2017 75 minutes

Families with children who have experienced trauma often get stuck in a vicious cycle of difficult behavior, parent reaction, and then more difficult behavior. This webinar will break down the trauma tornado, helping you understand how it started and what you can do to jump out. It will also help you understand lying as a trauma driven behavior and will give you ideas on how to respond in a way that will actually increase trust and decrease fear- the very thing that is driving the lying in the first place. These skills will help you get to the root of the lying without relying on short-term behavior fixes or fear-based compliance.

Material Title: **Legendary: A Tribute to Those Who Honorably Serve Devalued Children**

Author: Jaiya John *Books* 2014 207 pages

Legendary is Jaiya John's celebration of teachers, social service professionals, advocates, caregivers, counselors, mentors, and the like. Those compassionate souls who honorably serve youth devalued by society due to material poverty, heritage, language, family separation; or challenges with learning, behavior, mental health, or physical ability. Here are poetic stories to awaken your spirit, massage your heart, and remind you of the reasons you do this work. Your service touches lives, and miracles are born. Your grace endures forever. Are you experiencing compassionate fatigue, vicarious trauma, burnout, disillusionment, doubt, lack of appreciation and support, lost direction, fear, emptiness? You deserve relief. Legendary is well water drawn from the very soul of your compassionate endeavor, offered back to you in your own yearning voice. Come here and drink to your replenishment. Regain your spark of purpose. Word by word, renew your wholeness, your humanity, and your vital health. Take a dose daily. Soon, you will be breathing freely again, like the first time you answered your sacred calling.

Material Title: **Levels of Engagement & Trauma-Informed Care; Are You Connecting or Distancing? Master Lecture Series**

Author: Karyn Purvis *DVDs* 2015 53 Minutes

Dr. Karyn Purvis, Rees-Jones Director of the TCU Institute of Child Development, offers practical examples taken from real-life, hands-on experiences, to bring insight to the issues of Structure vs. Nurture. This lecture teaches caregivers the IDEAL Response (C), which emphasizes how to avoid Distancing Strategies that hurt more than help, and how to embrace Connecting Strategies that can lead to trusting relationships and more positive outcomes.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Lost Boys: Why Our Sons Turn Violent and How We Can Save Them**

Author: James Garbarino

Books

1999 238 pages

Lost Boys takes the reader into a dark world where some young children, not all of them urban and impoverished, grow up to become killers. Garbarino gives us insight into how we might learn from the sorrows of these young lives, to help parents, educators and policymakers prevent other children from succumbing to the deadly social environment that led these boys astray.

Material Title: **Managing Difficult Behaviors for Traumatized Children (Audiotape)**

Author: Renee Daniel Hershey

Audiotapes

August 20, 1999 5 hours

In this 5-hour training, taped live on August 20, 1999, the underlying causes of difficult behaviors are explored as are practical ideas for helping children change. The goal is to help parents determine what children "can't do" vs. what they "won't do." Topics include sexualized behaviors, cruelty, preoccupation with violence, toileting problems and the "divide and conquer" antics of traumatized children. We also address self-destructive behaviors, eating problems and self-defeating behaviors often seen when children are struggling with a history of abuse and neglect.

Material Title: **Medication Madness: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW

DVDs

2012 46 minutes

There is no magic pill to resolve trauma for anyone, especially for our children. Dr. Federici explains why simply medicating symptoms is ineffective and how we have not only medicated our children to toxic levels but how we have endangered them with toxic combinations of medications. Learn more about how medications can be used at conservative levels in order to help bring children back to being functional in a family to foster greater levels of healing.

Material Title: **Mood Disorders and Trauma: Making Sense of Our Complex Children (DVD)**

Author: Dr. Donald Federici and Heather T. Forbes, LCSW

DVDs

2012 41 minutes

Dr. Federici clearly explains how trauma induced mood disorders drive much of a child's negative and acting-out behaviors. He gives insight as to how anxiety, depression, mood swings, compulsive behaviors, sleep difficulties, poor social skills, reactivity, and defiance all connect back to a child's inability to regulate themselves. Solutions that center on a parent's ability and the family's ability to provide an end to the child's fear cycle are discussed in this interview.

Material Title: **More Creative Interventions for Troubled Children and Youth**

Author: Liana Lowenstein

Books

2002 148

This sequel is filled with more creative assessment and treatment techniques for use in individual, group, and family settings. The book begins with a variety of engagement and assessment activities providing clinicians with strategies to build therapeutic rapport and diagnostic tools to assist in treatment planning. The remaining four chapters provide activities to help children and teens identify feeling states, cope with emotional difficulties, manage anger, strengthen interpersonal skills, and enhance self-esteem. There are also techniques to deal with challenging client behavior. Each activity is described within a framework that recommends age suitability, preferred treatment modality, and appropriate stage of treatment. Materials needed to complete the activity are outlined. Several activities include worksheets that may be reproduced for use with clients. The book includes detailed instructions for all activities and a discussion section that further clarifies application and process. Activities are geared to 4-16 year-olds. Mental health professionals and teachers will find this book invaluable.

Material Title: **Moving Forward: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW

DVDs

2012

When children reach the later teenage years, many times they are not emotionally or developmentally ready for the challenges of independence. In this DVD, Dr. Federici discusses legal and financial options families have in order to stage their children through a slower and more gradual approach into adulthood. This volume sheds light on how to create the balance children with trauma histories need, without overwhelming them, to move them forward successfully.

Material Title: **Neurobiology of Attachment-Focused Therapy, The: Enhancing Connection & Trust in the Treatment of Children & Adolescents**

Author: Jonathan & Daniel Baylin & Hughes

Books

2016 304 pages

This groundbreaking book explores, for the first time, how the attachment-focused family therapy model can respond to this question at a neural level. It is a rich, accessible investigation of the brain science of early childhood and developmental trauma. Each chapter offers clinicians new insights—and powerful new methods—to help neglected and insecurely attached children regain a sense of safety and security with caring adults. Throughout, vibrant clinical vignettes drawn from the authors' own experience illustrate how informed clinical processes can promote positive change.

Material Title: **Nurturing Adoptions: Creating Resilience after Neglect and Trauma**

Author: Deborah Gray

Books

2012 457 pages

This state of the art guide for parents and professionals helping children affected by neglect and trauma demonstrates not only the effects on brain and emotional development of neglect and trauma and how to recognize them, but also approaches at home and at school that encourage these children to flourish. Although its focus is weighted toward the professional, this book is an excellent companion piece to Gray's other book, *Attaching in Adoption*, and it should be a source of enlightenment for parents as well.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Nurturing Resilience, an Integrative Somatic Approach**

Author: Kathy & Stephen Kain & Terrell

Books

5/08/2018

264

Kathy L. Kain and Stephen J. Terrell draw on fifty years of their combined clinical and teaching experience to provide this clear road map for understanding the complexities of early trauma and its related symptoms. Experts in the physiology of trauma, the authors present an introduction to their innovative somatic approach that has evolved to help thousands improve their lives. Synthesizing across disciplines--Attachment, Polyvagal, Neuroscience, Child Development Theory, Trauma, and Somatics--this book provides a new lens through which to understand safety and regulation. It includes the survey used in the groundbreaking ACE Study, which discovered a clear connection between early childhood trauma and chronic health problems. For therapists working with both adults and children and anyone dealing with symptoms that typically arise from early childhood trauma--anxiety, behavioral issues, depression, metabolic disorders, migraine, sleep problems, and more--this book offers fresh hope.

