

Neurological

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

Material Title: **Brain Rules for Baby: How to Raise a Smart and Happy Child from Zero to Five**

Author: John Medina Books 2014 336

What's the single most important thing you can do during pregnancy? What does watching TV do to a child's brain? What's the best way to handle temper tantrums? Scientists know.

In his New York Times bestseller *Brain Rules*, Dr. John Medina showed us how our brains really work—and why we ought to redesign our workplaces and schools. Now, in *Brain Rules for Baby*, he shares what the latest science says about how to raise smart and happy children from zero to five. This book is destined to revolutionize parenting. Just one of the surprises: The best way to get your children into the college of their choice? Teach them impulse control.

Brain Rules for Baby bridges the gap between what scientists know and what parents practice. Through fascinating and funny stories, Medina, a developmental molecular biologist and dad, unravels how a child's brain develops – and what you can do to optimize it.

Material Title: **Brain that Changes Itself, The; Stories of Personal Triumph from the Frontiers of Brain Science**

Author: Norman Doidge Books 12/18/2007 427

An astonishing new science called "neuroplasticity" is overthrowing the centuries-old notion that the human brain is immutable. In this revolutionary look at the brain, psychiatrist and psychoanalyst Norman Doidge, M.D., provides an introduction to both the brilliant scientists championing neuroplasticity and the people whose lives they've transformed. From stroke patients learning to speak again to the remarkable case of a woman born with half a brain that rewired itself to work as a whole, *The Brain That Changes Itself* will permanently alter the way we look at our brains, human nature, and human potential.

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

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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: **Change Your Brain Change Your Life**
Author: Daniel G Amen *Books* 1998 305 pages

Dr. Amen presents the case that many behavioral disorders formerly considered psychological actually have a biological basis. Through the lens of new brain imaging techniques, you can see what depression, anxiety, temper, impulsiveness and obsession look like in the brain. Dr. Amen gives practical suggestions for overcoming these problems and gives tools for optimizing the brain and improving life.

Material Title: **Child With Special Needs, The; Encouraging Intellectual and Emotional Growth**
Author: Stanley Greenspan *Books* 1998 479 pages

This comprehensive approach to developmental challenges including autism, PDD, language and speech problems, Down syndrome, cerebral palsy, ADD, and other related disorders helps parents and professionals “get beyond the label” and understand each child’s unique profile.

Material Title: **Children from Hard Places and the Brain (DVD)**
Author: TCU Institute of Child Development *DVDs* 2014 20 minutes

This video explores the impact of trauma on a developing brain and explains how fear and chronic stress damage the structure, wiring, and chemistry of the brain. This puts children at risk for a lifetime of social, learning, and behavioral problems if there isn’t intervention. Children from Hard Places and the Brain features experts Dr. Tina Payne Bryson, Dr. Karyn Purvis, and Dr. David Cross, and offers practical advice and tips for leading children of all ages – even teens – to new levels of healing.

Material Title: **Children With Disabilities**
Author: Mark Batshaw *Books* 1997 788 pages

The revised edition of Children with Handicaps (1986) presents thorough, authoritative chapters on the basics of chromosomes, heredity, prenatal diagnosis and fetal therapy, growth before birth, and the first weeks of life, and continues with in-depth, yet accessible coverage of all types of disabilities and their management. Useful to a wide audience of professionals and parents, and impressive in its scope and conciseness.

Material Title: **Choosing Therapeutic Activity Based on Neuro-Sensory Assessment; Featuring Marti Smith, OTR/L (Audio)**
Author: Robyn Gobbel *CDs* 1hr 21min

Children with a history of early complex trauma and toxic stress often display challenging behaviors that seem confusing but are actually the result of what is happening in their nervous system. Early toxic stress and trauma impacts the development of the sensory system, making children more at risk for differences in the way their sensory system experiences and processes the world. These differences may be underneath that challenging behavior you just can’t figure out! This webinar will look at the different sensory systems, clearly articulate the symptoms you might be seeing that suggest a challenge in the system, and then tell you what to do about it!! Marti will cover picky eating, toileting challenges, hyperactivity, reading challenges, lethargy/avoidance, physically destructive behavior, and sleep difficulties.

