

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.

Physical Abuse

Material Title: **Beating the Odds: Crime, Poverty, and Life in the Inner City**
 Author: Robert P. McNamara *Books* 1999 191

This inspiring book shares the story of a young boy who overcame the obstacles of a neglectful home life, juvenile crime, and abusive foster parents to become a successful professional. The author offers insights gained from his sociology training to explain the complexities of juvenile gangs and deviant behavior.

Material Title: **Body Keeps the Score, The: Brain, Mind, and Body in the Healing of Trauma**
 Author: Bessel van der Kolk, M.D. *Books* 2014 356 pages

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

Material Title: **Child Called "It", A**
 Author: Dave Pelzer *Books* 1995 160 pages

This book is the autobiographical account of one of the most severe child abuse cases in California history. In his own words, Mr. Pelzer, who was honored as one of the Ten Outstanding Young Americans in 1993 and was the only American honored as one of the Outstanding Young Persons of the World in 1994, describes the unyielding determination that helped him survive his life-threatening plight. (also available on audio cassette)

Material Title: **Creating Felt Safety (Audio-Part 1 of 2)**
 Author: Robyn Gobbel *DVDs* 2017 74 minutes

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

Material Title: **Creating Felt Safety (Audio-Part 2 of 2)**
 Author: Robyn Gobbel *DVDs* 2017 52 minutes

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Material Title: **Despair Turned into Rage: Understanding and Helping Abused, Neglected, and Abandoned Youth**
 Author: Paul Lavin and Cynthia Parker *Books* 1999 108 pages

This book from Child Welfare League of America, is designed to help anyone who works with abused, neglected and abandoned youth. It includes interviewing techniques and intervention strategies.

Physical Abuse

Material Title: **Domestic Violence 2000: An Intergrated Skills Program for Men**
Author: David B. Wexler *Books* 2000 191 pages

Developed over 13 years with thousands of spouse abusers in the United States Navy, this 32-session program integrates cognitive behavior skills and education about the politics of abuse with a primary emphasis on respect for the abuser himself. The manual provides the background, interventions and guidelines to implement the program.

The CD "DV2000: Relaxation Exercises" can be used as a supplemental resource for this book.

Material Title: **DV2000: Relaxation Exercises (CD)**
Author: David Wexler *CD-ROMs* 1999 27 minutes

Divided into three portions: "The Quieting Reflex"; "The Brief Quieting Reflex"; and "The Anger Ladder", these relaxation exercises are designed to help men deal with the powerful issues with which they are struggling. Can be used with the book "Domestic Violence 2000: An Integrated Skills Program for Men".

Material Title: **For Your Own Good: A Child's Book about Foster Care**
Author: Doris Sanford *Children's Books* 1993 28

Jerome and his younger brother stay in a foster home while their mother tries to recover from her substance abuse

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

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

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

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

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

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

Material Title: **I don't want to go to Justin's house anymore**
Author: Heather Klassen *Children's Books* 1999

PreSchool-Grade 2-When children go to play at a friend's house, they may see and experience things they have trouble articulating. Collin tries to tell his busy mom that he doesn't want to go to Justin's house, but like many preoccupied adults, she doesn't really listen. At his friend's house, the boys' play is disturbed, first when Collin sees bruises on Justin's back, and then when the child's angry father calls him into another room. Collin is upset by the sounds he overhears. Uncertain what to do, he calls his mother and asks her to come and get him. As they walk home, he tells her what has happened. While no unrealistic promises are made, Collin's mother takes responsibility to "make the call today to someone who can help Justin and his parents" and there is a hopeful ending.

Material Title: **Lost Boy, The: A Foster Child's Search for the Love of a Family**
Author: Dave Pelzer *Books* 1997 333 pages

"The Lost Boy" is the harrowing but ultimately uplifting true story of a boy's journey through the foster-care system in search of a family to love. This is Dave Pelzer's long-awaited sequel to "A Child Called "It"". "The Lost Boy" is Pelzer's story - a moving sequel and inspirational read for all.

Physical Abuse

Material Title: **Man Named Dave, A**
Author: David Pelzer *Books* 1999 284 pages

The third tale in David Pelzer's autobiographical trilogy (which includes "A Child Called 'It'" and "The Lost Boy"), "A Man Named Dave" is an inspiring story of terror, recovery, and hope experienced by the author throughout his life. Ultimately triumphant, this book is told through the eyes of a terrified child, a struggling young man, and an adult finally forgiving his dying father -- and ending with a touching conversation between the author and his own son.

Material Title: **No Excuse 4 Abuse (DVD) * (Children's Materials)**
Author: DVD *DVDs*

This DVD is designed to be shown to young people as an adjunct to a presentation about personal safety and whom a child can call/tell if the child is experiencing abuse. It includes a Public Service Announcement about reporting abuse along with a music video with the same message.

Material Title: **Physically Abused or Neglected Child, The**
Author: Alaska Center for Resource Families (ACRF) *Information Packet*

This packet includes headings such as Definition, Discussion, and Indicators of Physical Abuse, Why Abuse Happens, Effects of Physical Abuse (listed by age groups), Guidelines for Parents (of children who have been abused), Dealing with the Violent Child, Child Neglect, Emotional Abuse, and Attachment and the Abused Child.

Material Title: **Sibling Abuse: Hidden Physical, Emotional and Sexual Trauma**
Author: Vernon R. Wiehe *Books* 1990 208

Often excused by parents as 'kids will be kids' behaviour, sibling abuse remains largely unrecognized. Symptoms of such abuse and its devastating effects on victims go undetected, victims do not receive appropriate therapeutic intervention, and transgressors do not come to the attention of the courts. The author of this book brings this neglected area 'out of the shadows' with personal accounts of adult survivors, insights into why sibling abuse occurs, suggestions for prevention and implications for treatment.

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

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

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

Material Title: **Something is Wrong at My House: A Book about Parents Fighting**
Author: Diane Davis *Children's Books* 1985 40

A young boy describes the frequent fights his parents have, explains how they make him feel scared and confused, and tells what he does to make himself feel better

Material Title: **Too Scared to Cry: Psychic Trauma in Childhood**
Author: Lenore Terr *Books* 1990 340 pages

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

Material Title: **Trauma and Recovery: The Aftermath of Violence - from domestic abuse to political terror**
Author: Judith Herman *Books* 1992 249 pages

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

Material Title: **Treating Abused Adolescents**
Author: Eliana Gil *Books* 1996 206 pages

This book offers practical, step-by-step guidance for mental health professionals, demonstrating how they can communicate and work more effectively with adolescents who have suffered from abuse.

Physical Abuse

Material Title: **Waiting to Forget**

Author: Sheila Kelly Welch

Children's Books

2011

170

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

Material Title: **Young Children and Foster Care: A Guide for Professionals**

Author: Judith A. Silver, Barbara J. Amster, and Trude Haecker

Books

1999

509 pages

Infants and young children entering the child welfare system often have histories of abuse, neglect, and fragmented medical care. This book helps human services professionals meet these children's special needs as it proposes models for intervention and provides expert advice on often-overlooked aspects of care, including developmental and medical concerns, child advocacy, and early intervention services.