Material Title: **Once I Was Very Very Scared**

Author: Chandra Ghosh Ippen

Children's Books

2017

64 pages

A little squirrel announces that he was once very, very, scared and finds out that he is not alone. Lots of little animals went through scary experiences, but they react in different ways. Turtle hides and gets a tummy ache, monkey clings, dog barks, and elephant doesn't like to talk about it. They need help, and they get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings. This story was written to help children and grown-ups understand how stress can affect children and ways to help them.

Material Title: **One Kid At a Time: A Single Dad, A Boy in Foster Care, And an Adoption**

Author: Jake Dekker

Books

248 pages

This true, heartwarming story reveals that miracles occur in everyday life. Danny had no chance. His mother abandoned him. His father in prison didn't know him. His grandmother beat him so badly that the doctors couldn't count the bruises. He lived nonstop days of unending anxiety, loneliness and terror. Ordered into foster care, the system isolated, drugged and betrayed him. Jake lived the good life. Warm friendships, plenty of money and freedom to do what he enjoyed. From the outside he had the perfect existence. But inside he longed for a child.

Material Title: **Parenting Adopted Teenagers: Advice for the Adolescent Years**

Author: Rachel Staff

Books

2015

256 pages

Full of valuable, grounded advice, this guide will help parents to understand the impact of early trauma on a child's development and the specific nature of the changes that occur during adolescence. With tips for coping with common problems, it combines first-hand accounts from professionals, parents and teenagers themselves. It also covers essential topics such as: family and peer relationships, developing healthy intimate relationships, emerging identity issues, and contacting birth family.

Material Title: **Parenting in the Eye of the Storm: The Adoptive Parent's Guide to Navigating the Teen Years**

Author: Katie Naftzger and Adam Pertman

Books

2017

151 pages

This guide describes the essential skills you need to help your adopted teen confidently face the challenges of growing up and outlines four key goals for adoptive parents: To move from rescuing to responding; To set adoption-sensitive limits and ground rules; To have connecting conversations; and To help your teen envision their future. Parenting in the Eye of the Storm contains invaluable insights for adoptive parents and simple strategies you can use to prepare your adopted teen for the journey ahead and strengthen the family bond in the process.

Material Title: **Parenting Strategies to Help Adopted and Fostered Children with Their Behavior; Trauma-Informed Guidance and Action Charts**

Author: Christine Gordon

Books

10/19/2017

170

Difficult behaviour in children with developmental trauma comes from a place of hurt. It is often confusing, unpredictable and painful both to the child and the people around them, and can be a form of self-protection or coping with deeply rooted fears and anxieties.

Traumatized children rarely respond to traditional parenting strategies, but once you understand the impact of trauma on children you can master 'developmental reparenting' strategies which do work - by validating their feelings, boosting self-esteem and encouraging open and honest conversations. The first part of this book guides you using easy to understand language through the latest science and research relating to trauma and its impact on the brain and executive functioning. The second part forms the heart of the book, laying out 35 action charts to addresses some of the very hardest challenges for parents and carers - from inappropriate sexualised behaviour and overfamiliarity with strangers through to tantrums, food issues and deception.

Written by an experienced adoptive parent who is also a qualified social worker with expertise in trauma-informed parenting, this book will be a welcome relief to any family struggling with the challenges of living with trauma in the home.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Parenting the Hurt Child: Helping Adoptive Families Heal and Grow**
Author: Gregory Keck and Regina Kupecky *Books* 2009 258 pages

From insights gathered through years of working with adopted kids who have experienced early trauma, Keck and Kupecky, co-authors of "Adopting the Hurt Child," explain how to manage a hurting child with wisdom and resolve, and how to preserve your own stability in the process.

Material Title: **Parenting the Traumatized Child (DVD)**
Author: DVD *DVDs* 45 minutes

Parenting the Traumatized Child examines the particular challenges foster and adoptive parents face in building trusting relationships with severely traumatized children. Part of The Traumatized Child series. Therapists describe how traumatized children understand the world and interact with others differently from other children, and how adults can respond most effectively. Their observations are reinforced by the accounts of parents, teachers, and former foster children.

Material Title: **Parenting Traumatized Children with Developmental Differences; Strategies to Help Your Child's Sensory Processing, Language Development, Executive Function, and Challenging Behaviors**
Author: Sara McLean *Books* 03/21/2019 176

Children who have encountered trauma early in life can experience real differences in their social and cognitive development. This comprehensive guide introduces what such developmental difference means, how it affects a child, and offers strategies to help support or alleviate problems that commonly arise.

Dr. McLean explains how children with developmental differences understand the world around them and offers easy to use techniques to help children with sensory and emotional regulation difficulties or delays in language, communication or memory development.

This book will provide you with the knowledge and confidence you need to meet your own child's individual needs, and to help them to flourish.

Material Title: **Parent's Guide to Identifying and Responding to Childhood Trauma, A (DVD)**
Author: Dr. Bruce Perry *DVDs* 2002 44 minutes

The 2001 terrorist attacks rank high on the trauma scale, but there are other kinds of childhood trauma. This video helps parents identify and respond to trauma from parental divorce, the death of a parent or sibling, a life threatening accident or illness, extreme school violence, and natural catastrophic disasters, such as earthquakes, tornados and floods, as well as terrorist attacks. The suddenness of the event, the fear produced, the confusion, and the lack of coping skills make these events traumatic for many children. It is important for parents to know what to do in identifying reactions to these events in their children and the appropriate responses to take. This video features Dr. Bruce D. Perry a pioneer in the research focused on traumatized children. Dr. Perry's work includes examining the long-term cognitive, behavioral, emotional, social, and psychological effects of trauma in children, adolescents and adults.

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Material Title: **Parent's Guide to Identifying and Responding to Childhood Trauma, A (VHS)**
Author: Bruce Perry *Videotapes* 2002 44 minutes

The 2001 terrorist attacks rank high on the trauma scale, but there are other kinds of childhood trauma. This video helps parents identify and respond to trauma from parental divorce, the death of a parent or sibling, a life threatening accident or illness, extreme school violence, and natural catastrophic disasters, such as earthquakes, tornados and floods, as well as terrorist attacks. The suddenness of the event, the fear produced, the confusion, and the lack of coping skills make these events traumatic for many children. It is important for parents to know what to do in identifying reactions to these events in their children and the appropriate responses to take. This video features Dr. Bruce D. Perry a pioneer in the research focused on traumatized children. Dr. Perry's work includes examining the long-term cognitive, behavioral, emotional, social, and psychological effects of trauma in children, adolescents and adults.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Penguin and the Fine-Looking Fish, The* (Children's Materials)**

Author: Cindy R. Lee *Children's Books* 2015 38 pages

Sweet little penguin was separated from all that was familiar to him. This left him sad and confused. He began to be disrespectful to all those around him because his heart was filled with hurt. In this tender book, Penguin goes in search of a pet to love and love him back. He befriends a beautiful fish who takes him on a journey of healing as he discovers what it means to show respect to himself and others. Penguin and the Fine-Looking Fish will help teach your children the importance of showing respect and gets to the heart of why this concept is vital to engaging in healthy relationships.