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Material Title: **Devised!: Balancing Life and Technology in a Digital World**
Author: Doreen Dodgen-Magee *Books* 2018 272

With current statistics suggesting that the average American over the age of 14 engages with screens upwards of 10 hours a day, the topic of our growing dependence upon technology applies to nearly everyone. While the effects differ at each point of development, real changes to the brain, relationships, and personal lives are well documented. Devised! explores these alterations and offers a realistic look at how we can better use technology and break away from the bad habits we've formed. Using personal stories, cutting edge research, and anecdotes from youth, parents, and professionals, Dodgen-Magee highlights the brain changes that result from excessive technology use and offers an approach to the digital world that enables more informed and lasting change and a healthier long-term perspective. Given that the reader is living within a culture of ever-changing and advancing technologies, Devised! is written in such a way that its contents can weather the constantly changing digital landscape by focusing on the concepts of honest assessment and healthy boundary setting rather than on specific technologies or platforms.

Devised! offers a mindful approach to assessing current technology use, breaking bad habits, setting new norms, and re-engaging with life with renewed richness and awareness.

Material Title: **Differently Wired: Raising an Exceptional Child in a Conventional World**
Author: Deborah Reber *Books* 2018 288

Today millions of kids are stuck in a world that doesn't respect, support, or embrace who they really are—these are what Deborah Reber is calling the “differently wired” kids, the one in five children with ADHD, dyslexia, Asperger's, giftedness, anxiety, sensory processing disorder, and other neurodifferences. Their challenges are many. But for the parents who love them, the challenges are just as hard—struggling to find the right school, the right therapist, the right parenting group while feeling isolated and harboring endless internal doubts about what's normal, what's not, and how to handle it all.

But now there's hope. Written by Deborah Reber, a bestselling author and mother in the midst of an eye-opening journey with her son who is twice exceptional (he has ADHD, Asperger's, and is highly gifted), Differently Wired is a how-to, a manifesto, a book of wise advice, and the best kind of been-there, done-that companion.

Material Title: **Disciplina Sin Lágrimas: Una Guía Imprescindible Para Orientar Y Alimentar El Desarrollo Mental De Tu Hijo**
Author: Daniel y Tina Payne Bryson Siegel *Libros en español* 2015 280 pages

Los expertos pioneros Tina Payne Bryson y Daniel J. Siegel, autor best seller del New York Times, explora lo último en desafíos de crianza: la disciplina. Destaca la fascinante relación entre el desarrollo neurológico de los niños y la forma en que un padre reacciona al mal comportamiento. Este libro proporciona una ruta eficaz y compasiva para hacer frente a las rabietas, tensiones y lágrimas, sin causar una escena.

Highlighting the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, No-Drama Discipline provides an effective, compassionate road map for dealing with tantrums, tensions, and tears, without causing a scene.

Material Title: **EMERGE; Practical Tools to Find Calm in the Chaos (CD)**
Author: Robyn Gobbel *CDs* 2019 20 minutes

Since adoptive parents and (and the professionals who support them!!) often cannot remove themselves from stressful situations, they benefit from learning how to shift their nervous system into a state of regulation even in the midst of chaos. By leaning into the latest brain science on regulation and self-compassion, this webinar will help you identify and harness already existing opportunities to practice moments of rest and regulation in order to strengthen your resilience and decrease burn-out.

Webinar participants will be introduced to the concept of self-compassion (based on Kristin Neff's work). Together, we will discuss how self-compassion is crucial for self-care, as well as the barriers to self-compassion. You will have the opportunity to engage in an experiential activity with self-compassion during the webinar (or you can just listen and then practice it later)...an activity designed to be short enough and easy enough (yet powerful enough) that you can continue to do it whenever and wherever! We will also look at the work of Rick Hanson, PhD, author of “Hardwiring Happiness.” We will learn how to track the state of our own nervous system and then how to take SIMPLE concrete steps to teach our brain how to spend more time focusing on the good that already exists. Seriously- they are so easy. The hardest part will be believing that these simple things will actually help.

