

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.

Attachment & Bonding

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

Author: Dave Ziegler *Books* 2005 343 pages

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

Material Title: **Active Communication: How to Strengthen Your Relationship with your Teen**

Author: Michael H. Popkin, PhD *DVDs*

Material Title: **Adolescents and Attachment Difficulties (2 Audiotapes)**

Author: Gregory Keck Audiotape *Audiotapes* 2001 80 minutes

Interruptions that occur early in childhood cause specific difficulties in adolescence. In this approximately 3 hour recording of a 2001 presentation, Keck examines attachment problems and adolescence from developmental perspective and discusses strategies for parenting and treating the adolescent who has experienced such interruptions.

Material Title: **Adopting the Hurt Child**

Author: Gregory Keck *Books* 1995 229 pages

This is a frank and poignant portrayal of the sad and often brutal reality of adoption, but it is also a source of valuable information and hope and inspiration for adoptive families, foster parents, therapists, social workers and teachers. See also "Parenting the Hurt Child" by the same author.

Material Title: **Adoption: Making it Last (DVD)**

Author: U.S. Department of Health and Human Services *DVDs* 16 minutes

This DVD provides a realistic look at frustrations and exhaustion adoptive parents frequently experience. It addresses grief and loss, attachment, anger, aggressiveness, and out-of-control behaviors, emphasizing the need for school advocacy, medical referrals, crisis intervention, support groups, respite care, and therapy by adoption-savvy professionals. It validates kids' feelings of anger and confusion over their situations, gives permission to continue to love one's birth family, and reinforces the idea that making the adoption last is the responsibility of all family members.

Material Title: **Adoption: Making It Last (VHS)**

Author: U.S. Department of Health and Human Services *Videotapes* 16 minutes

This video provides a realistic look at frustrations and exhaustion adoptive parents frequently experience. It addresses grief and loss, attachment, anger, aggressiveness, and out-of-control behaviors, emphasizing the need for school advocacy, medical referrals, crisis intervention, support groups, respite care, and therapy by adoption-savvy professionals. It validates kids' feelings of anger and confusion over their situations, gives permission to continue to love one's birth family, and reinforces the idea that making the adoption last is the responsibility of all family members.

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

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

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

Material Title: **All About Ben: Helping Children with Attachment Issues to Understand Their Feelings**

Author: Dorothy & Aileen Markham & O'Donnell *Children's Books* 5/21/2018 40

This reassuring story helps children aged 5+ with attachment issues to understand their feelings, open up to a caring adult and learn how to choose positive behaviours. Ben is made up of lots of different 'parts' - to name a few, he has happy, caring, angry, excited, hugging and yelling parts. Ben explains how all these parts are okay, and that a caring adult can help you to understand and manage them more easily.

This book also features activities to help children talk about their feelings, and a simple introduction to attachment theory for adults.

Attachment & Bonding

Material Title: **Approaches to Attachment and Bonding (VHS)**
Author: Ed-Net Series *Videotapes* 1996 2 hours

This panel discussion with two adoption professionals and two pairs of adoptive parents, addresses issues faced by families of children who suffer from attachment disorder. The "Attachment Cycle" is described to show how healthy attachments are formed and what kinds of circumstances can be detrimental to the formation of healthy attachments. Anecdotes demonstrate techniques families can use to nurture children who have attachment and bonding disorders.

Material Title: **Art of Screen Time, The: How Your Family Can Balance Digital Media & Real Life**
Author: Anya Kamenetz *Books* 2018 266 pages

Today's babies often make their debut on social media with the very first sonogram. They begin interacting with screens at around four months old. But is this good news or bad news? A wonderful opportunity to connect around the world? Or the first step in creating a generation of addled screen zombies?

Many have been quick to declare this the dawn of a neurological and emotional crisis, but solid science on the subject is surprisingly hard to come by. In *The Art of Screen Time*, Anya Kamenetz--an expert on education and technology, as well as a mother of two young children--takes a refreshingly practical look at the subject. Surveying hundreds of fellow parents on their practices and ideas, and cutting through a thicket of inconclusive studies and overblown claims, she hones a simple message, a riff on Michael Pollan's well-known "food rules": Enjoy Screens. Not too much. Mostly with others.

This brief but powerful dictum forms the backbone of a philosophy that will help parents moderate technology in their children's lives, curb their own anxiety, and create room for a happy, healthy family life with and without screens.

Material Title: **Assessing Attachment, Separation and Loss**
Author: Linda Bayless *Books* 1989 32 pages

This booklet will help parents and professionals examine the process of attachment, the needs of children related to attachment, the behaviors that indicate the presence or absence of attachments, and ways to develop attachments.

Material Title: **Attaching in Adoption: Practical Tools for Today's Parents**
Author: Deborah D. Gray *Books* 2002 362 pages

This "how to" and "why to" guide, considers ways to balance families, giving attention to all family members, protecting the development of siblings, and maintaining a family with high self-esteem. Filled with vignettes drawn from over 10,000 hours counseling adopted children, this book addresses building emotional intelligence and concludes with ways parents can build family, peer, and professional support for themselves and for their child.

Material Title: **Attaching Through Love, Hugs and Play**
Author: Deborah D. Gray *Books* 2014 196 pages

Capturing the warmth and fun of forming close relationships with children, this book offers simple advice to parents of children who find it difficult to attach and bond - whether following adoption, divorce or other difficult experiences. Attachment therapist Deborah D. Gray describes how to use the latest thinking on attachment in your daily parenting. She reveals sensory techniques which have proven to help children bond - straightforward activities like keeping close eye contact or stroking a child's feet or cheeks - and explains why routines like mealtimes and play time are so important in helping children to attach. The book offers positive ideas for responding to immediate crises like difficult behavior and meltdowns, but importantly also offers longer-term strategies to help children to develop the skills they need to cope as they grow up - the ability to plan, concentrate and be in control of their emotions.

Material Title: **Attachment**
Author: Various Contributors *Information Packet* 2002 22 pages

This packet contains sections entitled, Attachment Theory Overview; Attachment in Adoption; Diagnoses, Dual Diagnoses, Misdiagnoses; Treatment and Treatment Controversies; and Parenting to Promote Attachment. It also includes short, reprinted articles by Vera Fahlberg, Vick Pike, and Susan Suter, and notes on lectures by Gregory Keck and Dave Ziegler.

Material Title: **Attachment and Separation: Putting the pieces together**
Author: Vera Fahlberg *Books* 1979 64 pages

A workbook about attachment and separation

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

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

Attachment & Bonding

Material Title: **Attachment Disorganization**

Author: Judith Solomon and Carol George *Books* 1999 420 pages

Since 1986, when disorganized attachment was first defined by Mary Main and Judith Solomon, a great deal of interest has been shown in this addition to the standard Ainsworth classification system. This groundbreaking volume brings together eminent researchers and clinicians to present current, original theory and data on the nature of disorganized attachment, its etiology, and its sequelae. Contributors report on the social, psychological, and biological contributions to disorganization. Longitudinal findings are presented on developmental outcomes in middle childhood; special populations are examined, including children with disabilities; and new assessment methodologies are described. Advancing our understanding of a significant subgroup of infants and children with attachment-related difficulties, the volume represents an important contribution to the empirical attachment literature.

Material Title: **Attachment in Adoption (Audiotape)**

Author: Rebecca Perbix Mallos *Audiotapes* January 29, 2017 4 hours

From an ORPARC training, with Rebecca Perbix Mallos - three tapes: Mallos addresses a group of adoptive parents on issues related to attachment difficulties including strategies and techniques for working successfully with children experiencing these difficulties.

Material Title: **Attachment Issues for Children Under Five Years Old (CD)**

Author: Regina Kupecky and Greg Keck CD *CDs* 2004 90 minutes

Attachment issues have their roots in the first few years of life but are often undiagnosed and therefore untreated until much later. The presenters discuss the causes, characteristics, and some interventions to help infants, toddlers, preschoolers and their parent(s).

Material Title: **Attachment Issues in Children from Infancy to Teens (2 Audiotapes)**

Author: Regina Kupecky Audiotape *Audiotapes* 2003 80 minutes

Attachment issues have their roots in the first several years of life, but a problem that begins then can affect families and children throughout life. This presentation covers how children attach, how attachment goes wrong, what are the behaviors of children – toddlers through teens – with attachment issues. It ends with some parenting solutions.

Material Title: **Attachment Issues in Children from Infancy to Teens (2 CDs)**

Author: Regina Kupecky CD *CDs* 2003 80 minutes

Attachment issues have their roots in the first several years of life, but a problem that begins then can affect families and children throughout life. This presentation covers how children attach, how attachment goes wrong, what are the behaviors of children – toddlers through teens – with attachment issues. It ends with some parenting solutions.

Material Title: **Attachment: 60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan**

Author: Christina Reese *Books* 2018 181

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

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

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

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

Author: Robyn Gobbel *DVDs* 2017 83 minutes

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

Attachment & Bonding

Material Title: **Attachment: How Ours Impacts Theirs (Video)**

Author: Robyn Gobbel *DVDs* 2017 83 minutes

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

Material Title: **Attachment: What It Is and What It Isn't (2 CDs)**

Author: Joyce Pavao *CDs* 2010 90 minutes

In this session, the presenter looks at the attachment styles of adults and how they affect children. The session will examine how to prevent attachment problems, which can be difficult to address and treat and which present challenges for the whole family.

Material Title: **Attachment-focused Family Therapy**

Author: Daniel A. Hughes *Books* 2007 266 pages

Attachment theory has been limited primarily to the treatment of individuals. Through his empathy-driven model, and using in-depth clinical vignettes, Hughes equips clinicians with the knowledge and tools to apply ideas of attachment, intersubjectivity, and affect regulation in the context of family therapy.

Material Title: **Attachment-Focused Parenting: Effective Strategies to Care for Children**

Author: Daniel Hughes *Books* 2009 194 pages

Attachment security and affect regulation have long been buzzwords in therapy circles, but rarely are they effectively applied to basic parenting skills. Hughes, a leading attachment specialist, brings attachment work from the therapy room to the outside, equipping caregivers with practical parenting techniques rooted in attachment theory and research.

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

Author: Sarah Naish *Books* 4/16/2018 343

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

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

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

Author: Cindy R. Lee *Children's Books* 2014 30 pages

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

Material Title: **Becoming Attached: First Relationships and How They Shape Our Capacity to Love**

Author: Robert Karen *Books* 1994 441 pages

Dr. Karen explores such questions as: What do children need to feel that the world is a positive place and that they have value? What are the risks of day care for children under one year of age, and what can parents do to manage those risks? What experiences in infancy will enable a person to develop healthy relationships as an adult?

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.