Material Title: **Play Therapy for Severe Psychological Trauma (VHS)**

Author: Eliana Gil *Videotapes* 1998 40 minutes

This tape shows the nature of trauma, how to recognize it clinically and manage its powerful effects on children's development. With reenactments, actual play therapy footage, and detailed discussion of symptoms of PTSD, Dr. Gil helps viewers understand what dissociation looks like in children's art work, why it occurs and how it can be treated, and how play therapy can help.

This video comes with a booklet of the same name.

Material Title: **Pocket Guide to The Polyvagal Theory, The: The Transformative Power of Feeling Safe**

Author: Stephen Porges *Books* 2017 244 pages

Bridging the gap between research, science, and the therapy room.

When The Polyvagal Theory was published in 2011, it took the therapeutic world by storm, bringing Stephen Porges's insights about the autonomic nervous system to a clinical audience interested in understanding trauma, anxiety, depression and other mental health issues. The book made accessible to clinicians and other professionals a polyvagal perspective that provided new concepts and insights for understanding human behavior. The perspective placed an emphasis on the important link between psychological experiences and physical manifestations in the body. That book was brilliant but also quite challenging to read for some.

Since publication of that book, Stephen Porges has been urged to make these ideas more accessible and The Pocket Guide to the Polyvagal Theory is the result. Constructs and concepts embedded in polyvagal theory are explained conversationally in The Pocket Guide and there is an introductory chapter which discusses the science and the scientific culture in which polyvagal theory was originally developed. Publication of this work enables Stephen Porges to expand the meaning and clinical relevance of this groundbreaking theory.

Material Title: **Polyvagal Theory in Therapy, The: Engaging the Rhythm of Regulation**

Author: Deb Dana *Books* 2018 299 pages

The polyvagal theory presented in client-friendly language.

This book offers therapists an integrated approach to adding a polyvagal foundation to their work with clients. With clear explanations of the organizing principles of Polyvagal Theory, this complex theory is translated into clinician and client-friendly language. Using a unique autonomic mapping process along with worksheets designed to effectively track autonomic response patterns, this book presents practical ways to work with clients' experiences of connection. Through exercises that have been specifically created to engage the regulating capacities of the ventral vagal system, therapists are given tools to help clients reshape their autonomic nervous systems.

Adding a polyvagal perspective to clinical practice draws the autonomic nervous system directly into the work of therapy, helping clients re-pattern their nervous systems, build capacities for regulation, and create autonomic pathways of safety and connection. With chapters that build confidence in understanding Polyvagal Theory, chapters that introduce worksheets for mapping, tracking, and practices for re-patterning, as well as a series of autonomic meditations, this book offers therapists a guide to practicing polyvagal-informed therapy.

The Polyvagal Theory in Therapy is essential reading for therapists who work with trauma and those who seek an easy and accessible way of understanding the significance that Polyvagal Theory has to clinical work.

Material Title: **Psychological Trauma**

Author: Bessel A. van der Kolk, M.D. *Books* 1987 232 pages

The chapters in this book for professionals, written by van der Kolk and usually one or more of seven distinguished additional contributors, each deal with a specific aspect of the psychological and/or physiological effects of trauma. Each chapter, though written for its context within this book, also stands alone as an essay on its particular area of focus.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment**

Author: Alicia F. Lieberman and Patricia Van Horn *Books* 2008 366 pages

This eloquent book presents an empirically supported treatment that engages parents as the most powerful agents of their young children's healthy development. Child-parent psychotherapy promotes the child's emotional health and builds the parent's capacity to nurture and protect, particularly when stress and trauma have disrupted the quality of the parent-child relationship. The book provides a comprehensive theoretical framework together with practical strategies for combining play, developmental guidance, trauma-focused interventions, and concrete assistance with problems of living. Filled with evocative, "how-to-do-it" examples, it is grounded in extensive clinical experience and important research on early development, attachment, neurobiology, and trauma.

Material Title: **PTSD and Secondary PTSD (VHS)**

Author: *Videotapes* 1998 2 hours

Trauma impacts not only the traumatized child, but also those working with the child. This videotape of a training session attempts to provide a working model for parents and professionals who work with traumatized children.

Material Title: **PTSD Expressive Strategies (VHS)**

Author: *Videotapes* 2001 2 hours

This training emphasizes the value of art as an effective non-verbal form of communication for traumatized children, a position that is supported by current research on brain functioning and traumatic memory. Art, Dance, and Music therapists share fundamentals of each expressive treatment modality. This training was designed to deepen adoptive parents' understanding of PTSD in children and to demonstrate ways to promote healing through creative activities.

Material Title: **PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma, The**

Author: Libbi Palmer *Books* 2012 160 pages

If you have traumatic memories from an extremely upsetting, stressful, or painful experience in your life, you are not alone. In fact, many young people have been exposed to traumatic events. As a result, you might have lingering flashbacks, trouble sleeping, or a constant feeling that you are in danger. These are common symptoms of post-traumatic stress disorder (PTSD).

Material Title: **Quiet You Carry, The**

Author: Nikki Barthelmess *Children's Books* 2019 352

"Victoria Parker knew her dad's behavior toward her was a little unusual, but she convinced herself everything was fine—until she found herself locked out of the house at 3:00 a.m., surrounded by flashing police lights. Now, dumped into a crowded, chaotic foster home, Victoria has to tiptoe around her domineering foster mother, get through senior year at a new school, and somehow salvage her college dreams . . . all while keeping her past hidden. But some secrets won't stay buried—especially when unwanted memories make Victoria freeze up at random moments and nightmares disrupt her sleep. Even worse, she can't stop worrying about her stepsister Sarah, left behind with her father. All she wants is to move forward, but how do you focus on the future when the past won't leave you alone?"

Material Title: **Race & Development; Featuring Melanie Chung Sherman, LCSW (DVD)**

Author: Robyn Gobbel *DVDs*

We know that complex trauma and toxic stress impact our children's developing brains and their capacity to feel secure and safe within their environment.

What happens to children of color when they experience the toxic stress and trauma of racism? What happens when children of color experience racial bullying and othering?

Rarely has race been incorporated into trauma research and developmental understanding. However, racial identity is universally important in building the foundations of positive self-esteem, regulation, and feeling known by those who love them.

Learning how to talk about the impacts of race and racial awareness in relation to social and emotional development is important to help positively guide children from every background. We will explore what racism is and how it is tied to complex trauma. In addition, we will learn basic developmental tasks related to racial identity as well as basic concepts to consider when addressing racism, implicit bias, and othering.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Raily el Valiente**
Author: Jessica Sinarski *Children's Books* 2018 48 pages

Únete a nuestro héroe, el osito Raily, en la aventura de su vida donde aprende a ser valiente como un osito. Siempre ha sido valiente e inteligente, pero su viaje con criaturas buenas y grandes le ayudarán a abrir su corazón de maneras nuevas. ¡Este osito genial está listo para enfrentarse al desafío!