Neurological

Material Title: **EMERGE; Practical Tools to Find Calm in the Chaos (DVD)**
Author: Robyn Gobbel *DVDs* 2019 20 minutes

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Material Title: **Empathy Effect, The; 7 Neuroscience-Based Keys for Transforming the Way We Live, Love, Work, and Connect Across Differences**
Author: Helen Riess *Books* 11/27/2018 248

Empathy is undergoing a new evolution. In a global and interconnected culture, we can no longer afford to identify only with people who seem to be a part of our "tribe." As Dr. Helen Riess has learned, our capacity for empathy is not just an innate trait—it is also a skill that we can learn and expand. With *The Empathy Effect*, Dr. Riess presents a definitive resource on empathy: the science behind how it works, new research on how empathy develops from birth to adulthood, and tools for building your capacity to create authentic emotional connection with others in any situation.

Dr. Riess emerged as leading researcher on empathy by creating a breakthrough training curriculum now used internationally in health care, business, and education. Drawing from this successful program and the latest science, she presents:

- The E.M.P.A.T.H.Y.® method—a powerful seven-step system for understanding and increasing empathy, starting with Eye Contact and ending with Your Response
- How empathy works—a comprehensive synthesis emerging from neuroscience, sociology, developmental psychology, and evolutionary theory
- Tools for recognizing and promoting empathic behavior in yourself and others
- Parenting and teaching empathy in kids—guidance for every stage of development
- Texts, emojis, and digital empathy—the modern challenge of authentic connection in the information age
- Empathy through art and literature—exploring the power of creative expression to expand our emotional experience
- Leading with empathy—how political and business leaders can combine compassion with efficiency through group empathy skills and shared mind intelligence
- Digging deep for empathy—how to reverse scapegoating and recognize shared humanity with those we normally keep at a distance
- Self-compassion—why your ability to express love toward yourself affects every other relationship in your life

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.

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.

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Material Title: **Fetal Alcohol Spectrum Disorder: Reasons, Not Excuses, for Behaviors (3 CDs)**
Author: NACAC Conference *CDs* 8/4/11 45 minutes

This material is a recording of a presentation from the 37th NACAC Conference in August 2011. Presented by Kari Fletcher from the North American Council on Adoptable Children in Minnesota and Eileen Bisgard of NOFAS Colorado. Children with FASD often struggle with behavior. This workshop will explore the connection between brain and behavior in order to help caregivers and professionals develop more effective intervention strategies. Participants also consider the importance of helping the person with FASD learn about their disability and the reason (not excuses!) why they struggle.

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: 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: **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.

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: **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: **Learning Disabilities and Your Child**
Author: Lawrence Greene *Books* 1983 286 pages

This "Survival Handbook" explains how to diagnose learning disabilities ranging from dyslexia and hyperactivity to language disorders and tuning out. It offers helpful advice on choosing the right school or program for your child and on getting the support you need. Anecdotes, where parents and children speak out, as well as step-by-step programs that you can begin right now, make this unique book a vital guide for parents and teachers of learning disabled children.

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Material Title: **Living with a Brother or Sister With Special Needs: A Book for Siblings* (Children's Materials)**
Author: Donald Meyer *Children's Books* 1996 135 pages

This sophisticated book for children, which addresses a wide range of disabilities, can be a resource for parents and teachers too. It focuses on the intensity of emotions that siblings of special needs children experience, and the hard questions they ask.

Material Title: **Love is a Start: The Real Challenges of Raising Children with Emotional Disorders**
Author: Donna Shilts *Books* 1999 326 pages

Telling of her own courageous experience with two adoptive sons, Shilts demonstrates the incredible progress that is possible for children with neurological impairments.

Material Title: **Making Sense of Sensory Integration (Audiotape)**
Author: Audio *Audiotapes* 1998 75 minutes

This tape and accompanying 37 page booklet with reproducible checklists and resource material tell parents and caregivers what SI is, how problems with SI affect children, how a diagnosis is made and what the appropriate treatment might be, and how SI difficulties might affect the child and family in their daily lives – at home, at school, and in the community.