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Material Title: **Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children With Severe Behaviors (Volume 1)**
Author: Heather T. Forbes and Bryan Post *Books* 2006 109 pages

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

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

Material Title: **Birth of an Adoptive, Foster or Stepmother, The: Beyond Biological Mothering Attachments**
Author: Barbara Waterman *Books* 2004 227 pp

Adoptive, foster and stepmothers, like biological mothers, find their lives completely changed by motherhood although they are not always granted the rights and privileges accorded to those who give birth. Barbara Waterman explores the common experiences that are shared by all those who enter the motherhood portal. She highlights the importance of wider family, community and professional support for non-biological parents and primary care-givers of both genders, and their children. A stepmother herself and a practicing psychologist, Waterman's writing is illustrated throughout with vignettes of children and parents from a range of backgrounds. She shows the important ways in which a non-biological attachment is both more similar to and more different from a biological attachment than is currently understood. In doing this, Waterman broadens the notion of the 'traditional' family, and offers a positive alternative to the myth of the perfect mother. All kinds of step-, adoptive and foster families and those coming into contact with them will find this thoroughly researched and personal book an indispensable guide. Barbara Waterman earned her doctorate in Psychological and Social Relations from Harvard University in 1975. After working through not being able to conceive a child herself and several unsuccessful attempts to adopt, Dr. Waterman became a stepmother to twelve-year-old twin daughters over a decade ago. She has a private consultation and psychotherapy practice in Oakland, California.

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

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

Material Title: **Building Continuing Bonds for Grieving and Bereaved Children**
Author: Brenda Mallon *Books* 02/21/2018 146

The period following the death of a friend or loved one can be tumultuous for anyone, but can be especially difficult for children, with lasting effects if the loss is not acknowledged or supported. This book emphasizes the importance of listening to children and helping them to create positive bonds that can sustain them as they go through their lives. It provides practical, creative approaches to support children in their time of bereavement and to those whose loved one is dying.

By recognizing feelings of pain, anger, and confusion through open and positive discussions, a child is able to build emotional resilience and create enduring memories of the person they have lost. The author explains the importance of developing continuing bonds between children and loved ones in times of bereavement and offers practical ways in which these bonds may be nurtured through creative activities, memory making, and personal storytelling.

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

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

Material Title: **Building the Bonds of Attachment (Second Edition)**
Author: Daniel Hughes *Books* 2006 296 pages

This book exposes the tragedy of the unattached child, using a composite figure, Katie, a fragmented, tormented, isolated girl in foster care who is filled with terror, rage, shame and despair. It realistically portrays the experiences of poorly attached children and offers practical strategies for helping them overcome their difficulties.

Material Title: **Busy Mom, The**
Author: Sharon Murphy Yates *Children's Books* 2001

A busy mother pauses to reflect on how quickly time has passed, how her son has grown, and how precious he is to her, as she tucks him into bed and says a silent prayer of thanks.

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

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

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

Material Title: **Caring for Babies with Prenatal Substance Exposure**
Author: Safe Babies Program *Information Packet* 2014 94

This booklet is a resource for parents and caregivers of babies who have been prenatally exposed to alcohol or other drugs. Information in this booklet was gathered from various sources, including parents, caregivers, professionals and published books and articles. The information in this booklet is about the daily care of babies aged birth to 12 months who may have been exposed to substances in the womb.

Material Title: **Caring for Children with Disrupted Attachment (DVD)**
Author: DVD *DVDs* 44 minutes

Caring for Children with Disrupted Attachment, designed for childcare workers, addresses routine and consistency, de-escalation of negative behaviors, the role of touch, and working with birth families.

Part of the Children With Disrupted Attachment Series. Child therapists Margaret Blaustein, Alexandra Cook, Richard Kagan, Vivienne Roseby, and Thomas Young describe the impact of disrupted attachment on the ways that children see themselves and interact with others. They explore such topics as setting limits, avoiding power struggles, and building trust.

Material Title: **Caring for Your Adopted Child: An Essential Guide for Parents**
Author: Elaine Schulte *Books* 2019 212

With knowledge and compassion, Caring for Your Adopted Child offers the wisdom that adoptive parents need to provide the best possible care for their children. Whether a child joins a family through domestic adoption, international adoption, or foster care, he or she may have needs that require additional consideration.

The coauthors, both adoptive parents, weave professional and personal experiences with essential information on:

- Partnering with a pediatrician before adoption
- Helping a child transition into a family
- Understanding health issues and conditions that are more prevalent in children who are adopted
- Supporting a child's emotional health and attachment
- And promoting positive adoption conversation as a child matures

This comprehensive resource offers trusted parenting advice from a leading adoption medicine expert and the American Academy of Pediatrics, focusing on the physical and emotional well-being of adopted children.

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

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

Material Title: **Children 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: **Chto by ni cluchilos' [No Matter What] RUSSIAN**
Author: *Russian Language Ma* 2017

Attachment & Bonding

Material Title: **Circle of Security Intervention, The: Enhancing Attachment in Early Parent-Child Relationships**
Author: Bert Powell, Glen Cooper, Kent Hoffman, and Bob Marvin *Books* 2014 396 pages

Presenting both a theoretical foundation and proven strategies for helping caregivers become more attuned and responsive to their young children's emotional needs (ages 0-5), this is the first comprehensive presentation of the Circle of Security (COS) intervention. The book lucidly explains the conceptual underpinnings of COS and demonstrates the innovative attachment-based assessment and intervention strategies in rich clinical detail, including three chapter-length case examples. COS is an effective research-based program that has been implemented throughout the world with children and parents experiencing attachment difficulties.

Material Title: **Cleo the Crocodile Activity Book for Children Who Are Afraid to Get Close: A Therapeutic Story With Creative Activities About Trust, Anger, and Relationships for Children Aged 5-10**
Author: Karen Treisman *Children's Books* 2019 160

Amongst the beauty of the Okavango delta in Botswana, Cleo the Crocodile loved having fun with all of his animal friends. That is, until one day Hogan the Hippo, who was supposed to look after Cleo, started to act mean and hurt him. Cleo has to leave the swamp to find a safe new home - he's scared and puts his prickles up for protection, so all the other animals are afraid of him. How can Cleo find a new safe home? How can he make new friends when he doesn't know who he can trust?

This activity book developed by expert child psychologist Dr Karen Treisman combines a colourfully illustrated therapeutic story about Cleo the Crocodile to help start and enrich conversations, which is followed by a wealth of creative activities and photocopyable worksheets for children to explore issues relating to attachment, relationships, rejection, anger, trust and much more.

The activities are accompanied by extensive advice and practical strategies for parents, carers, and professionals on how to help children aged 5-10 to start to name their tricky feelings. It will help children to understand their own prickles, to trust others and begin to invest in relationships so they can let others close again.

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

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

Material Title: **Comunicación Activa: Cómo lograr la cooperación de su hijo [Active Communication: How to win cooperation with your teen]**
Author: Michael, Ph.D. Popkin *DVDs* 28 Minutes

Comunicación Activa: Cómo lograr la cooperación de su hijo [Active Communication: How to win cooperation with your teen] Descubra maneras para evitar dar mensajes mezclados y otras barreras de la comunicación y aprenda cómo hablar realmente con su adolescente. Observe cómo discute una madre con sus hijos sobre las drogas y el alcohol y cómo los guía para firmar un acuerdo de "no-uso". Escuche cómo un padre y su hijo discuten temas sexuales.

Material Title: **Connected Child, The**
Author: Karyn Purvis and David R. Cross, PhD *Books* 2007 234 pages

Written by two research psychologists specializing in adoption and attachment, this book is intended to help adoptive parents build bonds of affection and trust with their adopted child, effectively deal with any learning or behavioral disorders, and discipline their child with love without making him or her feel threatened.

Material Title: **Connecting with Kids through Stories: Using Narratives to Facilitate Attachment in Adopted Children**
Author: Denise Lachner, Todd Nichols and Joanne C. May *Books* 2005 131 pages

Providing a thorough theoretical grounding and detailed information on therapeutic techniques and how to assess progress, this book shows parents how to create their own therapeutic stories to promote increased attachment and improved behavior in their child. It describes how different kinds of narratives can help with specific difficulties.

Attachment & Bonding

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 Compassionate Foster Care: Lessons of Hope from Children and Families in Crisis**

Author: Janet & Molly Mann & Kretchmar-Hendricks

Books

2017

253 pages

"Every child's way of being can open doors to wisdom, compassion, and human connection. We need only to listen."

This is among the conclusions that the authors, one of whom is an experienced foster parent and the other a professor of developmental psychology, draw as a result of working with a diverse range of children and families. Inspired by their relationships with families in crisis, the authors began to rethink the traditional foster care models and developed an innovative practice that afforded birth parents the opportunity to reside, under supervision, with their children during evaluation and treatment. Drawing on over 20 years of work in foster care, along with current attachment research and theory, this book conveys the foster care experience with recommendations for improved models of care and intervention strategies.

Engaging case studies depict the challenging nature of determining the best outcome for a child and of supporting the adult's journey as a parent. Written in a narrative style and supported by in-depth research, this book will aid social workers and foster care professionals to better understand families in crisis and to further develop their practice.

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

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

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

Author: Robyn Gobbel

DVDs

2017

74 minutes

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

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

Author: Robyn Gobbel

DVDs

2017

52 minutes

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

Attachment & Bonding

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

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

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

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

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

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

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

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

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

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

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

Material Title: **Dark Matter of Love, The (DVD)**

Author: Sarah McCarthy *DVDs* 2013 33 minutes

Masha, an eleven year old Russian girl, learns to love her adoptive American family. Masha is adopted along with five year old twins Marcel and Vadim. Can this family form the bonds of attachment and thrive in their adoption? They are aided by Professor Emeritus Dr. Robert Marvin, who has spent a lifetime developing a program to help children learn to love. An encouraging movie, the audience has the honor of watching the Diaz family triumph.

Material Title: **Dear Girl**

Author: Amy Rosenthal *Children's Books* 2017

The #1 New York Times bestseller that Today show co-anchor Hoda Kotb calls "a beautiful, beautiful book."

The New York Times bestselling author of *I Wish You More*, Amy Krouse Rosenthal, and her daughter Paris Rosenthal collaborate to bring you the heartwarming and inspiring *Dear Girl*,

Dear Girl, is a remarkable love letter written for the special girl in your life; a gentle reminder that she's powerful, strong, and holds a valuable place in the world.

Through Amy and Paris's charming text and Holly Hatam's stunning illustrations, any girl reading this book will feel that she's great just the way she is—whether she enjoys jumping in a muddy puddle, has a face full of freckles, or dances on table tops.

Dear Girl, encourages girls to always be themselves and to love who they are—inside and out.

Dear Girl,

This book is for you.

Wonderful, smart, beautiful you.

If you ever need a reminder, just turn to any page in this book and know that you are special and you are loved.

—Amy and Paris

A perfect gift for all occasions.

Attachment & Bonding

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.

Material Title: **Developing Mind, The: How Relationships and the Brain Interact to Shape Who We Are**
Author: Daniel J. Siegel, M.D. *Books* 1999 337 pages

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

Material Title: **Developmental Disabilities: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 44 minutes

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

Material Title: **Discipline and the Adopted Child with Special Needs (Audiotape)**
Author: Holly van Gulden audiotape *Audiotapes* 2002 90 minutes

Children who have experienced parental loss, neglect, and/or abuse often bring extreme emotional pain, unremitting neediness, and dysfunctional behaviors to their foster and adoptive families. Such children need therapeutic parenting to help them change. This workshop reviews the goals of discipline and offers a technique to help parents and professionals design effective disciplinary responses.