Material Title: **Raising Cain: Caring for Troubled Youngsters/Repairing Our Troubled System**
Author: Richard Delaney *Books* 1998 228 pages

A nationally renowned child and family psychologist, Dr. Delaney offers clear, easily understood strategies for parenting children who have experienced trauma. Through short vignettes, Delaney demonstrates family-based strategies that address behavioral problems and their underlying issues. In additional chapters, he discusses the impact raising a troubled child has on the adoptive family, emphasizing why adoptive moms are so predictably victimized and offers ways we can better protect the interests of adoptive children and their families.

Material Title: **Raising Resilient Rascals 2008: Disc 4 (DVD)**
Author: DVD *DVDs* 2008 3 hours

This disk includes the following presentations from the 2008 conference: "Safe Now! Five Faves for Families Helping Anxious Children" with Deborah Gray; "Om a Little Teapot: techniques for Relaxation and Self-regulation" with Julian Davies; and a Cases Panel with Deborah Gray, Julia Bledsoe, Cynthia Kertesz and others.

Material Title: **Rebuilding Attachments with Traumatized Children: Healing from Losses, Violence, Abuse and Neglect**
Author: Richard Kagan *Books* 2004 374 pages

Rebuilding Attachments with Traumatized Children: Healing from Losses, Violence, Abuse, and Neglect is a therapeutic guide to helping troubled children move beyond the traumatic experiences that haunt them. Author Dr. Richard Kagan, Director of Psychological Services for Parsons Child and Family Center in Albany, New York, presents comprehensive information on how to understand—and surmount—the impact of loss, neglect, separation, and violence on children's development, how to discover and foster strengths in children and their families, and how to rebuild connections and hope for children who are at risk of harm to themselves and others. This unique book is designed to be used in tandem with Real Life Heroes: A Life Storybook for Children (Haworth), an innovative workbook that helps children develop the self-esteem they need to overcome the worries and fears of their past through a creative arts approach that fosters positive values and a sense of pride.

Rebuilding Attachments with Traumatized Children helps children move from negative or suppressed memories to a more positive perspective, not by denying hardships, but by drawing strength from the supportive people in their lives. Practitioners can use the book as a framework and detailed guide to assessment, engagement, development of service plans, and implementation of attachment and trauma therapy. The book is a comprehensive model for working to build the trust necessary before other trauma therapy approaches can be successfully initiated.

Topics examined in Rebuilding Attachments with Traumatized Children include:

- attachment theory and research
- types of attachment problems
- PTSD behaviors
- permanency work with children in placement
- ADHD, bipolar, and RAD
- cognitive behavioral therapies
- storytelling therapies
- the myth of perfection
- neuropsychological patterns
- and much more!

Rebuilding Attachments with Traumatized Children is a rich resource for practitioners, academics, parents, adoptive parents, foster parents, grandparents, and anyone working to show troubled children how to learn from the past, resolve problems in the present, and build a better future.

Material Title: **Reflection Pond: Nurturing Wholeness in Displaced Children**
Author: Jaiya John *Books* 2007 228 pages

Jaiya John has shared time with thousands of uprooted children through his global work. Reflection Pond is a compassionate guide, a looking glass for what these youth have whispered into his spirit. They have shared their need for reflection ponds: people, places, and experiences through which their own beauty and purpose are reflected back to them. In sensitive prose, Jaiya John draws from the natural world around us to unveil the magical inner life of children and youth. Here is a revelatory positioning of the human mirror. In its face we glimpse magnificence.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Revolutionary Trauma Release Process, The**
Author: David Bercei *Books* 1/1/2008 206

The Revolutionary Trauma Release Process shows what stress, anxiety, and trauma do to our mental wellbeing and physical health. Despite the suffering we experience in life, Dr. Bercei argues that even the most damaging events can become a pathway to a more fulfilling and meaningful life.

Material Title: **Riley the Brave (Children's Materials)**
Author: Jessica Sinarski *Books* 2018 40 pages

Riley the Brave is the story of a little bear with big feelings. Join this super-cool cub as he faces his fears with the animals who love him. Includes educational afterword for caring adults.
"Big critters" can help the "cubs" in their lives as they read and re-read this playful and poignant children's book.

Material Title: **Safe Place for Caleb, A: An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma**
Author: Kathleen & Paul Chara *Books* Jan 1970 128 pages

A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults.

The first half of the book is an interactive story that follows the experiences of Caleb, a young boy who relates his difficulties and frustrations in forming and sustaining healthy relationships. He learns strategies for coping with attachment issues during his journey to the Safe Tree House, where he is introduced to the four "attachment healing keys". These act as therapeutic tools to unlock difficulties with attachment, and are presented using text and illustrations that are easily accessible for readers of all ages, even for young children.

The second half of the book presents a summary of current scientific thought on attachment styles and disorders, and provides a wide array of assessment tools, photocopiable material and healing techniques to address attachment difficulties. Lists of helpful organizations and relevant reading materials are also presented.

Based on established psychological principles, the book is a unique and imaginative guide for professionals, parents, caregivers, and people of all ages who are dealing with attachment issues.

Material Title: **Science of Parenting Adopted Children, The; A Brain-Based, Trauma-Informed Approach to Cultivating Your Child's Social, Emotional and Moral Development**
Author: Arleta James *Books* 2019 272

Many adoptees join their new families after having endured multiple traumatic experiences, which interrupts their development. Bringing together the latest research in brain science with the field of attachment, this book considers how the two can be linked to help children in healing both the brain and the heart.

Laying out the many factors that can affect a child's mental health, it shows how parents can help to improve the development of a delayed child. Accessibly explaining cutting-edge neuroscience for parents, it gives the information needed to help with a traumatised child's social, emotional and moral development.

Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Audio)**
Author: Robyn Gobbel *DVDs* 2016 76 minutes

This one hour webinar will give you an overview of the powerful work of Dr. Kristin Neff, the world's leading researcher on self-compassion. I'll give you a quick overview while also speaking directly to how self-compassion can help parents like you-parents in the trenches, barely keeping their head above water as they work to care for a child who has been impacted by trauma. One awesome thing about self-compassion is that there are lots of resources you can access after the webinar to help you grow and solidify a self-compassion practice.

Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Video)**
Author: Robyn Gobbel *DVDs* 2016 76 minutes

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Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Sexual Trauma Workbook for Teen Girls, The: A Guide to Recovery from Sexual Assault and Abuse**
Author: Raychelle Cassada Lohman, PhD LPC *Children's Books* 2016 200

If you've been sexually abused or experienced sexual trauma, you may feel confused, angry, ashamed, and unable to move forward emotionally. You're not alone. Like many teens who've been abused, you may be tempted to keep the secret locked deep inside and feel uncomfortable discussing your struggles with others. If so, this book can help you find your voice.

This empowering workbook will help you move past your trauma and serve as a comforting reminder that you are strong and resilient. Healing is possible—and with healing, comes victory. In this book, you'll find true stories from other teen survivors, and in reading the stories you'll find reassurance in knowing you aren't alone in your experiences. You'll also find practical and proven-effective strategies and exercises to help promote emotional healing and reclaim your sense of self.