Material Title: **Medications, Behavioral Management and Child Welfare**
Author: J.P. Bourguignon *Books* 1990 71 pages

This book describes indications and contra-indications for medications prescribed to treat behavioral problems in "systems children."

Material Title: **Mindsight: The New Science of Personal Transformation**
Author: Daniel J. Siegel, MD *Books* 2010 261 pages

From anxiety to depression and feelings of shame and inadequacy, from mood swings to addictions, OCD, and traumatic memories, most of us have a mental "trap" that causes recurring conflict in our lives and relationships. Daniel J. Siegel, M.D., a clinical professor of psychiatry at the UCLA School of Medicine and co-director of the UCLA Mindful Awareness Research Center, shows us how to use mindsight to escape these traps. Through his synthesis of a broad range of scientific research with applications to everyday life, Dr. Siegel has developed novel approaches that have helped hundreds of patients free themselves from obstacles blocking their happiness. By cultivating mindsight, all of us can effect positive, lasting changes in our brains—and our lives.

Material Title: **Misunderstood Child, The: Understanding Sensory Integration (Audiotape)**
Author: Lynnette Burke *Audiotapes* February 2006 4 hours

This tape of an ORPARC sponsored training at PSU explores the role Sensory Integration (defined as the ability to organize and process sensory input and to use that information to respond to the demands of our daily lives) plays in the lives of some children neurologically affected by pre-natal exposure to drugs or alcohol, or early exposure to violence, terror, or severe neglect. In other words, many of the children the state places into foster and adoptive homes! This video highlights the power of understanding Sensory Integration and its relationship to children's behavior.

Material Title: **Misunderstood Child, The: Understanding Sensory Integration (CD)**
Author: Lynnette Burke *CDs* February 2006 4 hours

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Material Title: **Nervous System Know-How: Why Your Nervous System is Your Most Effective Parenting Tool; Featuring Jessica Schaffer (Audio)**

Author: Robyn Gobbel

CDs

1hr 18min

Parenting is a full time vocation that calls out our deepest reserves. Rich with rewards and loaded with challenges, it is anything but a simple journey. One we often are navigating without the help of roadmaps. It is so easy to become overwhelmed and disoriented. In these moments, how can we tap into our innate resilience and learn to ride the waves of overload without feeling like we are failing? How do we learn to work with our bodies and their adaptive stress responses so we do not feel hijacked by them? In short, how do we use our nervous systems to steady the course and parent more effectively?

Join us for this webinar dedicated to exploring the primary role your nervous plays in your parenting. Learn how to work with your body to come into better regulation so that you are a steady presence for your kids. A regulation-informed perspective recognizes that our bodies and specifically our nervous systems, inform our experiences in life. Moving from this awareness, we can learn to track, monitor, and work with the underlying physiology driving our behaviors and experiences, so that we have greater access to the core attributes many of us wish to embody as parents: empathy, awareness and a genuinely engaged presence that allows our kids to settle into a felt-sense of safety and the experience of being fully seen, received and understood.

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Material Title: **Neurobehavioral and Social-Emotional Development of Infants and Children, The**

Author: Ed Tronick

Books

2007

571 pages

Tronick has gathered together his most influential writings in a single, essential volume. Organized into five parts—(I) Neurobehavior, (II) Culture, (III) Infant Social-Emotional Interaction, (IV) Perturbations: Natural and Experimental, and (V) Dyadic Expansion of Consciousness and Meaning Making—this book represents his major ideas and studies regarding infant-adult interactions, developmental processes, and mutual regulation.

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.

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Material Title: **Neurodiversity in the Classroom: Strength-Based Strategies to Help Students with Special Needs Succeed in School and Life**

Author: Thomas Armstrong *Books* 2012 184

A new concept on human diversity has emerged over the past 10 years that promises to revolutionize the way educators provide services to students with special needs: neurodiversity. Just as we celebrate diversity in nature and cultures, so too do we need to honor the diversity of brains among our students who learn, think, and behave differently. In *Neurodiversity in the Classroom*, best-selling author Thomas Armstrong argues that we should embrace the strengths of such neurodiverse students to help them and their neurotypical peers thrive in school and beyond.