Material Title: **Discipline and the Adopted Child with Special Needs (CD)**
Author: Holly van Gulden CD *CDs* 2002 90 minutes

Children who have experienced parental loss, neglect, and/or abuse often bring extreme emotional pain, unremitting neediness, and dysfunctional behaviors to their foster and adoptive families. Such children need therapeutic parenting to help them change. This workshop reviews the goals of discipline and offers a technique to help parents and professionals design effective disciplinary responses.

Material Title: **Discipline Without Damage: How to Get Your Kids to Behave Without Messing Them Up**
Author: Vanessa Lapointe *Books* 2016 256

In this easy-to-read, science-based book, parents, caregivers, and adults of all kinds discover how discipline affects children's development, why intervention should reinforce connection not separation, and why the disciplinary strategies that may have been used on us as children are not the ones that children really need. As a practicing child and family psychologist and advisor to the British Columbia ministry of children and families, Dr. Vanessa has seen it all, and she has navigated hundreds of tough situations with families. Drawing on scientific research and a wealth of clinical experience, she shows you how to put out the fire without dampening your child's spirits; how to correct their behavior while emphasizing connection; and how to discipline without damage.

Material Title: **Doggie Doesn't Know No* (Children's Materials)**
Author: Cindy R. Lee *Children's Books* 2015 30 pages

It is soooooo hard for children to accept "no!" Parents frequently experience whining, back-talk and defiance when they deny their child's request. Children can learn to accept "no" smoothly by practicing and understanding the concept of "accepting no." While living on his own, little stray Doggie was able to do whatever he pleased and was never told "no." On a cold snowy day he was invited to live with a family in a warm cozy home. Doggie was told "no" many times as he learned the rules of the household! This darling book includes Parenting Tips for Parents and facilitates your child's ability to understand the concept of "accepting no."

Material Title: **Don't Touch My Heart: Healing the Pain of an Unattached Child**
Author: Lynda Mansfield and Christopher H. Waldmann *Books* 1994 111 pages

Come along on this quick to read, hard to forget journey through the first six years of a young boy's life. Parents of an unattached child will find solace and hope in this realistic but encouraging story of Jonathan and the adoptive family he almost destroys. See how an insightful therapist and the renewed commitment of his parents make the difference in helping Jonathan learn to release his anger and accept love. This book is a "must read" for adoptive parents, social workers, and therapists.

Attachment & Bonding

Material Title: **Drowning With My Hair On Fire: Insanity Relief for Adoptive Parents**

Author: Ce Eshelman, LMFT *Books* 2016 344

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

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

Author: Dr. Ronald Federici and Heather T. Forbes *DVDs* 2012 42 minutes

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

Material Title: **Enhancing Early Attachments: Theory, Research, Intervention, and Policy**

Author: Lisa J. Berlin, Y. Ziv, L. Amaya-Jackson, and M. Greenberg *Books* 2005 357 pages

Synthesizing the latest theory, research, and practices related to supporting early attachments, this volume provides a unique window into the major treatment and prevention approaches available today. Chapters address the theoretical and empirical bases of attachment interventions; explore the effects of attachment-related trauma and how they can be ameliorated; and describe a range of exemplary programs operating at the individual, family, and community levels. Throughout, the authors consider cross-cutting issues such as the core components of effective services and appropriate outcome measures for attachment interventions. Also discussed are policy implications, including how programs to enhance early child-caregiver relationships fit into broader health, social service, and early education systems.

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

Author: Attach *Libros en español* 2018 144

Material Title: **Every Child Deserves A Champion**

Author: Bob Danzig *Books* 12/31/2003 187 pages

Most of the real champions in our lives are people whose strength is their compassion for the well-being of others. Every Child Deserves a Champion: Including the Child Within You! is a testimonial to everyone who has experienced positive changes because someone chose to champion them or because they championed someone else. These encouraging stories remind us that our words and actions have the power to transform lives.

Material Title: **Everyday Parenting with Security and Love; Using PACE to Provide Foundations for Attachment**

Author: Kim Golding *Books* 06/21/2017 256

Children who have experienced trauma, loss or separation early in life need more than just special care and attention; they need to be parented with love and security in a way that allows them to heal and rebuild emotional bonds. This comprehensive book provides parents and carers with crucial advice and guidance on how to strengthen attachment and trust.

Based on Dan Hughes' proven 'PACE' model of therapeutic parenting, this book explains how to implement PACE techniques to overcome the challenges faced by children who struggle to connect emotionally. Barriers to stable relationships such as a lack of trust, fear of emotional intimacy, and high levels of shame are all explained. It explores techniques to overcome these barriers by teaching how to support the child's behaviour at the same time as building empathy and trust.

The practical parenting guidance offered throughout is essential for carers or parents of troubled children, and will help build safe, secure emotional relationships.

Material Title: **Facilitating Developmental Attachment: The Road to Emotional Recovery and Behavioral Change in Foster and Adopted Children**

Author: Daniel Hughes *Books* 1997 251 pages

This book provides professionals and parents a comprehensive understanding of the issues and of the types of interventions that succeed in resolving them. It takes the mysterious child and teaches us how to reach him or her and bring the child into a meaningful interaction with us and with others.

Attachment & Bonding

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

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

Material Title: **First Steps for Strengthening Adoptive Families (DVD)**
Author: DVD *DVDs* 2006 20 minutes.

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

Study Guide available. Please request Guide when requesting DVD.

Material Title: **First Steps for Strengthening Adoptive Families: Tools and Techniques for Meeting the Needs of Your Adopted Child Study Guide**
Author: Melissa and Todd Nichols *Books* 2007 53 pages

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

Material Title: **Foster and Adoptive Parenting: Authentic Stories that will Inspire and Encourage Parenting With Connection**
Author: Kenneth Camp *Books* 2016 191 pages

As a foster or adoptive parent, do you feel overwhelmed or alone? Do you try to parent with connection, but end up discouraged to point of giving up? You want to parent with connection, but when you are in the middle of the chaos, it's not always easy to remember what you learned from a book or in a class. Maybe you do remember and apply them the best you can, but you see little or no change. You might even feel that things get worse. You begin to feel less connected to your child, and you worry that the relationship will never improve. This encouraging and inspirational book will give you hope to keep parenting with connection to help your wounded child heal. In Foster and Adoptive Parenting you will find:- Reinforcement of parenting with connection techniques- Real life experiences from the author's family and other families - Tips and advice from professional counselors and an occupational therapist via podcast links- Vulnerable and insightful conversations between the author and his wife via podcast links- Helpful recommended books and videos found throughout the book These tips, resources, and stories will help you:- Find inspiration and encouragement to keep on parenting with connection- Learn practical ways to apply parenting with connection principles- Pay attention to what you as a parent bring to the relationship- Focus on taking care of yourself so you can help your child heal You made the decision to foster or adopt your child. Engage in this book and you will find help, encouragement, and support needed to parent that child with connection successfully.

Material Title: **Foster Parenting Manual, The: A Practical Guide to Creating a Loving, Safe and Stable Home**
Author: John Degarmo *Books* 160 pages

The Foster Parenting Manual is a comprehensive guide offering proven, friendly advice for novice and experienced parents alike.

Distilling many years' experience into one book, John DeGarmo combines his own wisdom with that of fellow foster parents. He describes what to expect from the process, how to access help and how to ensure the best care for your child. He tackles thorny issues such as children's use of the Internet and social media, managing contact with birth parents and how to support your child at school. Most importantly, he provides advice designed to help your child feel safe, secure and loved.

The Foster Parenting Manual offers seasoned, sympathetic advice that will be valued by foster parents and the professionals who support them.

Material Title: **From Chaos to Calm (2 CDs)**
Author: NACAC Conference *CDs* 8/4/11 30 minutes

This item is a recording from the 37th NACAC Conference. Presented by Juli Alvarado, coaching for LIFE! in Colorado. Sometimes in adoption, all goes well and as planned. Sometimes we parents are faced with challenges we could never have anticipated. Parenting children with disruptive behaviors and attachment challenges often leave us feeling scared, frustrated, hopeless, and sometimes even helpless. Join a fellow foster/adoptive parent, therapist, consultant, and trainer for this educational, motivational, and inspirational workshop that will provide you with the tools necessary to transition your home from chaos to calm today!

Attachment & Bonding

Material Title: **Ghosts from the Nursery**

Author: Robin Karr-Morse *Books* 1997 298 pages

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

Material Title: **Give Them Roots, Then Let Them Fly: Understanding Attachment Therapy**

Author: Attachment Center at Evergreen *Books* 1995 237 pages

This compilation of essays by experts who have worked at the Attachment Center at Evergreen or its forerunner, The Youth Behavior Program, is divided into three parts: "Understanding Attachment Theory," "Understanding The Attachment Center at Evergreen Therapy," and "The Implications of Attachment Therapy." There is information here for the professional and the parent.

Material Title: **Great Big Book of Hope, The: Help Your Children Achieve Their Dreams**

Author: Diane McDermott *Books* 10/30/2000 256 pages

In a culture where disillusionment is so widespread, helping children grow up with goals and the hope of achieving them has become a vitally important parenting practice. In The Great Big Book of Hope, Diane McDermott and C. R. Snyder have developed an arsenal of techniques for teaching parents how to act as "hope guides" for their kids. This user-friendly, interactive workbook provides a hands-on, step-by-step model for teaching kids an "I can do it" attitude. A treasure chest of ideas, games, and hope-building strategies, this practical book is an essential resource for all those who care for the children in their lives.

Material Title: **Handbook For Treatment of Attachment-Trauma Problems in Children**

Author: Beverly James *Books* 1994 268 pages

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

Material Title: **Handbook of Attachment: Theory, Research, and Clinical Applications**

Author: Jude Cassidy, PhD and Phillip R. Shaver, PhD *Books* 1999 882 pages

This compilation of 37 essays by various experts is divided into six parts, "Overview of Attachment Theory," "Biological Perspectives," "Attachment in infancy and Childhood," "Attachment in Adolescence and Adulthood," "Clinical Applications of Attachment Theory and Research," and "Emerging Topics and Perspectives." It is intended for professionals.

Material Title: **Healing Days: A Guide for Kids Who Have Experienced Trauma* (Children's Materials)**

Author: Susan Farber Straus *Children's Books* 2013 32 pages

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

Material Title: **Healing Parents: Helping Wounded Children Learn to Trust & Love**

Author: Michael Orlans and Terry Levy *Books* 2006 277 pages

Written by therapists, teachers, consultants and researchers, this guide gives caregivers the tools they need to help emotionally wounded children heal behaviorally, socially, and morally. The authors provide strategies and research to help parents and caregivers understand their child, respond in a constructive way, and create a healthy environment.

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.

Attachment & Bonding

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

Author: Marion F., Daniel J. Siegel Solomon

Books

2003 357 pages

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

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

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

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

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

Author: TCU Institute of Child Development

DVDs

2008 51 minutes

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

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

Author: Robyn Gobbel

DVDs

2017 96 minutes

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

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

Author: Robyn Gobbel

DVDs

2017 96 minutes

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

Attachment & Bonding

Material Title: **Henry The Hermit Crab: A Storybook-Workbook for Children With Attachment Issues *(Children's Materials)**
Author: Deborah Berry Joy *Children's Books* 1998 12 pages

This illustrated booklet, preceded by a "Preface for Parents and Professionals" and followed by a "Workbook" to help kids create their own stories, tells of Henry, a hermit crab whose birth parents are unable to care for him, and how he withdraws into a series of shells to protect himself from the pain of abandonment. He eventually meets a family who can care for him and life gets better.