Sexual abuse or trauma may be a part of your past, but it doesn't need to define who you are now. This book will help you as you start on the path toward healing so you can move forward with confidence.

Material Title: **Significant Event Childhood Trauma (DVD)**
Author: Bruce Perry *DVDs* 2002 29 minutes

Sometimes a single significant event can cause trauma in the life of a child. Such events include the death of a parent or sibling, parental divorce, violence, and natural disasters. If not addressed, significant-event childhood trauma will negatively affect normal and healthy childhood development. Typical effects of trauma are the alarm state, re-experiencing, emotional memory, avoidance, and dissociation. Effective intervention involves openness and honesty, nurturing, and the frank discussion of details.

Program segments include Significant Event Trauma Effects, Targeting Resources, In the Classroom, Divorce, Single Parents, Addiction, Violence, and Intervention. Over time and with compassionate care and intervention, children can recover from a traumatic childhood event and be better prepared for similar losses and other trauma later in life.

Material Title: **Significant Event Childhood Trauma (VHS)**
Author: Bruce Perry *Videotapes* 2002 29 minutes

Sometimes a single significant event can cause trauma in the life of a child. Such events include the death of a parent or sibling, parental divorce, violence, and natural disasters. If not addressed, significant-event childhood trauma will negatively affect normal and healthy childhood development. Effective intervention involves openness and honesty, nurturing, and the frank discussion of details. Program segments include Significant Event Trauma Effects, Targeting Resources, In the Classroom, Divorce, Single Parents, Addiction, Violence, and Intervention. Over time and with compassionate care and intervention, children can recover from a traumatic childhood event and be better prepared for similar losses and other trauma later in life. ("Understanding Childhood Trauma" Series Part 2.)

Material Title: **Simple Guide to Child Trauma, The**
Author: Betsy de Thierry *Books* 2017 80 pages

- What is trauma?
- How does it affect children?
- How can adults help?

Providing straightforward answers to these complex questions, The Simple Guide to Child Trauma is the perfect starting point for any adult caring for or working with a child who has experienced trauma. It will help them to understand more about a child's emotional and behavioural responses following trauma and provides welcome strategies to aid recovery. Reassuring advice will also rejuvenate adults' abilities to face the challenges of supporting children.

Material Title: **Six Core Strengths for Healthy Childhood Development, The (DVD)**
Author: Bruce Perry *DVDs* 2004 20 minutes

This seven-part program features Bruce D. Perry, M.D., Ph.D. The first part is an overview and definition of the six core strengths discussed. Each subsequent part focuses on a key skill (and ways to help children acquire that skill) critical to healthy child development: Attachment, Self Regulation, Affiliation, Attunement, Tolerance and Respect.

Material Title: **TBRI: An Overview (DVD)**
Author: TCU Institute of Child Development *DVDs* 2014 37 minutes

This short video explains the principles and concepts behind Trust-Based Relational Intervention®, a proven method for enriching the lives of at-risk, vulnerable children, adolescents, and their families. Trauma can impair language, sensory processing, and coping skills, and can lead to perplexing behaviors that are often mistaken for aggression or mental illness. This video features world-renowned experts who share research that documents how consistently positive experiences with loving caregivers can re-wire a child's brain for lasting change.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Tell Me About When Moms and Dads Come Home from Jail**
Author: Judi Goozh *Children's Books* 05/21/2018 42

Ideal for use with children aged 6-11, this is a vital resource for supporting the wellbeing of children whose parent is coming home after spending time in prison. Using plain language and photographs, it reassures children and guides them through adjusting to their parent's homecoming. It explains which feelings the child and both parents might experience and the different challenges that everyone in the family might face, while suggesting ways to build new bonds with the parent. Included are activities to help children manage their feelings, tips for parents and professionals on how best to support them, and a list of resources for additional help and information.

Material Title: **Tell Me About When Moms and Dads Go to Jail**
Author: Judi Goozh *Children's Books* 05/21/2018 48

"This book will help you understand what is happening to your mom or dad who goes to jail..."

Ideal for use with children aged 6-11, this is an invaluable resource for supporting the wellbeing of children whose parent is incarcerated. It explains what jail is like and why some people have to go there, while reassuring children that their parent loves them, is safe, and is working hard to come home again. Included are activities to help children manage their feelings, tips for parents and professionals on how best to support them, and a list of resources for additional help and information.

Material Title: **Terrible Thing Happened, A: A story for children who have witnessed violence or trauma* (Children's Materials)**
Author: Margaret Holmes *Children's Books* 2000 28 pages

This gently told and tenderly illustrated story of a young raccoon who sees something terrible, is for children ages 4-8 who have witnessed any kind of violent or traumatic episode. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers suggestions for helping traumatized children, including a list of sources that focus on specific events.

Material Title: **Therapeutic Parenting Essentials: Moving from Trauma to Trust**
Author: Sarah Naish *Books* 2019 320

All families of children affected by trauma are on a journey, and this book will help to guide you and your family on your journey from trauma to trust.

Sarah Naish shares her own experiences of adopting five siblings. She describes how to use therapeutic parenting - a deeply nurturing parenting style - to overcome common challenges when raising children who have experienced trauma. The book describes a series of difficult episodes for her family, exploring both parent's and child's experiences of the same events - with the child's experience written by a former fostered child - and in doing so reveals the very good reasons why traumatized children behave as they do. The book explores the misunderstandings that grow between parents and their children, and provides comfort to the reader - you are not the only family going through this!

Full of insights from a family and others who have really been there, this book gives you advice and strategies to help you and your family thrive.

Material Title: **Therapeutic Parenting for Traumatized Children**
Author: Denise L. Best, LMHC *Books* 2009 60 pages

Therapeutic parenting can be the cornerstone of treatment, and in healing traumatized children. Gain new insight into why traumatized children do what they do, and what to do about it. This manual is for parents who are still trying to find something (anything!) that works for the difficult behaviors attachment-traumatized children exhibit.

Material Title: **Therapeutic Residential Care for Children and Young People: An Attachment and Trauma-Informed Model for Practice**
Author: Susan Barton *Books* 2011 288

Children and young people in care who have been traumatized need a therapeutic environment where they can heal and which meets their emotional and developmental needs.

This book provides a model of care for traumatized children and young people, based on theory and practice experience pioneered at the Lighthouse Foundation, Australia. The authors explain the impact of trauma on child development, drawing on psychodynamic, attachment and neurobiological trauma theories. The practical aspects of undertaking therapeutic care are then outlined, covering everything from forming therapeutic relationships to the importance of the home environment and daily routines. The book considers the totality of the child's experience at the individual, group, organization and community levels and argues that attention to all of these is essential if the child is to achieve wellness. Case material from both children and carers are used throughout to illustrate both the impact of trauma and how children have been helped to recovery through therapeutic care.

This book will provide anyone caring for traumatized children and young people in a residential setting with both the understanding and the practical knowledge to help children recover. It will be essential reading for managers and decision-makers responsible for looked after children, child care workers such as residential and foster carers, youth workers, social workers, mental health workers and child welfare academics.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Therapeutic Treasure Box, A ; for Working with Children and Adolescents with Developmental Trauma**

Author: Karen Treisman Books 9/21/2017 424

Like a treasure chest, this resource overflows with valuable resources - information, ideas and techniques to inspire and support those working with children who have experienced relational and developmental trauma.