This innovative book focuses on five categories of special needs: learning disabilities, attention deficit hyperactivity disorder, autism, intellectual disabilities, and emotional and behavioral disorders. For each category, Armstrong provides an in-depth discussion of

- * The positive attributes associated with that category,
- * Acclaimed neurodiverse adults who have excelled in their chosen fields,
- * Computer programs and applications that allow students with special needs to overcome obstacles and achieve success,
- * Rich networks of human resources both inside and outside of school that educators can draw upon to support the social and emotional lives of neurodiverse students,
- * Innovative learning strategies that are tailored to each student's unique strengths,
- * Future career paths for which a student's particular gifts might be a good fit,
- * Modifications in the school environment that allow for seamless inclusion of neurodiverse students in the regular classroom, and
- * Timely information about how to integrate the strategies and assessments for each category with the Common Core State Standards.

It's time that we focused on celebrating rather than pathologizing our students with special needs so that they can fully realize their potential in school and life. This practical and thought-provoking book will inspire teachers and administrators everywhere to make sure that all students with special needs get the support and strength-based instruction they deserve.

Material Title: **No Longer A SECRET: Unique Common Sense Strategies for Children with Sensory or Motor Challenges**

Author: Doreit Bialer *Books* 2011 238 pages

This invaluable resource by Dr. Lucy Jane Miller and Doreit Bialer helps teach cost effective, functional, on the spot tips to use for children with sensory issues at home, at school, or in a community setting. Any parent, teacher, or therapist can use this book and help a child with sensory or motor issues!

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: **Our FAScinating Journey: Keys to Brain Potential Along the Path of Prenatal Brain Injury**

Author: Jodee Kulp *Books* 2012 200 pages

Our FAScinating Journey will introduce readers to another winding path in working with prenatally exposed children. Jodee illuminates this path with lights that shine the hope of possibilities for these special kids. On your journey through these pages you will:

- Discover creative approaches in reaching and loving children with attachment issues.
- Understand how alcohol affects the growing brains of children.
- Become familiar with brain terminology.
- Uncover ideas to help a child nutritionally.
- Wade through school and behavior issues with tears, laughter and strategies you may not have tried.
- Meet professionals who have helped the Kulp family help Liz grow.
- Loose yourself in a myriad of ideas within the appendix.
- Smile as you get to know Liz, a very real teen who is determined to be the best she can be in spite of FASD.

Material Title: **Out-Of-Sync Child, The: Recognizing and Coping with Sensory Integration Dysfunction**

Author: Carol Stock Kranowitz *Books* 1998 260 pages

If your child is difficult, picky, oversensitive, clumsy, unpredictable, inattentive or a combination of these, he or she may have Sensory Integration Disorder, a frequently misdiagnosed condition that can lead to abnormal activity levels, problems with motor coordination, or inappropriate sensitivity to sensation and movement. "The Out-of-Sync Child" explains how to recognize and treat children with this common disorder.

Neurological

Material Title: **Pediatric Disorders of Regulation in Affect and Behavior: A Therapist's Guide to Assessment and Treatment**

Author: Georgia DeGangi *Books* 2000 334 pages

This book, designed for mental health professionals and occupational therapists working with infants and children, describes in detail, specific treatment approaches for problems of mood regulation, sensory processing, attention, sleep, feeding, and play and social interactions. Comprehensive case presentations are included in each chapter to demonstrate this innovative and integrated treatment approach.

Material Title: **Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul**

Author: Stuart Brown *Books* 2010 240

We've all seen the happiness on the face of a child while playing in the school yard. Or the blissful abandon of a golden retriever racing across a lawn. This is the joy of play. By definition, play is purposeless, all-consuming, and fun. But as Dr. Stuart Brown illustrates, play is anything but trivial. It is a biological drive as integral to our health as sleep or nutrition. We are designed by nature to flourish through play.

