

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.

Complex Trauma/Developmental Trauma

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: **Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Severe Behaviors (CD)**

Author: Heather T. Forbes, LCSW

CDs 2008 5 hours

This second volume of Beyond Consequences, Logic, and Control offers even more empowering examples and more practical applications. It addresses seven behaviors rooted in fear including poor social skills, demanding behaviors, self-injury, defensive attitudes, no conscience, homework battles, and chores. This audio book includes current research on the brain and how it affects behavior, giving you scientific explanations of why children misbehave. This audio book is for all parents who seek to love unconditionally.

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: **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.

Material Title: **Choosing Therapeutic Activity Based on Neuro-Sensory Assessment; Featuring Marti Smith, OTR/L (DVD)**

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DVDs 1hr 21min

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Complex Trauma/Developmental Trauma

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

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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 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.

Complex Trauma/Developmental Trauma

Material Title: **Creating Responsive Learning Environments At School & At Home; Featuring Lisa Allen, MA (Audio)**

Author: Robyn Gobbel

CDs

1h 21min

I once heard schools described as the "final frontier" when it comes to shifting the paradigm for children with complex trauma and toxic in their histories. We've come a long way but there is still SO MUCH TO DO when it comes to supporting our educators so they can support their students - allowing them to thrive.

Join my guest Lisa Allen and me for a conversation about creating responsive learning environments that reduce the chaos and restore the calm when problem-solving challenging behaviors in school-aged children. Lisa will walk us through three examples of how using responsive, trauma-informed practices can positively affect child success in a school or home setting.

Through participation in this webinar you will:

1. Understand the Role & Guiding Principles of a Learning Environment Coordinator
2. Understand the Role of a Peace Room in a Responsive Elementary School
3. Hear examples of child-specific problem-solving and school-wide initiatives to address challenging behaviors in school-aged children.

Material Title: **Creating Responsive Learning Environments At School & At Home; Featuring Lisa Allen, MA (DVD)**

Author: Robyn Gobbel

DVDs

1hr 22min

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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

Complex Trauma/Developmental Trauma

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: **Foster Care: One Dog's Story of Change**
Author: Julia Cook *Children's Books* 2018 32

In this heartfelt story from the bestselling author of *My Mouth is a Volcano!*, Foster meets new friends and a kind foster mom who help him navigate the fears and feelings associated with going into foster care. Foster has lived with his mom and "sometimes dad" all of his life...until now. And like so many others entering foster care, he has more questions than answers and so many new feelings to deal with.

"I don't know what's going to happen to me. Will I end up being like Zeke? Will I have a new forever mom? Can I visit my mom once a week?"

"I have so much going on inside me right now. I feel angry, guilty, scared, hurt, and sad. But maybe the others are right. Maybe being here isn't so bad."

Written in an honest, approachable way, *Foster Care* will encourage children entering or already in foster care and help them understand they are not alone. Foster, Daisy, Zeke, Simpson, and Rex all have different circumstances which brought them to foster care. Together they talk through their stories and realize this is right where they need to be for now; under the caring watch of foster mom, Miss Beulah.

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.

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

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.

Complex Trauma/Developmental Trauma

Material Title: **Help! My Feelings Are Too Big! Making Sense of Yourself and the World After a Difficult Start in Life**

Author: K.L. Aspden *Children's Books* 03/21/2019 64

Emotions can be complicated at the best of times. If something goes wrong right at the beginning of someone's life things can often feel painful and confusing.

This book will help explain that there are always good reasons why a person feels the way they do. It will help you learn about emotions like anxiety, how you can live with these emotions, and how safe adults can help you build a calm, strong place inside yourself!

Designed to help build emotional awareness, this book offers friendly support for children aged 9+ who have attachment disorders, anxiety or are overcoming early trauma and is an invaluable tool for anyone supporting children with extreme emotions or attachment issues, including parents and carers, support workers, teachers, and therapists.

Material Title: **Helping Children with Complex Needs Bounce Back: Resilient Therapy for Parents and Professionals**

Author: Kim Aumann *Books* 2009 223 pages

Bringing up a special child can leave parents feeling deskilled, disarmed, and worn down. A resilient child has the ability to cope with challenging situations, and the capacity to bounce back from trauma and gain long-term strength from these life experiences.

Resilient Therapy™ is an innovative way of strengthening children with complex needs. This is a tried-and-tested handbook for parents to read from cover to cover, or dip in and out of as needed. Accessible and fun, Helping Children with Complex Needs Bounce Back includes exercises and worksheets, as well as breaking down the principles of the latest research, making them easy to apply to everyday situations.

This 'magic box' of ideas and remedies is perfect for parents and carers, friends and families of children with disabilities, special educational needs, and mental or physical health needs, as well as professionals working with these children.

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

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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.

Complex Trauma/Developmental Trauma

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: **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.

Complex Trauma/Developmental Trauma

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

Author: Robyn Gobbel

CDs

1hr 37min

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.

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

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DVDs

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Complex Trauma/Developmental Trauma

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: **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.

Complex Trauma/Developmental Trauma

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: **Seeing Voices: A Journey into the World of the Deaf**

Author: Oliver W. Sacks

Books

Like *The Man Who Mistook His Wife for a Hat*, this is a fascinating voyage into a strange and wonderful land, a provocative meditation on communication, biology, adaptation, and culture. In *Seeing Voices*, Oliver Sacks turns his attention to the subject of deafness, and the result is a deeply felt portrait of a minority struggling for recognition and respect--a minority with its own rich, sometimes astonishing, culture and unique visual language, an extraordinary mode of communication that tells us much about the basis of language in hearing people as well. *Seeing Voices* is, as Studs Terkel has written, "an exquisite, as well as revelatory, work."

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.

Complex Trauma/Developmental Trauma

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: **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 *DVDs* 66 minutes

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

Author: Robyn Gobbel *DVDs* 83 minutes

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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.