Drawing on a range of therapeutic models including systemic, psychodynamic, trauma, sensory, neurobiological, neurocognitive, attachment, cognitive behavioural, and creative ideas, Dr Karen Treisman explains how we understand trauma and its impact on children, teens and their families. She details how it can be seen in symptoms such as nightmares, sleeping difficulties, emotional dysregulation, rage, and outbursts.

Theory and strategies are accompanied by a treasure trove of practical, creative, and ready-to-use resources including over 100 illustrated worksheets and handouts, top tips, recommended sample questions, and photographed examples.

Material Title: **Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play (Second Edition)**

Author: Ann M. Jernberg and Phyllis B. Booth Books 1999 384 pages

This book shows parents how to use play to communicate love and authority and to engage their children in interactions that develop competence, self-esteem and trust. Booth's revised Edition, integrates Jernberg's innovative approach with recent research on attachment and the effect of stress and trauma on child development.

Material Title: **Theraplay: Innovations in Attachment Enhancing Play Therapy**

Author: Evangeline Munn Books 2000

This structured compilation of essays is aimed at play therapists and other professionals who work with children and families. Theraplay is a form of structured play therapy designed to strengthen the attachment between parents and their child. It is applicable to children of all ages, with a wide range of emotional, social and behavioral problems. It is short term and cost effective. Theraplay techniques are clearly and creatively presented with rich clinical detail in this volume.

Material Title: **Things I Want Most, The: The Extraordinary Story of a Boy's Journey to a Family of His Own**

Author: Richard F. Minitier Books tember 1, 1 273 pages

Since his removal from an abusive home, eleven-year-old Mike had been placed with a dozen foster families and institutions. Medication could not control his defiant, violent behavior. The overwhelming conclusion: nothing more could be done. Mike was labeled severely emotionally disturbed and a hopeless case by the children's home in which he lived. When Richard and Sue Minitier, who'd raised six children of their own, read his file they found no indication that Mike even wanted help. Then, almost by accident, they came across a single sheet of blue paper labeled "The Things I Want Most." Beneath that headline, written in a child's sprawling, smudgy scrawl, were the words: "A Family, A Fishing Pole, A Family." They decided to take him in.

Portraying the unpredictability, frustration, and heartbreak of everyday life with a bright but uncontrollable child scarred by abuse, The Things I Want Most is the engaging and earnest story of the Minitiers' first year with Mike. Despite the broken windows, attention demands, temper tantrums, and even fires, Mike and his new family survived their difficult first year together. Sustained by prayer, imagination, and the love of other family members (not the least of whom was Mike himself), they managed to turn the challenges into changes. Drawing readers into the hearts and minds of the Minitier family, The Things I Want Most is a testament to the reserves of strength and love it took to convince Mike that it just might be possible to have what he wanted most--a loving family.

Material Title: **Too Scared to Cry: Psychic Trauma in Childhood**

Author: Lenore Terr Books 1990 340 pages

Child psychologist, Lenore Terr presents tales of terror, related to her by young victims of severe childhood trauma, in a way that is at once fascinating and educational. She shows how this trauma has affected not only the children, but all of us.

Material Title: **Trauma and Healing (DVD)**

Author: Dr. Bruce Perry DVDs 2002 29 minutes

Adults who have suffered trauma in childhood often have difficulty expressing anger. This program features trauma expert Jane Middleton-Moz, who states that "Anger can be like a balloon. You keep blowing it up until it finally pops, and then only look at the result of the popping. But we also have to look at the blowing up process, which is often the pain and rage caused by childhood trauma."

This program also features interviews with Vickie, Cynthia, and Curtis, adults recovering from childhood trauma. Curtis, for example, is battling addiction and is beginning to explore the connections between a violent childhood and his current substance-abuse problems. Recovery from childhood trauma ultimately depends on accepting and understanding the original trauma, and then relying on the same survival skills that one had as a child.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Trauma and Healing (VHS)**

Author: Bruce Perry

Videotapes

2002 29 minutes

Adults who have suffered trauma in childhood often have difficulty expressing anger. This program features trauma expert Jane Middleton-Moz, who states that "Anger can be like a balloon. You keep blowing it up until it finally pops, and then only look at the result of the popping. But we also have to look at the blowing up process, which is often the pain and rage caused by childhood trauma." This program also features interviews with adults recovering from childhood trauma. Recovery from childhood trauma ultimately depends on accepting and understanding the original trauma, and then relying on the same survival skills that one had as a child. ("Understanding Childhood Trauma" Series Part 7.)

Material Title: **Trauma and Recovery: The Aftermath of Violence - from domestic abuse to political terror**

Author: Judith Herman

Books

1992 249 pages

This treatise on the nature of trauma and the process of healing addresses the history of research and a wide array of experiences both personal and social.

Material Title: **Trauma Doesn't Tell Time (Audio-Part 1 of 2)**

Author: Robyn Gobbel

DVDs

83 minutes

In the first year or so after adoption, it's easy for adoptive parents to remember what a difficult journey their child has been through. As time passes, parents expect their children's challenging behaviors, anxiety, and mistrust to fade away. And oftentimes, they do. Despite years in a safe and loving home- children adopted after traumatic beginnings still feel and act as though they are stuck right in the middle of their trauma. Up-to-date information about your child's brain and the latest understanding in memory processing theory will help provide you with new empathy and understanding about why your child is 'flipping their lid.'

Material Title: **Trauma Doesn't Tell Time (Audio-Part 2 of 2)**

Author: Robyn Gobbel

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66 minutes

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Material Title: **Trauma Informed Approach to Behaviors in the Classroom (Audio)**

Author: Robyn Gobbel

DVDs

2017 78 minutes

Steeped in science yet easy to understand, this webinar will clearly articulate WHY traditional classroom behavior management systems (level systems, color charts, stop lights, etc.) don't work for children with a history of trauma and what teachers can do instead. This trauma-informed approach uses elements of the familiar color system so your child's teacher doesn't feel overwhelmed at having to start from scratch.

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Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others**
Author: van Dernoot Lipsky & Burk Laura & Connie *Books* 2009 288 pages

A longtime trauma worker, Laura van Dernoot Lipsky offers a deep and empathetic survey of the often-unrecognized toll taken on those working to make the world a better place. We may feel tired, cynical, or numb or like we can never do enough. These, and other symptoms, affect us individually and collectively, sapping the energy and effectiveness we so desperately need if we are to benefit humankind, other living things, and the planet itself. In *Trauma Stewardship*, we are called to meet these challenges in an intentional way—to keep from becoming overwhelmed by developing a quality of mindful presence. Joining the wisdom of ancient cultural traditions with modern psychological research, Lipsky offers a variety of simple and profound practices that will allow us to remake ourselves—and ultimately the world.