Dr. Brown has spent his career studying animal behavior and conducting more than six-thousand "play histories" of humans from all walks of life—from serial murderers to Nobel Prize winners. Backed by the latest research, Play explains why play is essential to our social skills, adaptability, intelligence, creativity, ability to problem solve and more. Particularly in tough times, we need to play more than ever, as it's the very means by which we prepare for the unexpected, search out new solutions, and remain optimistic. A fascinating blend of cutting-edge neuroscience, biology, psychology, social science, and inspiring human stories of the transformative power of play, this book proves why play just might be the most important work we can ever do.

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.

Neurological

Material Title: **Power of Showing Up, The: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired**

Author: Daniel and Tina Payne Bryson, PhD Siegel, MD *Books* 2020 256

One of the very best scientific predictors for how any child turns out—in terms of happiness, academic success, leadership skills, and meaningful relationships—is whether at least one adult in their life has consistently shown up for them. In an age of scheduling demands and digital distractions, showing up for your child might sound like a tall order. But as bestselling authors Daniel Siegel and Tina Payne Bryson reassuringly explain, it doesn't take a lot of time, energy, or money. Instead, showing up means offering a quality of presence. And it's simple to provide once you understand the four building blocks of a child's healthy development. Every child needs to feel what Siegel and Bryson call the Four S's:

- **Safe:** We can't always insulate a child from injury or avoid doing something that leads to hurt feelings. But when we give a child a sense of safe harbor, she will be able to take the needed risks for growth and change.
- **Seen:** Truly seeing a child means we pay attention to his emotions—both positive and negative—and strive to attune to what's happening in his mind beneath his behavior.
- **Soothed:** Soothing isn't about providing a life of ease; it's about teaching your child how to cope when life gets hard, and showing him that you'll be there with him along the way. A soothed child knows that he'll never have to suffer alone.
- **Secure:** When a child knows she can count on you, time and again, to show up—when you reliably provide safety, focus on seeing her, and soothe her in times of need, she will trust in a feeling of secure attachment. And thrive!

Based on the latest brain and attachment research, *The Power of Showing Up* shares stories, scripts, simple strategies, illustrations, and tips for honoring the Four S's effectively in all kinds of situations—when our kids are struggling or when they are enjoying success; when we are consoling, disciplining, or arguing with them; and even when we are apologizing for the times we don't show up for them. Demonstrating that mistakes and missteps are repairable and that it's never too late to mend broken trust, this book is a powerful guide to cultivating your child's healthy emotional landscape.

Material Title: **Power of the Adolescent Brain, The; Strategies for Teaching Middle and High School Students**

Author: Thomas Armstrong *Books* 2016 176

Thoroughly grounded in current neuroscience research, the book explains what we know about how the adolescent brain works and proposes eight essential instructional elements that will help students develop the ability to think, make healthy choices, regulate their emotions, handle social conflict, consolidate their identities, and learn enough about the world to move into adulthood with dignity and grace.

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: **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.

Neurological

Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 2 (DVD)**
Author: DVD *DVDs* 2010 3 hours

Disk 2 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "Understanding and Building Childhood Executive Functioning," presented by Gwen A. Lewis, Ph.D, A.B.Pd.N; "Enhancing Executive Function," presented by Julia M. Bledsoe, MD; "Panel Discussion: Advocating for your child's school needs."

Material Title: **Reaching Out To Children With FAS/FAE**
Author: Diane Davis *Books* 1994 198 pages

Written specifically for those who parent, teach or counsel children with fetal alcohol syndrome and fetal alcohol effects. It discusses causes, the diagnosis of FAS/FAE, and characteristics commonly seen in these kids. It also offers hands-on techniques for establishing guidelines at home and school.

Material Title: **Reparenting the Child Who Hurts; A Guide to Healing Developmental Trauma and Attachments**
Author: Caroline & Christine Archer & Gordon *Books* 12/15/2012 288

Finally, a parenting book which demystifies the latest thinking on neurobiology, physiology and trauma and explains what the research means for the everyday life of parents of children who hurt.