Material Title: **Hold On to Your Kids: Why Parents Need to Matter More Than Peers**
Author: Gordon Neufeld *Books* 2006 304

A psychologist with a reputation for penetrating to the heart of complex parenting issues joins forces with a physician and bestselling author to tackle one of the most disturbing and misunderstood trends of our time -- peers replacing parents in the lives of our children.

Dr. Neufeld has dubbed this phenomenon peer orientation, which refers to the tendency of children and youth to look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behaviour. But peer orientation undermines family cohesion, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture. It provides a powerful explanation for schoolyard bullying and youth violence; its effects are painfully evident in the context of teenage gangs and criminal activity, in tragedies such as in Littleton, Colorado; Tabor, Alberta and Victoria, B.C. It is an escalating trend that has never been adequately described or contested until Hold On to Your Kids. Once understood, it becomes self-evident -- as do the solutions.

Hold On to Your Kids will restore parenting to its natural intuitive basis and the parent-child relationship to its rightful preeminence. The concepts, principles and practical advice contained in Hold On to Your Kids will empower parents to satisfy their children's inborn need to find direction by turning towards a source of authority, contact and warmth.

Material Title: **Hope for Healing; A Parent's Guide to Trauma and Attachment**
Author: Attach *Books* 2011 165

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

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

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

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

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

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

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

Attachment & Bonding

Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 1 of 2)**

Author: Robyn Gobbel

DVDs

72 minutes

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

Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 2 of 2)**

Author: Robyn Gobbel

DVDs

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

Material Title: **I Am Enough**

Author: Grace Byers

Children's Books

2018

A New York Times bestseller and Goodreads Choice Awards picture book winner!

This is a gorgeous, lyrical ode to loving who you are, respecting others, and being kind to one another—from Empire actor and activist Grace Byers and talented newcomer artist Keturah A. Bobo.

This is the perfect gift for mothers and daughters, baby showers, and graduation.

We are all here for a purpose. We are more than enough. We just need to believe it.

Material Title: **I Am Human: A Book of Empathy**

Author: Susan Verde

Children's Books

2018

From the picture book dream team behind *I Am Yoga* and *I Am Peace* comes the third book in their wellness series: *I Am Human*. A hopeful meditation on all the great (and challenging) parts of being human, *I Am Human* shows that it's okay to make mistakes while also emphasizing the power of good choices by offering a kind word or smile or by saying "I'm sorry." At its heart, this picture book is a celebration of empathy and compassion that lifts up the flawed fullness of humanity and encourages children to see themselves as part of one big imperfect family—millions strong.

Material Title: **I Love You Rituals**

Author: Becky Bailey

Books

11/21/2000

208

I Love You Rituals offers more than seventy delightful rhymes and games that send the message of unconditional love and enhance children's social, emotional, and school success. Winner of a 1999 Parent's Guide Children's Media Award, these positive nursery rhymes, interactive finger plays, soothing games, and physically active can be played with children from infancy through age eight. In only minutes a day, these powerful rituals:

Prime a child's brain for learning

Help children cope with change

Enhance attention, cooperation, and self-esteem

Help busy families stay close

Affirm the parent-child bond that insulates children from violence, peer pressure, and drugs, and much more.

Easy to learn and especially effective in stressful situations, *I Love You Rituals* gives parents, grandparents, caregivers, and teachers inspiring tools to help children thrive.

Material Title: **I Wish You More**

Author: Amy Rosenthal

Children's Books

Some books are about a single wish. Some books are about three wishes. The infallible team of Amy Krouse Rosenthal and Tom Lichtenheld have combined their extraordinary talents to create this exuberant, inspirational book for kids of endless good wishes. Wishes for curiosity and wonder, for friendship and strength, laughter and peace. Whether celebrating life's joyous milestones, sharing words of encouragement, or observing the wonder of everyday moments, this sweet and uplifting book is perfect for wishers of every age.

Whether this is a preschool graduation gift, a present for elementary kids, or just a positive book for kids in your life, this book of wishes is sure to bring positivity to all who read it.

Attachment & Bonding

Material Title: **I Wished for You: An Adoption Story**

Author: Marianne Richmond

Children's Books

2008

"Mama," said Barley. "Tell me again how I'm your wish come true."

Thus begins this beautiful story for adoptive families. *I Wished for You: An Adoption Story* follows a conversation between a little bear named Barley and his Mama as they curl up in their favorite cuddle spot and talk about how they became a family. Barley asks Mama the kinds of questions many adopted children have, and Mama lovingly answers them all.

With endearing prose and charming watercolor illustrations, *I Wished for You* is a cozy read that affirms how love is what truly makes a family.

Material Title: **Inside I'm Hurting: Practical Strategies for Supporting Children with Attachment Difficulties in School**

Author: Louise Bomber

Books

2007

320

Inside I'm Hurting provides educational professionals with a much-needed classroom handbook of new strategies, practical tools and the confidence for supporting these children from an attachment perspective, thus promoting inclusion in the school system. Contents include: how attachment difficulties can affect a child's ability to learn; providing an 'additional attachment figure' in schools; the benefits and challenges of getting alongside children who have experienced trauma and loss; transitions during the school day; permanency and constancy; being explicit; regulating arousal levels; handling conflict; wondering aloud; lowering the effects of shame; working with transition from primary to secondary phase; developing effective home/school partnership (includes a photocopyable initial meeting prompt card); providing staff support; recommendations for future action.

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

Author: Debra, Cathy Schweitzer and Stefanie Armstron Wesselmann

Books

2014

130 pages

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

Material Title: **Into the Great Forest: A Story for Children away from Parents for the First Time**

Author: Irene Wineman Marcus

Children's Books

Early separations - to go to school, to camp, or to visit relatives - can be exciting yet frightening. This tale about a young prince's adventures away from home explores the insecurities and anger children may feel and teaches them to rely on their own strengths.

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

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

DVDs

2012

44 minutes

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

Material Title: **Invisible Boy, The**

Author: Trudy Ludwig

Children's Books

2013

Meet Brian, the invisible boy. Nobody ever seems to notice him or think to include him in their group, game, or birthday party . . . until, that is, a new kid comes to class.

When Justin, the new boy, arrives, Brian is the first to make him feel welcome. And when Brian and Justin team up to work on a class project together, Brian finds a way to shine.

From esteemed author and speaker Trudy Ludwig and acclaimed illustrator Patrice Barton, this gentle story shows how small acts of kindness can help children feel included and allow them to flourish. Any parent, teacher, or counselor looking for material that sensitively addresses the needs of quieter children will find *The Invisible Boy* a valuable and important resource.

Includes backmatter with discussion questions and resources for further reading.

Material Title: **Issues Facing Adoptive Mothers of Children with Special Needs (CD)**

Author: Heather T. Forbes, LCSW

CD-ROMs

If you're a mother struggling with post-adoption issues, this audio CD is for you! It will speak your language and help you to see that you're really not going crazy! Based on the research of Heather T Forbes, LCSW, which appeared in *Journal of Social Work* in 2003, this CD set will open your eyes to common challenges moms face with post-adoption. The CD set is full of fascinating information, scientifically researched and presented in an interesting and informative manner.

Attachment & Bonding

Material Title: **It's Tough to Be Gentle: A Dragon's Tale* (Children's Materials)**

Author: Cindy R. Lee *Children's Books* 2015 34 pages

Dex has the sweetest heart and the roughest touch. He breaks his toys, has difficulty with personal space, and has an energy level that idles on high! Dex deeply desires to play with a family of baby birds, but his request is denied until he can learn to be gentle and kind. Join this misunderstood dragon as he creatively learns how to have a gentle touch. *It's Tough to Be Gentle: A Dragon's Tale*, helps children understand the gentle and kind concept and the Teaching Tips for Parents provides parents with information on how they can empathize with a child similar to Dex. *It's Tough to Be Gentle: A Dragon's Tale* is designed to teach Trust Based Relational Intervention (TBRI®) principles developed by Dr. Karyn Purvis and Dr. David Cross at the Institute of Child Development.

Material Title: **I've Loved You Since Forever**

Author: Hoda Kotb *Children's Books* 2018

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

Author: Robyn Gobbel *DVDs* 2017 75 minutes

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

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

Author: Robyn Gobbel *DVDs* 2017 75 minutes

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

Material Title: **Katie Careful and the Very Sad Smile; A Story about Anxious and Clingy Behavior**

Author: Sarah Naish *Children's Books* 09/21/2017 34

Katie Careful has just moved in with her siblings and their new parents. Even if she's sad or scared, she smiles and smiles to try and hide her wobbly feelings.

She clings on to her Mum's leg and won't let go and she even follows her to the toilet, banging on the door to remind her that she's there. Luckily, her Mum understands why Katie acts this way.

Material Title: **Learning the Dance of Attachment**

Author: Holly Van Gulden *Books* 2010 122 pages

Material Title: **Learning the Dance of Attachment: An Adoptive Parent's Guide to Fostering Healthy Development**

Author: Holly Van Gulden & Charlotte Vick *Books* 2010 110 pages

This book, from the author of *Real Parents Real Children*, is a handbook style guide to raising adopted children, offering chapters devoted to specific developmental stages – though your child is nine, if she behaves more like a four-year-old, then that might be the developmental stage she is in. It is full of charts, lists, anecdotes, and guidelines that make it an easy tool for parents to use and refer back to.

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

Author: Karyn Purvis *DVDs* 2015 53 Minutes

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

Attachment & Bonding

Material Title: **Life Story Therapy with Traumatized Children**

Author: Richard Rose *Books* 2012 175 pages

Life story therapy is an approach designed to enable children to explore, question and understand the past events of their lives. It aims to secure their future through strengthening attachment with their carers and providing the opportunity to develop a healthy sense of self and feeling of wellbeing. This comprehensive overview lays out the theory underlying life story therapy, including an accessible explanation of contemporary research in neurobiology and trauma.

Material Title: **Little Book of Foster Care Wisdom, The: 365 Days of Inspiration and Encouragement for Foster Care Families**

Author: John Degarmo *Books* 2019 381 pages

Foster parenting is both a rewarding and a challenging job, a lifestyle of continuous learning and new experiences, and The Little Book of Foster Care Wisdom: 365 Days of Inspiration and Encouragement for Foster Care Families will be there to support you as you, in turn, support your foster children.

Filled with 365 days' worth of daily tips, inspirational quotes, and motivational short stories from a foster care expert, this book is a must-read for modern child-welfare advocates, adoptive parents, and foster parents. It provides inspirational content every day, including instructions, tips, anecdotes, and more.

Material Title: **Living with an Angry Child (2 Audiotapes)**

Author: Holly van Gulden *Audiotapes* 2002 +2 hours

Adopted children struggling with unresolved loss or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non compliance. These behaviors can and do trigger angry responses – sometimes even rage – in parents and siblings. This double workshop with Holly van Gulden analyzes anger and rage, and offers techniques for avoiding continual battles, managing healthy anger resolution, de-escalating rage episodes, and establishing a healthy, joyful family environment.