Material Title: **Trauma Through A Child's Eyes**
Author: Peter A. and Maggie Kline Levine *Books* 2007 457 pages

Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, this book gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

Material Title: **Trauma, Brain & Relationship: Helping Children Heal (DVD)**
Author: Drs. Bruce Perry, Constance Lillas, Daniel J. Siegel et al *DVDs* 2004 26 minutes

Trauma profoundly affects the way children think, feel and act and is far more prevalent than we formerly thought. Trauma's aftermath affects children's abilities mentally, emotionally, and situationally. Trauma is the source of chronic learning and attention problems, emotional and social difficulties and physical ills. It is also a condition that is readily repaired in young children. This engaging documentary features leading-edge mental health professionals who introduce revolutionary new discoveries that help identify, prevent, and heal trauma in children.

Material Title: **Trauma-Informed Adoption Practices: The Healing Power of Adoptive Families (3 CDs)**
Author: NACAC Conference *CDs* 8/4/2011 45 minutes

This material is a recording from the 37th NACAC Conference in August 2011. Presented by Wayne Duehn of the School of Social Work, University of Texas at Arlington and Sherry Anderson of Three Rivers Adoption Council in Pennsylvania. This workshop will expose the cutting edge of recent findings related to the effects of trauma on the neurobiology of the developing brain. This information forms the basis for developing trauma-informed treatment strategies that provide safety, a sense of belonging, and resiliency, while also promoting recovery. Participants and listeners receive tools that guide the process of trauma resolution and gather tips to use with families.

Material Title: **Trauma-Proofing Your Kids: A Parents' Guide for Instilling Confidence, Joy and Resilience**
Author: Peter A. Levine Ph.D. & Maggie Kline *Books* 2008 248

The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more "ordinary" ordeals such as terrifying medical procedures, accidents, loss and divorce. *Trauma-Proofing Your Kids* sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them "bounce back" after feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life's circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. *Trauma-Proofing Your Kids* is a treasure trove of simple-to-follow "stress-busting," boundary-setting, sensory/motor-awareness activities that counteract trauma's effect on a child's body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this ground-breaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

Material Title: **Traumatic Experience and the Brain**
Author: Dave Ziegler *Books* 2002 164 pages

From the author of *Raising Children Who Refuse to be Raised*, this book describes the human brain, its structure and function. It describes the role of the brain in adaptation and how trauma affects perception of self, of others, and of events. Ziegler provides case examples and offers treatment suggestions. Though slanted toward professionals, it is written in a way that parents might also gain insight into their traumatized children.

Material Title: **Treating Traumatized Children: New Insights and Creative Interventions**
Author: Beverly James *Books* 1989 223 pages

This book offers innovative, insightful, and compassionate approaches to helping children work through their traumatic experiences regardless of the nature of the event.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Treewalker's Gift: Overcoming the Fear of Being Loved**
Author: Erma S. Brundidge, MS *Books* 2014 101 pages

A true story of a 6 year old girl's journey from abuse, neglect, and shame to a path of Truth guided by the Great Spirit. The gentleness of her Grandfather's lessons taught along the paths through the meadow and by the flowing stream gave her strength to continue through the emotional pain she would inevitably walk back into. Author Erma Brundidge is a foster and adoptive family trainer who spends time speaking to groups about the effects of trauma on children and their future lives and relationships. She was a family therapist for 27 years before retiring and dedicating her life to giving a new understanding to foster and adoptive parents on how their words and actions impact the children they care for.

Material Title: **True/Not True: When Memories Can Be Trusted (DVD)**
Author: DVD *DVDs* 1993 30 minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

Material Title: **True/Not True: When Memories Can Be Trusted (VHS)**
Author: VHS *Videotapes* 30 Minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

Material Title: **Trust-Based Parenting: Creating Lasting Changes in Your Child's Behavior (2 DVDs)**
Author: TCU Institute of Child Development *DVDs* 2011 35 minutes

Suggested to accompany "A TBRI Pocket Guide: Trust-Based Caregiving".

This DVD set offers in-depth training for parents of children with trauma-based behavioral issues. The Trust-Based Relational Intervention (TBRI) is an intervention model created by developmental psychologists Dr. Karyn Purvis and Dr. David Cross, founders of the Institute of Child Development at Texas Christian University. It is based on more than a decade of research and hands-on work with vulnerable children and their families. Dr. Purvis coined the phrase "children from hard places" to describe children who have experienced abuse, neglect, abandonment and/or trauma in early development. Their survival behaviors can be confusing, frustrating, and difficult to manage even for the most patient and loving parents.

This video features Drs. Purvis & Cross coaching families through real-life, problem-solving scenarios. They demonstrate proven, practical skills and strategies for applying TBRI Empowering, Connecting and Correcting Principles to everyday life to build a stronger parent-child connection, which leads to better behavior. Parents from around the world praise TBRI for giving them hope in times of crisis and lifelong solutions that can benefit the entire family.

Material Title: **Una Vez Tuve Mucho Mucho Miedo**
Author: Chandra Ghosh Ippen *Children's Books* 2017 64 pages

Una pequeña ardilla anuncia que una vez tuvo mucho mucho miedo. Descubre que no es el único animalito que se siente así. Muchos animalitos también han pasado por experiencias que les asustaban, pero reaccionan en distintas maneras. Tortuga se esconde y le duele la panza, Mono busca a alguien a quien abrazar, Perro ladra, y a Elefante no le gusta hablar de esas cosas. Todos necesitan apoyo, y lo reciben de adultos que les ayudan a sentirse seguros y a aprender maneras de afrontar sentimientos difíciles.

Material Title: **Understanding the Traumatized Child (DVD)**
Author: DVD *DVDs* 44 minutes

Understanding the Traumatized Child discusses the variety of ways in which children may be traumatized. It describes the impact of trauma on children's behaviors, on their capacity to trust, and the way they view themselves and others.

Part of The Traumatized Child series. Therapists describe how traumatized children understand the world and interact with others differently from other children, and how adults can respond most effectively. Their observations are reinforced by the accounts of parents, teachers, and former foster children.

Material Title: **Untangling Disorganized Attachment (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 72 minutes

This webinar will take the confusing concept of disorganized attachment and break it down so you can completely understand what that means, how it happened, and what you can do about it. At least 80% of children who have experienced early abuse, neglect, or trauma have disorganized attachment. The behaviors of a child with disorganized attachment leave their caregivers feeling confused, overwhelmed, and hopeless. If we can get a grasp on what disorganized attachment is and what it looks like, confusion can be replaced with understanding; overwhelm with confidence and compassion; hopelessness with hope.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Untangling Disorganized Attachment (Video-Part 1 of 2)**

Author: Robyn Gobbel *DVDs* 2017 72 minutes

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Material Title: **Untangling Disorganized Attachment (Video-Part 2 of 2)**

Author: Robyn Gobbel *DVDs* 2017 58 minutes

This webinar will take the confusing concept of disorganized attachment and break it down so you can completely understand what that means, how it happened, and what you can do about it. At least 80% of children who have experienced early abuse, neglect, or trauma have disorganized attachment. The behaviors of a child with disorganized attachment leave their caregivers feeling confused, overwhelmed, and hopeless. If we can get a grasp on what disorganized attachment is and what it looks like, confusion can be replaced with understanding; overwhelm with confidence and compassion; hopelessness with hope.