As experts on adoption and fostering who are adoptive parents themselves, Caroline Archer and Christine Gordon explain how this knowledge can help parents to better understand and care for their child. They explain why conventional parenting techniques are often not helpful for the child who has experienced early trauma and explore why therapeutic reparenting is the only way to help repair the unhealthy neurobiological and behavioural patterns which affect the child's development. They do not shy away from how difficult reparenting is, acknowledging how hard it can be to recognise our own fallibility as parents and to change our own parenting patterns. The authors also offer hard-won advice on a range of common parenting flashpoints - from defusing arguments and aggression to negotiating bedtimes and breaks in routine, and making sure that special occasions are remembered for all the right reasons.

Reparenting the Child Who Hurts is a humane, no-nonsense survival guide for any parent caring for a child with developmental trauma or attachment difficulties, and will also provide information and insights for social workers, teachers, counsellors and other professionals involved in supporting adoptive and foster families.

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: **Seeing Clearly: A Synergistic Blend of Behavioral Optometry and Occupational Therapy Focused on Enhancing Visual Perception**
Author: Lois Hickman *Books* 2000 22 pages

This booklet provides an overview of the development of vision, with a checklist of warning signs of vision problems - based on the studies of behavioral optometry; a discussion of the importance of integrating all the senses equally in the development of optimal visual skills - rooted in the field of occupational therapy; and practical, playful activities designed to improve visual skills in both adults and children.

Neurological

Material Title: **Self-Reg; How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life**
Author: Stuart Shanker *Books* 4/4/2017 320

Self-Reg is a groundbreaking book that presents an entirely new understanding of your child's emotions and behavior and a practical guide for parents to help their kids engage calmly and successfully in learning and life. Grounded in decades of research and working with children and parents by Dr. Shanker, Self-Reg realigns the power of the parent-child relationship for positive change. Self-regulation is the nervous system's way of responding to stress. We are seeing a generation of children and teens with excessively high levels of stress, and, as a result, an explosion of emotional, social, learning, behavior, and physical health problems. But few parents recognize the "hidden stressors" that their children are struggling with: physiological as well as social and emotional. An entrenched view of child rearing sees our children as lacking self-control or willpower, but the real basis for these problems lies in excessive stress.

Self-regulation can dramatically improve a child's mood, attention, and concentration. It can help children to feel empathy, and to cultivate the sorts of virtues that most parents know are vital for their child's long-term wellbeing. Self-regulation brings about profound and lasting transformation that continues throughout life. Dr. Shanker translates decades of his findings from working with children into practical, prescriptive advice for parents, giving them concrete ways to develop their self-regulation skills and teach their children to do the same and engage successfully with life for optimal learning, social, and emotional growth.

Material Title: **SenseAbilities: Understanding Sensory Integration**
Author: Maryann Colby Trott *Non-Return Items* 1993 69 pp

This booklet, written in easy-to-understand language for parents of children who have problems integrating sensory input, opens the door to understanding and treating the disorder. It introduces some of the difficulties the child may encounter, examines specific types of problems related to the disorder, and offers ways to help remediate those problems. Suggested techniques are straightforward and nurturing, respecting the child's dignity. They are easy to implement and fun too.

Material Title: **Sensory Processing for Parents: From Roots to Wings (VHS)**
Author: *Videotapes* 1998 28 minutes

This video presents information about sensory processing disorders, addressing difficulties in motor coordination/planning, self-regulation and sensory defensiveness. Children are seen doing the kinds of sensory activities that help them to be successful in daily life and to feel good about themselves. Parents explain the impact these difficulties have had on the lives of their children. A major focus of this video is on strategies for addressing these sensory concerns.

Material Title: **Smart Moves: Why Learning Is Not All In Your Head**
Author: Carla Hannaford, PhD *Books* 1995 214 pages

The body's role in thinking and learning is presented in a readable format, thoroughly supported by scientific research. Hannaford, a neurophysiologist and educator, tells us why we must move and shows us how to move to fully activate our learning potential. Her insights will be of immediate value to learners of all ages, from the gifted to the so-called learning-disabled.