Material Title: **Living with an Angry Child (3 CDs)**

Author: Holly van Gulden *CDs* 4 hours

Adopted children struggling with unresolved loss or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non compliance. These behaviors can and do trigger angry responses – sometimes even rage – in parents and siblings. This double workshop with Holly van Gulden analyzes anger and rage, and offers techniques for avoiding continual battles, managing healthy anger resolution, de-escalating rage episodes, and establishing a healthy, joyful family environment.

Material Title: **Long Journey Home, The* (Children's Materials)**

Author: Richard Delaney *Children's Books* 1997 42 pages

This illustrated children's book tells the story of a young boy named Mayla. Separated from his mother by a raging flood, Mayla begins a perilous search to find her. This story is an adventure-with-a-message for any child who has suffered separation from loved ones. The Long Journey Home is all about love and loss, trauma and trust.

Material Title: **Loving Touches: A Book for Childre About Positive, Caring Kinds of Touching**

Author: Lory Freeman *Children's Books* 1986

Describes the different kinds of touches children need and argues that they are as important as the need for food and warmth

Material Title: **Magic of Family Meetings, The**

Author: Michael H. Popkin, PhD *DVDs*

Material Title: **Magic Tools for Raising Kids**

Author: Elizabeth Crary *Books* 1995

Offers parents advice on handling common child-rearing problems by using such techniques as looking for good behavior, acknowledging feelings, reducing power struggles, and setting reasonable limits

Material Title: **Making Sense of Adoption**

Author: Lois Melina *Books* 1989 245 pages

This "Parent's Guide" offers "many examples of ways to present difficult information in a sensitive manner -- sensitive to the child's needs, to the birthparents' struggles, and to the adoptive parents' perspective."

Attachment & Bonding

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

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 46 minutes

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

Material Title: **Mindful Brain, The: Reflection and Attunement in the Cultivation of Well-Being**

Author: Daniel Siegel *Books* 2007 328 pages

The author of "The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are" combines physiology, psychology and philosophy to provide insight into how we achieve a state of well being.

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

Author: Dr. Donald Federici and Heather T. Forbes, LCSW *DVDs* 2012 41 minutes

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

Material Title: **Mothers, Babies, and Their Body Language**

Author: Antonella Sansone *Books* 2004 304 pages

This book explores the complex interaction and the importance of early communication between mother and baby from pregnancy to the first early months of development. It provides a rich and detailed study of this earliest relationship, and makes a significant and valuable contribution to this area of the mental health field.

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

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

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

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

Author: Jonathan & Daniel Baylin & Hughes *Books* 2016 304 pages

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

Material Title: **No Matter What**

Author: Debi Gliori *Children's Books*

"I'm grim and grumpy," says Small to Large, "and I don't think you love me at all." But nothing could be further from the truth--and Large knows just how to reassure Small in this warm and tender story about a child's biggest worry and a parent's endless capacity for love.

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

Author: Deborah Gray *Books* 2012 457 pages

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

Attachment & Bonding

Material Title: **Opposite of Worry, The: The Playful Parenting Approach to Childhood Anxieties and Fears**

Author: Lawrence J. Cohen

Books

ember 10, 280 pages

Whether it's the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of *Playful Parenting*, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents

- start from a place of warmth, compassion, and understanding
- teach children the basics of the body's "security system": alert, alarm, assessment, and all clear.
- promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and "white-knuckling" through a fear
- find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale
- tackle their own anxieties so they can stay calm when a child is distressed
- bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing

With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy.

Material Title: **Parenting Adolescents with Attachment Difficulties (CD)**

Author: Gregory Keck

CDs

2007 90 minutes

Interruptions that occur early in childhood cause specific difficulties in adolescence. This presentation, by Gregory Keck at the 2007 NACAC Conference, examines attachment problems and adolescence from a developmental perspective and presents strategies for parenting and treating adolescents who have experienced such interruptions.

Material Title: **Parenting Children and Youth with Attachment Issues (2 CDs)**

Author: Regina Kupecky and Gregory Keck

CDs

2008

Attachment issues have their roots in the first few years of life but are often undiagnosed and therefore untreated until much later. In this presentation, recorded at the 2008 NACAC Conference in Ottawa, Regina Kupecky & Gregory Keck address how attachment issues affect younger children and adolescents. Parents will learn specific strategies for parenting children of different ages who have attachment difficulties.

Material Title: **Parenting Children with Disrupted Attachment (DVD)**

Author: DVD

DVDs

45 minutes

Parenting Children with Disrupted Attachment discusses the effects of neglect, violence, and abuse on attachment, how to understand the behaviors that children display, and obstacles to rebuilding attachment. Part of the Children with Disrupted Attachment series. Child therapists Margaret Blaustein, Alexandra Cook, Richard Kagan, Vivienne Roseby, and Thomas Young describe the impact of disrupted attachment on the ways that children see themselves and interact with others. They explore such topics as setting limits, avoiding power struggles, and building trust.

Material Title: **Parenting from the Trenches (CD)**

Author: NACAC Conference 2008 CD

CDs

2008 16 minutes

See your kids in a whole new light! This workshop, recorded at the 2008 NACAC Conference in Ottawa, offers a toolbox of strategies and techniques useful in parenting children and teens. Topics include: (1) developing trust and attachment while helping children learn to manage their own behaviors, (2) building self-esteem, and (3) maintaining your sanity. Special attention is paid to the unique world of teens.

Material Title: **Parenting Right From the Start: Laying a Healthy Foundation in the Baby and Toddler Years**

Author: Vanessa Lapointe

Books

2019

272

The baby and toddler years are the most important period for any child's emotional and psychological development. Parents naturally want to do what's best for their kids, but they often struggle to know what that is, especially when dealing with the big "battlegrounds" of sleep, feeding, and managing aggression.

The latest scientific research indicates that it is through a strong and stable sense of connection to their parents that children learn how to regulate their emotions, master social skills, and develop a sense of identity. Unfortunately, many of the currently accepted parenting practices and traditional attitudes disrupt healthy connection rather than foster it, leading to behavioral issues and emotional problems that can last into adulthood.

Dr. Lapointe helps parents to understand how mindful and conscious parenting can help them to avoid passing unhealthy patterns down from one generation to the next. Rooted in compassion and understanding, *Parenting Right From the Start* shows parents how to build a firm, caring presence in the early years that a child can lean into for a lifetime.

Attachment & Bonding

Material Title: **Parenting the Attachment Challenged Child: When Behavior Modification and Consequences Don't Work! (3 CDs)**
Author: Bryan Post *CDs* 2004 ; 10minutes

Listen while Dr. Post shares with you, in his compassionate, yet non-nonsense manner which you have come to love, the latest information from the fields of neuroscience, psychology, and education. In this set of 3 audio CDs you will learn why behavior modification consequences don't work for parenting children with the most difficult behaviors. Dr. Post invites you to a new understanding of the behavior of the difficult child and leads you from old parenting paradigms to a new paradigm, family-centered regulatory parenting.

Material Title: **Parenting the Hurt Child (CD)**
Author: Gregory Keck and Regina Kupecky *CDs* 2002 90 minutes

Parenting hurt children, toddlers through adolescents, can be discouraging, as tried and true parenting methods often fail. Without a solid attachment, children have difficulty learning new behaviors through traditional methods. This workshop gives parents and professionals tools to use in raising children who have been hurt by neglect, abuse, abandonment, or institutionalization. Based on the attachment cycle, the presenters address how these new methods can manage behavior and increase attachment.

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

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

Material Title: **Parenting Your Adopted Older Child**
Author: Brenda McCreight *Books* 2002 199 pages

With such chapters as "Attachment," "Loss and Grief," "False Allegations of Abuse," "Maintaining Your Married or Single Lifestyle," "Avoiding Power Struggles," "Self-Esteem for You and Your Child," and many more, this handbook has something for just about any; family who has adopted a child older than two years either domestically or internationally.

Material Title: **Parents' Adoption Issues and Their Effect on Attachment (CD)**
Author: Regina Kupecky *CDs* 2008

Adoption issues and parents' past experiences often create barriers to healing for their children. While it is not an adoptive parent's fault that the child has attachment difficulties, it is the parent's responsibility to create a family atmosphere in which children can heal. Learn how to help parents face their own issues so they become available for children to change. Recorded at the 2008 NACAC Conference in Ottawa, Regina Kupecky presents.

Material Title: **Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting**
Author: Laura Markham *Books* 2012 304

Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish.

This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years.

If you're tired of power struggles, tantrums, and searching for the right "consequence," look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

Material Title: **Penguin and the Fine-Looking Fish, The* (Children's Materials)**
Author: Cindy R. Lee *Children's Books* 2015 38 pages

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

Material Title: **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.

Attachment & Bonding

Material Title: **Playful Interaction: Unlocking the Mysteries of Nurturing Human Relationships (DVD)**
Author: TCU Institute of Child Development *DVDs* 2009 *s 6 minutes*

Play puts the fun in fundamental - central to a child's well-being now and in the future. Through play, children learn to develop the social and emotional skills they need to succeed in life. Playful Interaction, featuring child development experts, Dr. Karyn Purvis and Dr. David Cross, along with other child development experts, outlines the importance of play and provides practical examples of playful interaction from The Institute of Child Development's Hope Connection Summer Camp.

This DVD highlights the importance of playful interactions, especially children with histories of trauma, abuse, or neglect. The practical examples through The Institute of Child Development's Hope Connection Summer Camp show how playful interactions: promote attachment through attuning and engaging the child, disarm fear responses, teach problem solving skills, teach self-regulation skills, teach social skills, can correct children and connect after correcting.

Material Title: **Playful Parenting: An Exciting New Approach to Raising Children that Will Help You**
Author: Lawrence J. Cohen *Books* *pril 30, 200 307 pages*

Have you ever stepped back to watch what really goes on when your children play? As psychologist Lawrence J. Cohen points out, play is children's way of exploring the world, communicating deep feelings, getting close to those they care about, working through stressful situations, and simply blowing off steam. That's why "playful parenting" is so important and so successful in building strong, close bonds between parents and children. Through play we join our kids in their world—and help them to

- Express and understand complex emotions
- Break through shyness, anger, and fear
- Empower themselves and respect diversity
- Play their way through sibling rivalry
- Cooperate without power struggles

From eliciting a giggle during baby's first game of peekaboo to cracking jokes with a teenager while hanging out at the mall, Playful Parenting is a complete guide to using play to raise confident children. Written with love and humor, brimming with good advice and revealing anecdotes, and grounded in the latest research, this book will make you laugh even as it makes you wise in the ways of being an effective, enthusiastic parent.

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: **Porcupette Finds a Family**
Author: Vanita Oelschlager *Children's Books* 2010 44

Porcupette Finds a Family, is a story about how a baby porcupine (called a porcupette) finds a new family after losing his mother. He wants to have an attachment to the bear family he finds, but is afraid his "bear" mother and "bear" brother and sister will leave him too. This causes him to act out his fears in ways that jeopardize acceptance from his adopted family. However, with the understanding and help of Mother Bear, Porcupette finally accepts that he is truly loved and wanted despite, or maybe because of, his differences.