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Material Title: **Using Stories to Build Bridges with Traumatized Children**

Author: Kim Golding *Books* 7/21/2018 208

Psychologist Kim S. Golding shows how you can use stories to build connections with children aged 4–16 and support their recovery from trauma and stress. She illustrates the techniques with 21 stories adapted from her own clinical work with children and families, and explains how you can expand or adapt them to make them more relevant for a particular child. Advice and stories are arranged into sections dealing with common psychological issues, including looking back and moving on, lack of trust and need for attention. Golding also gives invaluable tips for planning stories and life story work, and for storymaking with children. She also describes how stories can be used therapeutically with parents of traumatized children and as a tool for self-reflection by counsellors.

Material Title: **Visiting Feelings**

Author: Lauren Rubenstein *Children's Books* 2013 32 pages

Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness to help children fully experience the present moment. Rather than labeling or defining specific emotions and feelings, *Visiting Feelings* invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings. Practicing mindfulness can also enhance many aspects of well-being, help develop insight, empathy, and resiliency.

Material Title: **Waiting to Forget**

Author: Sheila Kelly Welch *Children's Books* 2011 170

T.J. has always looked out for his little sister, Angela. When Momma used to go out and leave them home alone, he'd lock the door so they'd be safe, keep Angela entertained, and get out the cereal and milk for her. When Momma's boyfriend got angry at them, he'd try to protect Angela. Later, at their foster homes, T.J. was the only one who knew how to coax his little sister out of her bad moods. The only one who understood why she made origami paper cranes and threw them out the window. But now T.J. is sitting in the waiting room at the hospital, wondering if Angela, unconscious after a fall, will ever wake up. Wondering, too, if he will ever feel at home with his and Angela's new parents—Marlene, who insists on calling him Timothy, and Dan, who seems to want a different son. Going back and forth between Now and Then, weaving the uncertain present with the painful past, T.J.'s story unfolds, and with the unfolding comes a new understanding of how to move forward.

Material Title: **What Is Childhood Trauma? (DVD)**

Author: Bruce Perry *DVDs* 2002 29 minutes

There are sixteen to twenty million children and adolescents currently at risk for developing trauma-related problems. These problems include anxiety, depression, substance abuse, failure at school, susceptibility to victimization and abuse, and criminality. Many healthcare systems, teachers, and caregivers are only now beginning to recognize and address the problem. This program presents an overview of the effects of childhood trauma on the individual and on society.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **What is Childhood Trauma? (VHS)**

Author: Bruce Perry *Videotapes* 2002 29 minutes

There are sixteen to twenty million children and adolescents currently at risk for developing trauma-related problems. These problems include anxiety, depression, substance abuse, failure at school, susceptibility to victimization and abuse, and criminality. Many healthcare systems, teachers, and caregivers are only now beginning to recognize and address the problem. This program presents an overview of the effects of childhood trauma on the individual and on society. ("Understanding Childhood Trauma" series Part 1.)

Material Title: **When I Was Little...A Child's Journey in Overcoming Abuse & Trauma**

Author: Keri Vellis *Children's Books* 2018 24

When I Was Little is a story for children who have suffered any kind of abuse or trauma in their young lives. Follow along as a child struggles with emotions and learns to share difficult feelings and experiences with trusted individuals The child finds comfort and security in a safe and loving environment.

Material Title: **When Something Terrible Happens: Children Can Learn to Cope with Grief**

Author: Marge Heegaard *Children's Books* 1992 32 pages

Creates ways for children to explore the fright, confusion, and insecurity caused by traumatic events in their lives. The 'Drawing Out Feelings' series has been designed to provide parents, educators and counselors with an organized approach to helping children cope with grief, family loss and change. A workbook to help children work out feelings about a traumatic event. Traumatic events in the lives of their families, friends or community leave children feeling confused, insecure and frightened. Recreating the event on paper reduces the child's terror and creates feelings of empowerment. Drawing puts the child in charge, providing the opportunity for exploring feelings. With the help of this book, nightmares and post-traumatic stress symptoms can be relieved.

Material Title: **William Wobbly and the Mysterious Holey Jumper; A Story about Fear and Coping**

Author: Sarah Naish *Children's Books* 2017 32

William Wobbly is having lots of wobbly feelings one morning but his mum is so busy that she doesn't notice.

William Wobbly's worries worsen when he notices small changes at school. "Where's my real teacher?!" he wonders. He hides under his desk and he chews holes into his jumper, but even that doesn't take the wobbly feelings away. Luckily, his mum is here to help him cope when he's afraid.

William Wobbly has many of the behavioural and emotional issues experienced by children who have suffered trauma and have attachment difficulties. This is a story for children aged 3-10 with problematic coping habits.

Material Title: **Working With Traumatized Children: A Handbook for Healing**

Author: Kathy Brohl *Books* 2007 96 pages

This simply written and practical handbook examines the mind-body connection between a terrifying experience and a child's adaptive coping mechanisms. It provides the practical knowledge to better help and guide a child suffering from Post Traumatic Stress Disorder (PTSD) and details the trauma recovery process, offering specific treatment intervention techniques.

Material Title: **Working with Traumatized Children: A Handbook for Healing THIRD EDITION - Companion Workbook**

Author: Kathryn Brohl *Books* 7/01/2016 225

This new, revised edition will provide you with insight into how traumatic experiences affect mind and body functioning and what you can do to foster safety and healing in children. Included: recent neuroscience research that more clearly articulates functional brain changes following a traumatic experience; simple and easy-to-follow exercises to soothe and calm children; detailed information on the impact of physical, verbal, and cyber bullying on children; and an expanded chapter on growing up traumatized and later choosing to work with young trauma survivors.

Material Title: **Working with Traumatized Youth in Child Welfare**

Author: Nancy Webb *Books* 10/28/2005 316

Until recently, there has not been a great deal of overlap in the child welfare and trauma literatures. This text bridges that divide by integrating perspectives from both fields to help practitioners understand and address the special needs of maltreated children and adolescents and their families. Current knowledge on attachment, trauma, and risk and resilience is clearly explained, including the impact of abuse on the brain. Readers learn how to conduct assessments and implement a range of effective helping strategies with youth in foster care and other settings. Featuring extensive case illustrations, the book gives particular attention to diversity issues and the importance of supporting child and family strengths.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families**

Author: Jayne Blatt *Books* 2009 269

Why don't our children return our love? What are we not understanding? What are we failing to do? These questions can trouble the minds of adoptive parents caring for wounded, traumatized children. Families often enter into the adoption experience with high expectations for themselves and their children but are quick to discover that these hopes are not realistic. This book addresses those unmet expectations and offers validation and solutions for the challenges that arise when parenting deeply traumatized or emotionally disturbed children.

Material Title: **Young Children and Trauma: Intervention and Treatment**

Author: Joy D. Osofsky *Books* 2004 348 pages

Recent years have seen significant advances in knowledge about the effects of exposure to psychological trauma on young children from birth to age 5. This volume brings together leading experts to address practical considerations in working with traumatized young children and their caregivers. State-of-the-art assessment and treatment approaches are presented, together with innovative service delivery models. With a focus on building cross-disciplinary collaboration to better serve this vulnerable population, this is an indispensable resource for all mental health and human service professionals working with children at risk.