Material Title: **Songames For Sensory Integration (CD)**
Author: Belle Curve Records *CDs* 1999 87 minutes

This tape and accompanying 37 page booklet offers 25 therapist-created "Songames" to enhance oral motor skills, and expressive language play, while decreasing tactile, auditory, visual and sensory defensiveness in kids from age 3 to 8.

Material Title: **Songames For Sensory Integration (Audiotape)**
Author: Belle Curve Records *Audiotapes* 1999 87 minutes

This tape and accompanying 37 page booklet offers 25 therapist-created "Songames" to enhance oral motor skills, and expressive language play, while decreasing tactile, auditory, visual and sensory defensiveness in kids from age 3 to 8.

Material Title: **Spark: The Revolutionary New Science of Exercise and the Brain**
Author: John J. Ratey and Eric Hagerman *Books* 1/1/13 304

Did you know you can beat stress, lift your mood, fight memory loss, sharpen your intellect, and function better than ever simply by elevating your heart rate and breaking a sweat? The evidence is incontrovertible: aerobic exercise physically remodels our brains for peak performance.

In SPARK, John Ratey, MD embarks upon a fascinating journey through the mind-body connection, illustrating that exercise is truly our best defense against everything from depression to ADD to addiction to menopause to Alzheimer's. Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, that has put the local school district of 19,000 kids first in the world of science test scores), SPARK is the first book to explore comprehensively the connection between exercise and the brain. It will change forever the way you think about your morning run.

Neurological

Material Title: **Teachers Ask About Sensory Integration (CD)**
Author: Belle Curve Records *CDs* 1999 05 minutes

This tape and accompanying 42-page booklet with reproducible checklists is for you to share with any teacher willing to make an attempt to understand why problems in sensory integration affect learning, to learn useful strategies for helping these kids engage and focus, and to improve the educational and social performance of kids with SI challenges.

Material Title: **Teaching Proactive Strategies; Learning to Speak Amygdala**
Author: Karyn Purvis *DVDs* 2015 1hr 17mins

Dr. Karyn Purvis, Rees-Jones Director of the TCU Institute of Child Development, examines relationships and connection-the core of Trust-Based Relational Intervention (TBRI). In this presentation, Dr. Purvis lays out various teaching strategies for mentoring a child's brain to a place of redevelopment, positive change and more regulated behavior by meeting the child's physical, attachment, and sensory needs. What matters most is consistent support from adults who can help children feel safe and connected as they learn self-regulation.

Material Title: **Teenage Brain, The: A Neuroscientist's Survival Gide to Raising Adolescents and Young Adults**
Author: Frances E. Jensen, MD and Amy Ellis Nutt *Books* 2015 293 pages

Drawing on her research, knowledge, and clinical experience, internationally respected neurologist – and mother of two boys – Frances E. Jensen, MD, offers a revolutionary look at the adolescent brain, providing remarkable insights that translate into practical advice both for parents and teenagers.

Material Title: **Therapeutic Residential Care for Children and Yhough 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.

Material Title: **Toxic Stress and the Developing Brain (CD)**
Author: Robyn Gobbel *CDs* 1hr 38min

Toxic Stress & the Developing Brain will provide you with a nice theoretical foundation to the impact of toxic stress on the brain.

Material Title: **Toxic Stress and the Developing Brain (DVD)**
Author: Robyn Gobbel *DVDs* 1hr 38min

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: **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.

Neurological

Material Title: **What's Going on in There? How the Brain and Mind Develop in the First Five Years of Life**

Author: Lise Eliot, Ph.D. *Books* 1999 533 pages

Drawing upon the exploding research in this field as well as the stories of real children, *What's Going On in There?* is a lively and thought-provoking book that charts the brain's development from conception through the critical first five years. In examining the many factors that play crucial roles in that process, *What's Going On in There?* explores the evolution of the senses, motor skills, social and emotional behaviors, and mental functions such as attention, language, memory, reasoning, and intelligence.

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.