Attachment & Bonding

Material Title: **Positive Discipline: A Warm, Practical, Step-by-Step Sourcebook for Parents and Teachers**

Author: Jane Nelsen

Books

4/9/1996 242 pages

THE KEY TO DISCIPLINE IS NOT PUNISHMENT,
BUT MUTUAL RESPECT

All parents try to do their best--but the best of intentions don't always produce the best results. Dr. Jane Nelsen, an experienced psychologist, educator, and mother, believes that children misbehave when they feel thwarted in their need to belong and in their need for love and attention. An authoritative approach, using phrases like "Because I said so!", will only lead to rebellious behavior. Instead, parents need basic principles that bring them and their children closer. They need Positive Discipline.

Dr. Nelsen explains that parents who use kindness and firmness to teach life skills will encourage self-respect, self-discipline, cooperation, good behavior, and problem-solving skills in their children. In Positive Discipline, revised and updated for the '90s, she shows all of us, parents and teachers alike, exactly how her practical program works--answering, step-by-step, such important questions as:

*What works better than punishment to teach children positive, good behavior?

*What mistakes do most parents make "in the name of love"?

*How can parents turn their mistakes into assets?

*How can praise be dangerous?

*What are the dangers of trying to be "Super Mom"?

*How can teachers avoid discipline problems in the classroom?

"It is positive! It works! It saves your sanity! And it is easy to share with others."

--Julie Pope, Parent

Sacramento, CA

"As a parent and psychotherapist, I have found enormous value and practical wisdom in Positive Discipline. It conveys a win/win atmosphere for parents and children. The techniques are so easy to learn and fun to use...Anyone following these concepts will see almost instant results and big smiles on the faces of their children."

--Katherine Dusay, Psychotherapist

San Francisco, CA (less)

Material Title: **Positive Discipline: The First Three Years: From Infant to Toddler-Laying the Foundation for Raising a Capable, Confident Child**

Author: Jane Nelsen

Books

1998 281 pages

The celebrated Positive Discipline brand of parenting books presents the revised and updated third edition of their readable and practical guide to communicating boundaries to very young children and solving early discipline problems to set children up for success.

Over the years millions of parents have used the amazingly effective strategies of Positive Discipline to raise happy, well-behaved, and successful children. Research has shown that the first three years in a child's life are a critical moment in their development, and that behavior patterns instilled during that time can have profound implications for the rest of a child's life. Hundreds of thousands of parents have already used the advice in Positive Discipline: The First Three Years to help set effective boundaries, forge strong foundations for healthy communication, and lay the groundwork for happy and respectful relationships with their young children. Now this classic title has been revised and updated to reflect the latest neuroscientific research and developments in positive discipline parenting techniques.

Material Title: **Post Adoption Family Therapy: A Practice Manual**

Author: Cheryl Prew

Books

1990 40 pages

This resource book provides current information about the unique challenges adoptive families face, describes the Protective Bonding Cycle and its role in the attachment process, and presents a treatment model utilizing six innovative solution-focused intervention techniques that work with adoptive families.

Attachment & Bonding

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: **Practical Guide to Caring for Children and Teenagers with Attachment Difficulties, A**

Author: Chris Taylor *Books* 2010 204 pages

This book provides a comprehensive guide to caregivers by explaining what attachment is, what different patterns of attachment look like in children and young people, and how this understanding can help them to develop therapeutic ways of caring. Based on extensive practical experience, the author shows how to promote recovery through secure base experiences and provides practical solutions and methods to tackle challenging and problem behavior, anger and the effects of trauma in children with attachment problems. By drawing together theory and practice, this book provides caregivers with the theoretical understanding and practice skills required to develop and sustain a caring and supportive environment.

Material Title: **Primal Wound, The: Understanding the Adopted Child**

Author: Nancy Newton Verrier *Books* 1993 222 pages

By applying information about pre- and perinatal psychology, attachment, bonding, and loss, this book clarifies the effects on adopted children of separation from the birthmother. It also gives those children, whose pain has long been unacknowledged or misunderstood, validation for their feelings, as well as explanations for their behavior. The insight it brings to the experience of abandonment and loss will contribute to the healing of adoptees, their adoptive families, and birthparents.

Material Title: **Promoting Healthy Attachments: Hands-On Techniques to Use with Your Clients**

Author: Deborah Gray *Books* 2019 307

This book is a hands-on, practical guide to successful attachment-oriented interventions with parents and children who present with a variety of issues, from trauma to depression to anger. It begins with an understanding of attachment's role in stress regulation and relationships. With the basics examined, the book takes a deep dive into the practicalities of clinical work. The book lays out a detailed behavioral checklist for each attachment pattern (secure, avoidant, ambivalent, disorganized). This checklist provides a rich source of interventions for therapists. The author includes sensory-base interventions and how to use body-based methods. Play that strengthens attachments is also discussed.

Material Title: **Promoting Positive Parenting: An Attachment-Based Intervention**

Author: Femmie Juffer, M Bakermans-Kranenburg, M van IJzendoorn *Books* 2008 238 pages

Video-feedback Intervention to Promote Positive Parenting (VIPP) is a brief and focused parenting intervention program that has been successful in a variety of clinical and non-clinical groups and cultures. The book describes the implementation and testing of a variety of VIPP based interventions highlighting different families in a variety of childcare settings, and in various countries including the Netherlands, Italy, the United Kingdom, and the United States. Chapters present how the VIPP approach was implemented in samples of insecure mothers, mothers with eating disorders, preterm infants, adopted children, and children with early behavior problems.

Attachment & Bonding

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: **Pursuing the Dream: What Helps Children and their Families Succeed**

Author: Stephen Shames *Books* 1997

How and why do some disadvantaged American families manage to stay together and become self-reliant despite the grip of overwhelming poverty?

"I have wandered the nether world of poverty for the past thirty years," writes Stephen Shames in his introduction to this book. "I wondered why do some poor children turn out fine while others fail so miserably. Isn't there something we can do as individuals, as neighbors, and as a nation to help poor children succeed?"

Working for three years with the Chicago-based Family Resource Coalition, Shames, a noted documentary photographer, visited community programs in culturally diverse areas from Maine to Hawaii to record how community-based programs help families achieve financial and emotional stability.

Here are inspirational stories, in the families' own words, about rebuilding strong relationships between husband and wife, parent and child, neighbor and neighborhood. One of the many examples in the book is a young father working with the Avance Family Support and Education Program in San Antonio: "I used to get mad and scream...Spank [the children] without even stopping and thinking about it. And then Avance showed me about this five-minute time out. You know, take a break and then come back....I learned how to communicate with my wife without getting mad and stomping around the house...Avance did a lot for us by making us realize that no goal is greater than what we feel towards each other and what we want to do later in the future."

Pursuing the Dream is about successful and often daring community-based family support programs across America that enable families and their children to overcome devastating cycles of poverty, drugs, and violence. These are uplifting stories, in the families' own words, about recapturing love, achieving financial stability, and building supportive neighborhoods. Included is a statement from the Chicago Bulls on their commitment to community centers for the whole family.

Material Title: **Railly el Valiente**

Author: Jessica Sinarski *Children's Books* 2018 48 pages

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

Material Title: **Rainy Day Toddler Activity Book, The: 100+ Fun Early Learning Activities for Inside Play**

Author: Krissy Bonning-Gould *Books* 170 pages

It's raining, it's pouring, but staying inside doesn't have to be boring—just bring the fun indoors! In The Rainy Day Toddler Activity Book, you'll find more than 100 toddler activities designed to inspire learning and make sure that grey skies never put a damper on having fun.

Watch your toddler exercise fine motor skills with the Magical Starry Sky or create Emotion Spoon Puppets to bolster language development. No matter what appeals to your little one, every idea in this toddler activity book provides an opportunity to practice key developmental milestones. With handy labels that allow you to select activities based on skills learned, prep time, and activity time, you'll always have a game plan for how to spend the day.

The Rainy Day Toddler Activity Book includes:

100+ Educational Activities—Combine fun and important skills like problem solving, social-emotional development, creativity, and more with this toddler activity book.

Handy Icons—Pick activities based on the skills learned, prep or activity time, and level of messiness.

Low or No Mess—Keep clean-up to a minimum with low or no mess activities designed for small and large spaces alike.

Even if skies are grey, fun indoor learning can still brighten your day with the The Rainy Day Toddler Activity Book.

Attachment & Bonding

Material Title: **Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore**

Author: Kent Hoffman, Glen Cooper and Bert Powell

Books

2/6/17

280

Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security. Now the simple, powerful "Circle of Security" parenting strategies that Kent Hoffman, Glen Cooper, and Bert Powell have taught thousands of families are available in self-help form for the first time.

You will learn:

- *How to balance nurturing and protectiveness with promoting your child's independence.
- *What emotional needs a toddler or older child may be expressing through difficult behavior.
- *How your own upbringing affects your parenting style--and what you can do about it.

Filled with vivid stories and unique practical tools, this book puts the keys to healthy attachment within everyone's reach--self-understanding, flexibility, and the willingness to make and learn from mistakes. Self-assessment checklists can be downloaded and printed for ease of use.

Material Title: **Raising an Emotionally Intelligent Child: The Heart of Parenting**

Author: John Mordechai Gottman

Books

gust 12, 19 239 pages

Raising an Emotionally Intelligent Child is John Gottman's groundbreaking guide to teaching children to understand and regulate their emotional world.

Intelligence That Comes from the Heart

Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. Raising an Emotionally Intelligent Child is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. Raising an Emotionally Intelligent Child will equip parents with a five-step "emotion coaching" process that teaches how to:

- Be aware of a child's emotions
- Recognize emotional expression as an opportunity for intimacy and teaching
- Listen empathetically and validate a child's feelings
- Label emotions in words a child can understand
- Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation

Written for parents of children of all ages, Raising an Emotionally Intelligent Child will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

Material Title: **Raising Children Who Refuse To Be Raised**

Author: Dave Ziegler

Books

2000

310 pages

Dr. Ziegler, the founder and Executive Director of SCAR/Jasper Mountain, a treatment program for some of our society's most damaged children, has also been a foster parent to hundreds of challenging children. He provides a mix of wisdom that comes from working in this field for 30 years, humor, and practical tools for families and their therapists/coaches. The safe emotional environment he describes combines optimal structure and appropriate limits with nourishment and compassion.

Material Title: **Raising Human Beings**

Author: Ross W. Greene

Books

8/2016

281

Parents have an important task: figure out who their child is—his or her skills, preferences, beliefs, values, personality traits, goals, and direction—get comfortable with it, and then help them pursue and live a life according to it. Yet parents also want their kids to be independent, but not if they are going to make bad choices. They want to avoid being too overbearing, but not if an apathetic kid is what they have to show for it. They want to have a good relationship with their kids, but not if that means being a pushover. They don't want to scream, but they do want to be heard. Good parenting is about striking the balance between a child's characteristics and a parent's desire to have influence.

Dr. Ross Greene "makes a powerful case for rethinking typical approaches to parenting and disciplining children" (The Atlantic). Through his well-known model of solving problems collaboratively, parents can forgo timeout and sticker charts; stop badgering, berating, threatening, and punishing; allow their kids to feel heard and validated; and have influence.

From homework to hygiene, curfews, to screen time, Dr. Greene "arms parents with guidelines that are clear, doable, and sure to empower both parents and their children" (Adele Faber, coauthor of How to Talk So Kids Will Listen). Raising Human Beings is "inspirational...a game-changer for parents, teachers, and other caregivers. Its advice is reasonable and empathetic, and readers will feel ready to start creating a better relationship with the children in their lives" (Publishers Weekly, starred review).

Attachment & Bonding

Material Title: **Raising Resilient Rascals 2008: Disc 2 (DVD)**

Author: DVD *DVDs* 2008 3.5 hours

This disk includes the following presentations from the 2008 conference: "What Can Orphans Tell Us about the Family's Role in Promoting Child Well-Being? The Bucharest Early Intervention Study;" with Dana Johnson; "Why Does My Child Go Ballistic?" with Gwen Lewis; and a Question/Answer Panel with Presenters.

Material Title: **Raising Resilient Rascals 2008: Disc 4 (DVD)**

Author: DVD *DVDs* 2008 3 hours

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

Material Title: **Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People**

Author: Stephen Glenn *Books* 1998 230 pages

No Parent or Educator Can Afford to Ignore This Groundbreaking Work!

Bestselling authors H. Stephen Glenn and Jane Nelsen have helped hundreds of thousands of parents raise capable, independent children with Raising Self-Reliant Children in a Self-Indulgent World. On its tenth anniversary, this parenting classic returns with fresh, up-to-date information to offer you inspiring and workable ideas for developing a trusting relationship with children, as well as the skills to implement the necessary discipline to help your child become a responsible adult.

Those who think in terms of leniency versus strictness will be surprised. This book goes beyond these issues to teach children to be responsible and self-reliant—not through outer-directed concerns, such as fear and intimidation, but through inner-directed behavior, such as feeling accountable for one's commitments. Inside, you'll discover how to instill character-building values and traits in your child that last a lifetime.

"During these turbulent days when families are in disarray and children are getting the short end of the stick, this book can be very helpful to parents who are struggling to bring up self-reliant children. Even after raising five of my own and becoming a grandfather for the seventh time, I got some new ideas out of it!"—Art Linkletter

"An inspiring, workable formula for developing closeness, trust, dignity, and respect . . . A real gem."—Becky Ridgeway, School Social Worker

Material Title: **Read-Aloud Handbook, The**

Author: Jim Trelease *Books* 2006 292 pages

This book tells you why, how, when, and what to read aloud to your children. The why (it helps your kid, helps your relationship with your kid, and it's fun) is reason enough to make a habit of it. The "how" includes a list of do's, don'ts, tips on luring kids away from TV, etc. When? Now! The what includes a 104 page list of recommended read-aloud books (not all good books are ideal for reading aloud) based on type, topic, and age level.

Attachment & Bonding

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.

Material Title: **Respectful Parenting: From Birth through the Terrific Twos**

Author: Joanne Baum

Books

183 pages

Developed through 20 years of family therapy practice advocating a child-centered approach to parenting, this book presents a balanced approach to child rearing that recognizes the feelings and needs of both parents and children while observing that children also need boundaries and discipline to feel safe and secure, guidance on the choices they make, and the capacity to adapt successfully to the world and its demands. Topics covered in the book include nursing, spoiling, learning styles, tantrums, discipline, and dealing with life changes. Practical parenting tips and anecdotes from parents are included

Material Title: **Right Fit, The: Finding Effective Help for Families with Attachment Challenged Children (CD)**

Author: CD

CDs

2008

41 minutes

In this audio program, Juli Alvarado, at Coaching for Life, interviews Jennifer Winkelmann. Juli speaks from her role as a mother to foster and biological children, seeking information for parents on finding the right kind of help for children with attachment challenges. Jen and Juli discuss how to find an effective therapist and equip parents and professionals with the keys to successful treatment.

Attachment & Bonding

Material Title: **Rosie Rudey and the Very Annoying Parent**
Author: Sarah Naish *Children's Books* 10/21/2016 32

Today Rosie Rudey has had enough!

"Rosie, put your coat on, it's cold outside."
"Rosie, bring your sandwich box to the kitchen, please."
"Rosie, stop being nasty to your brother."

LEAVE ME ALONE, she thought.

Rosie did not have an easy childhood which has made her build a hard shell around herself so no one can get in. Luckily her new mum knows just how to help soften Rosie's hard exterior.

Written by a mum who understands, and her daughter (who was also a bit prickly), this is a story for children functioning at age 3-10.

Material Title: **Safe Parenting (DVD)**
Author: Foster Parent College *DVDs*

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: **Secrets of Successful Adoptive Parenting, The; Practical Advice and Strategies to Help with Emotional and Behavioral Challenges**
Author: Sophie Ashton *Books* 7/21/2016 338

Sharing the secrets that will enable you to face the challenges of adoptive parenting with confidence, Sophie Ashton offers tips and strategies which have worked for her family. She discusses preparing for the journey ahead, parenting with empathy, facilitating your child's attachment, helping your child feel listened to, and providing structure and consistency in order to successfully integrate your child into your family and go on to have a stable happy family life.

An honest and reassuring account of what it can really be like to be an adoptive parent, this practical hands-on guide will help you prepare for the highs and lows of being a parent and give your child and your family the best chance to flourish.

Attachment & Bonding

Material Title: **Secure Base, A: Parent-Child Attachment and Healthy Human Development**

Author: John Bowlby *Books* 1988 180 pages

When parents provide a secure emotional base, encouraging their children to seek autonomy while giving them support and encouragement, children grow up psychologically stable and able to make the most of life's opportunities. Bowlby elaborates these ideas and offers further evidence of the ways in which strong emotional ties promote mental health.

Material Title: **Secure Relationships: Nurturing Infant/Toddler Attachment in Early Care Settings**

Author: Alice Sterling Honig *Books* 2002 78 pages

For healthy adjustment in childhood and later in life, infants and toddlers need secure attachments to the adults who care for them. Loving, responsive, and consistent care from primary caregivers is key to young children learning to form relationships. Alice Honig, with her vast experience and deep knowledge of research and theory, distills key points needed in understanding and building attachment. Vital information and sound advice for caregivers and parents too.

Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Audio)**

Author: Robyn Gobbel *DVDs* 2016 76 minutes

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

Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Video)**

Author: Robyn Gobbel *DVDs* 2016 76 minutes

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

Material Title: **Sensory World, A: Making Sense of Sensory Disorder (DVD)**

Author: TCU Institute of Child Development *DVDs* 2010 98 minutes

This DVD offers insight and understanding about sensory issues that may make it difficult for a child to function at home and school. Parents and professionals will learn to recognize the difference between sensory problems and problem behaviors and how to help children overcome everyday struggles that hamper their success.

This encouraging video features Dr. Karyn Purvis and Dr. David Cross, child development researchers from Texas Christian University's Institute of Child Development, and Carol Kranowitz, author of the best seller "The Out of Sync Child". These experts offer proven interventions and practical exercises to help children cope with sensory issues which will lead to enriched relationships and improved self-esteem and learning.

Material Title: **Settling to Learn: Settling Troubled Pupils to Learn: Why Relationships Matter in School**

Author: Louise Bomber *Books* 2013 354 pages

The way we teach our pupils and the way we run our schools is under scrutiny right now. In the midst of all the change going on, we often end up losing sight of the educative tool that is the most important of all - ourselves Bomber and Hughes' book gives educators permission to engage with pupils relationally. They provide alternative ways to the kinds of behaviourist models, fear-based approaches and increased levels of power, authority and control still exercised in many schools at present, which disturb already troubled pupils and further prevent them from accessing school. Bomber and Hughes have seen pupil attainment increase through their work in supporting school staff by switching their initial focus to the troubled pupil's attachment system, before engaging the pupil's exploratory (learning) system. The authors also challenge the educational myths that somehow relationships are secondary to learning, rather than essential to enabling troubled children's brains to be freed to work at their full capacity.

Material Title: **Sexually Reactive Children in Adoption and Foster Care**

Author: Joan McNamara *Books* 1994 138 pages

This anthology discusses the complicated intertwining of abuse and attachment and the need to effectively respond to children's abuse-reactive behaviors.

Material Title: **Simple Secrets of Parenting: Easy as ABC**

Author: John Baucom *Books* 9/1/1996

Offers tips and advice on parenting in 26 passages arranged alphabetically and accompanied by drawings.

Attachment & Bonding

Material Title: **Six Core Strengths for Healthy Childhood Development, The (DVD)**

Author: Bruce Perry *DVDs* 2004 20 minutes

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

Material Title: **So, You're Raising Your Grandkids!: Tested Tips, Research, & Real-Life Stories To Make Your Life Easier**

Author: Harriet Hodgson *Books* 2018 178 pages

You may be one of these grandparents and it's a role you never expected. Willing as you are to assume this role, you have some questions. How will I find the energy for this? Is my grandchild normal? What if I "blow it?" Each day, you look for ways to make life easier.

Help has arrived. This inspiring self-help book for grandparents raising grandchildren will:

- Help ease your worries and guilt
- Offer tips for creating a grandfamily
- Give methods for improving grandparent-grandchild communication
- Suggest ideas for how you can connect with your grandchild's school
- Provide child development information
- Recommend approaches to help your grandchild set goals
- Stress the importance of having fun together
- Offer ideas of how to foster your grandchild's hopes and dreams.

So, You're Raising Your Grandkids blends Harriet Hodgson's unbelievable grandparenting story with recent research and findings. It comes from her 21 years of caregiving experience, including seven years of raising her twin grandkids. Each chapter ends with What Works, proven tips for grandparents raising grandkids. At the end, you'll cheer for all the loving grandparents—including you—who are putting grandchildren first.

Material Title: **Sophie Spikey Has a Very Big Problem**

Author: Sarah Naish *Children's Books* 10/21/2016 32

Today Sophie Spikey has a very big problem. She has lost her shoes, again! There is no way she is asking her mum for help, though. I can fix it all by myself, she thought.

Sophie did not have an easy start in life and now she cannot trust grown-ups to help her. Luckily, her new mum is good at guessing when Sophie needs a helping hand.

Written by a mum who understands, and her daughter (who did not like asking for help), this is a story for children functioning at age 3-10.

Material Title: **Taking No for an Answer and Other Skills Children Need: Fifty Games to Teach Family Skills**

Author: Laurie Simons *Books* nuary 1, 20 112 pages

Filled with more than 50 games designed to improve family relationships and social interactions, this book will help parents teach their children 12 basic skills—including listening, making appropriate requests, following directions, problem solving, and respecting boundaries—that will reduce sibling rivalries, eliminate whining and tantrums, stop interruptions, and decrease arguing, backtalk, and insults. The games are presented in an easy-to-follow recipe format and are accompanied by engaging illustrations. This is an excellent guide for preventing common family problems before they happen. A downloadable activity guide is available at no charge on the Parenting Press website (parentingpress.com/activities.html).

Material Title: **TBRI Pocket Guide, A: Trust-Based Caregiving**

Author: TCU Institute of Child Development *Books* 2012 18 pages

Recommended to accompany the DVD titles "Trust-Based Parenting" or "TBRI for Teens".

This convenient, pocket-sized guide to the basic principles of Trust-Based Relational Intervention® is an ideal reference for caregivers and professionals seeking to use TBRI® to meet the needs of children and youth from "hard places." Included are practical strategies for Empowering, Connecting, and Correcting through activities, reflective questions, and sample situations and responses.

Attachment & Bonding

Material Title: **TBRI: An Overview (DVD)**

Author: TCU Institute of Child Development

DVDs

2014 37 minutes

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

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: **Teenagers and Attachment: Helping Adolescents Engage with Life and Learning**

Author: Andrea Perry

Books

2009 224 pages

When children from insecure backgrounds become adolescents, the challenges they experience themselves and present for those around them can get a lot harder to sort out, before the teenager can fully integrate into society. These adolescents can quickly acquire 'bad kid' or 'anti-social' labels. They may form attachments by joining gangs, but in doing so, further alienate themselves from other more constructive options on offer. The contributors to this much needed book have all worked successfully on the front line with teenagers whose ability to make healthy relationships, or to find learning exciting or even possible, has been severely compromised by their past experiences of trauma, neglect and abuse. Each expert practitioner offers practical strategies, underpinned by attachment theory and their own extensive experience, to enable teachers, psychologists, therapists and social workers to reach out to young people in new ways, establishing genuine connection and real possibilities for learning and hope. Contents include: Attachment and adolescence-the key issues-Karl Heinz Brisch. Helping adolescents navigate transitions-Louise Bomber. Using an attachment approach in the classroom-Marie Delaney. Building authentic attachment relationships- Barbara Earl. Principles of attachment and intersubjectivity-Daniel A. Hughes. Supporting adolescent refugees-Sue Amey. Reaching teenage gang members-Camila Batmanghelidjh. Helping adolescents make the transition to university-Ann Heyno.

Material Title: **Tender Healing (DVD)**

Author: Spaulding for Children

DVDs

1997 40 minutes

A Video Curriculum for Foster, Adoptive and Kinship Care Parents, with Drs. Vera Falhberg, Richard Delaney and Joseph Crumbley. This DVD features three segments designed to help parents and professionals better understand issues related to helping troubled children. The three components include: Part 1: Helping Children Make Transitions; Part 2: Helping Children Build Attachments; and, Part 3: Effective Strategies for Discipline Designed for parents caring for children in the child welfare system who have been abused or neglected.

Material Title: **Tender Healing (VHS)**

Author: Spaulding for Children

Videotapes

1997 45 minutes

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Material Title: **Texas Judicial Summit; Improving Outcomes for Children in Care**

Author: TCU Institute

DVDs

Tragically, many children who are abused or neglected suffer long-term consequences from the early harm, and often follow a path to mental illness/incarceration. This training is focused on how to improve successful placements, and enhance the assessment of children through the use of attachment theory and model safety plans.

Material Title: **Thank You Book, The**

Author: Mo Willems

Children's Books

2016

Gerald is careful. Piggie is not.
Piggie cannot help smiling. Gerald can.
Gerald worries so that Piggie does not have to.

Gerald and Piggie are best friends.

In The Thank You Book!, Piggie wants to thank EVERYONE. But Gerald is worried Piggie will forget someone . . . someone important.

Attachment & Bonding

Material Title: **The Irreducible Needs Of Children: What Every Child Must Have To Grow, Learn, And Flourish**
Author: T. Berry Brazelton, M.D. & Stanley I Greenspan, M.D. *Books* 2001 248

What do babies and young children really need? For the first time, two famed advocates for children cut through all the theories, platitudes, and controversies that surround parenting advice to define what every child must have in the first years of life. They lay out the seven irreducible needs of any child, in any society, and confront such thorny questions as: How much time do children need one-on-one with a parent? What is the effect of shifting caregivers, of custody arrangements? Why are we knowingly letting children fail in school? Nothing is off limits. This short, hard-hitting book, the fruit of decades of experience and caring, sounds a wake-up call for parents, teachers, judges, social workers, policy makers-anyone who cares about the welfare of children.

Material Title: **Therapeutic Parenting: A Handbook for Parents of Children Who Have Disorders of Attachment**
Author: ATTACH *Books*

Parenting a child who has a disorder of attachment is the hardest job any parent could have. It requires rethinking your parenting instincts, experience with other children, and advice on child rearing. It means making conscious, therapeutic parenting decisions hour after hour, day after day, week after week. This manual is designed to help parents of children who have disorders of attachment learn to parent their children effectively.

Material Title: **Therapeutic Parenting: It's A Matter of Attitude**
Author: Deborah Hage *Books* 2003 62 pages

This booklet, from the author of "Me and My Volcano," is a sort of handbook for parents raising children with attachment issues. It offers a variety of things to consider, techniques, examples interventions, anecdotes and pearls of wisdom.

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.

Material Title: **Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play (Second Edition)**
Author: Ann M. Jernberg and Phyllis B. Booth *Books* 1999 384 pages

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

Material Title: **Theraplay: Innovations in Attachment Enhancing Play Therapy**
Author: Evangeline Munn *Books* 2000

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

Material Title: **Transitions: Resources for Caregivers and Professionals to Support Thoughtful Transitions for Foster and Adopted Youth**
Author: ORPARC Staff *Non-Return Items* 2018 50 pages

This information packet contains a variety of materials to assist both caseworkers and families in preparing a child for transitions. It includes suggested activities to build attachment and age specific transition checklists to be prepared by the child's caregiver to assist the new family in learning about the child.

Attachment & Bonding

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

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Material Title: **Treating Attachment Disorders: From Theory to Therapy**

Author: Karl Heinz Brisch

Books

2002

255 pages

This book for therapists begins with basic theories and research on attachment, then demonstrates how attachment-oriented interventions can effectively be used to treat a wide range of clinical issues. Extended case examples involving clients of a wide range in age and circumstance form its core and illustrate Brisch's unusually flexible approach to intake, treatment and termination.

Material Title: **Treewalker's Gift: Overcoming the Fear of Being Loved**

Author: Erma S. Brundidge, MS

Books

2014

101 pages

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

Attachment & Bonding

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

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

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

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

Material Title: **Understanding and Helping Adopted and Foster Children with Emotional Problems (VHS)**
Author: Michael Katz *Videotapes* 1990 4 hours

Many adopted and foster children have behavior problems that do not respond to traditional parenting. This video explains how underlying emotional problems involving attachment, identity, values, developmental delays, and anger produced by painful experiences sometimes not consciously remembered, can be the major causes. A variety of methods for reducing these behaviors are demonstrated.

Material Title: **Understanding Children with Disrupted Attachment (DVD)**
Author: DVD *DVDs* 42 minutes

Understanding Children with Disrupted Attachment discusses the effects of neglect, violence, and abuse on attachment, how to understand the behaviors that children display, an obstacles to rebuilding attachment.

Part of the Children with Attachment Disorders series. Child therapists Margaret Blaustein, Alexandra Cook, Richard Kagan, Vivienne Roseby, and Thomas Young describe the impact of disrupted attachment on the ways that children see themselves and interact with others. They explore such topics as setting limites, avoiding power struggles, and building trust.

Material Title: **Unofficial Guide to Therapeutic Parenting, The: The Teen Years**
Author: Sally Donovan *Books* 2019 283 pages

An honest insight into the rollercoaster reality of therapeutically parenting teenagers.

Raising any teenager is tough, but raising teens who have experienced trauma in their early years is a whole different - and more difficult - ball game. Adoptive parent Sally Donovan is here to answer every question you've ever wanted to ask about therapeutically parenting teenagers, and a whole lot more besides.

Therapeutic parenting is equal parts love, commitment, determination, and realism, and Sally writes about it all with equal parts blazing wit, tear-jerking honesty, and wisdom. Read this book to hear a voice speaking from experience - and above all, the heart - about everything to expect from therapeutically parenting your teens.

Material Title: **Unplugging Power Struggles: Resolving Emotional Battles with Your Kids Ages 2 to 10**
Author: Jan Faull *Books*

Unplugging Power Struggles . . . is an accessible guide based on real-life experiences which explains why power struggles occur, which power struggles parents will always lose, and offers three effective ways to deal with them. As children grow, they feel a strong need to be in control of their lives. Some parents instinctively let up on the controls as their child matures, while some children push for control beyond the limits of their own development, maturity, or their parents' comfort level. The end result: power struggles. Unplugging Power Struggles . . . explains how to provide the guidance children need and still allow them to develop competency and self-esteem.

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

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

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

Author: Robyn Gobbel *DVDs* 2017 58 minutes

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Material Title: **What's Your Parenting Style?**

Author: Michael H. Popkin, PhD *DVDs*

Material Title: **Whole Life Adoption Book, The: Realistic Advice for Building a Healthy Adoptive Family**

Author: Jayne Schooler and Thomas C. Atwood *Books* 2008 210 pages

This book offers encouragement and practical information to help you respond to your adopted child's unique struggles and your own feelings of inadequacy or frustration. It addresses such issues as attachment, adjustment and identity and provides "ten essential success factors for healthy adoptive families."

Material Title: **Will You Take Care of Me?**

Author: Margaret Park Bridges *Books* 1998

Will I always be little, Mama? Will you always take care of me? Little Kangaroo asks Mama. What if I became an apple tree? A teddy bear? A star? Here is a warm, imaginative story that gently reminds young ones of a parent's unwavering devotion. No matter how her child grows or changes, Mama will always be there. Sunny paintings and collages, genuinely evocative of child's world, make this a distinctive bedtime book.

Material Title: **Wish* (Children's Materials)**

Author: Matthew Cordell *Children's Books* 2015 48 pages

As an elephant couple embark on a life together, thoughts of children are far away-at first. But as the desire for a child grows, so do unexpected challenges. And it's only after thwarted plans and bitter disappointment that their deepest wish miraculously comes true.

Material Title: **You Are My Happy**

Author: Hoda Kotb *Children's Books* 2019

As mama bear and her cub cuddle together before closing their eyes for a good night's sleep, they reflect on the everyday wonders of life that make them happy.

Inspired by her own nighttime routine with her daughter, Haley Joy, Kotb creates another beautiful treasure for parents and children to enjoy together. With charming and lush illustrations from bestselling artist Suzie Mason, this soothing yet playful lullaby explores the simple joy of taking a moment to be grateful.

Attachment & Bonding

Material Title: **Young Children and Trauma: Intervention and Treatment**
Author: Joy D. Osofsky *Books* 2004 348 pages

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

Material Title: **Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship**
Author: Russell A. Barkley *Books* 2008 325 pages

If life with your teen has become a battleground, it's time to take action. This empathic book shows how. Trusted psychologists who have worked with thousands of families give you the tools you need to overcome defiance and get teen behavior back on track. By following the authors' clinically proven 10-step program, learn how you can:

- *Reestablish your authority while building trust.
 - *Identify and enforce nonnegotiable rules.
 - *Use rewards and incentives that work.
 - *Communicate and problem-solve effectively--even in the heat of the moment.
 - *Restore positive feelings in your relationship.
 - *Develop your teen's skills for becoming a successful adult.
-

Material Title: **Your Teen's Success Cycle**
Author: Michael H. Michael H. Popkin, PhD *DVDs*

Material Title: **Тайная опора. Привязанность в жизни ребенка Secret Support; Attachment in a Child's Life (RUSSIAN)**
Author: Lyudmila Petranovskaya *Russian Language Ma* 2017 118

Ludmila Petranovskaya easily and affordably talks about the role of parents on the path to growing up: "How do dependence and helplessness turn into maturity?" and "How do our love and care, year after year, form in the child a secret support?"