

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.

Anger

Material Title: **Anger Control Training for Children and Teens**
 Author: John Taylor *Books* 1995 (Revised) 38 pages

This guidebook contains step-by-step directions for training children and adolescents in what anger is, ways to express it, and suggestions for healthy management. Techniques can be used in classroom settings as well as individual and counseling situations. Appropriate for children ages 4 -18.

Material Title: **Angry Adolescents and Troubled Teens: A New Approach To Discovering Strengths and Developing Solutions (Audiotape)**
 Author: David Wexler, PhD *Audiotapes* 2000 15 hours 10 tapes

By recognizing the fundamental deficits in teenagers' sense of self-cohesion, participants will learn how to apply innovative interventions for aggression, anxiety, self-destructive behavior, identity problems, substance abuse, self-esteem issues, and abusive behavior. This symposium will also help participants develop creative ways of fostering self-control, self-esteem, self-regulation, self-efficacy, and self-soothing in teens.

Material Title: **Angry Child, The: Regaining Control When Your Child is Out of Control**
 Author: Tim, Loriann Murphy, Oberlin *Books* 2001 244 pages

This book explains both the roots of and solutions for uncontrollable anger in children, showing parents how to help their children develop new ways to understand their feelings and interact with others.

Material Title: **Autogenics and Meditation (Audiotape)**
 Author: Matthew McKay, PhD *Audiotapes* 1986 75 minutes

This is a twelve-week program designed to help you attain total relaxation, lower blood pressure, improve health, and master basic meditation techniques. It offers techniques for lowering pulse, slowing respiration, and increasing circulation in the head and extremities, as well as components of effective meditation common to all philosophies and disciplines.

Material Title: **Common Sense Parenting: Teaching Children Self-Control (DVD)**
 Author: DVD *DVDs* 2006 28 min

Description from the back of the DVD: What's a parent to do when a child blows up, throws a temper tantrum, or freezes you out with the uncooperative, silent treatment? Teaching children how to stay in control when they are frustrated or angry is a difficult parenting challenge. This DVD gives you the tools to handle emotionally intense situations with your child. Learning how to stay calm yourself is the first step you must take when facing an upset child. Then the DVD demonstrates how you can calm the child down and, once he or she is in control again, do a follow-up teaching. Here, the child practices how to behave better when feeling angry or upset. Teaching self-control gives both of you the time and space to calm down and to work toward fewer angry outbursts in the future.

Material Title: **Cuando Sofia se enoja, se enoja de veras...* (solamente se puede recibir crédito para los Materiales para adultos, no para niños)**
 Author: Molly Bang *Libros para niños* 1999 34 pages

Sofía, una niña que suele erupcionar como un volcán tal como cuando su hermana quiere jugar con su gorila de peluche, sale de la casa con furia después de varios incidentes similares. Ella va de paseo y sube un árbol para mirar al mundo, lo cual le tranquiliza a la niña. Este libro, adecuado para niños de 2 a 7 años de edad, no ofrece respuestas sino demuestra una familia que trata a su niña con respeto y tal vez sea una ayuda a un niño como Sofía para que se evalúe a sí mismo mejor. [Sophie, subject to sudden volcanic melt downs, such as when her sister wants to play with her stuffed gorilla, storms out the door after a series of such incidents. She goes for a walk and climbs a tree and looks out at the world, which calms her. This book for children ages 2-7, offers no solutions, but it shows a family who treats her with respect and it might help a child like Sophie to better look at herself.]

Material Title: **Daily Relaxer, The**
 Author: Matthew McKay *Books* 1997 113 pages

This book, designed to help people deal with the stress in their lives, is divided into five parts: Relax Your Body, Calm Your Mind, Refresh Your Spirit, Relieve Your Worry, and Improve Your Mind. Each part is comprised of seven to ten tension-relieving exercises that you can learn in five minutes and practice right away. Audiotapes to accompany each of the five parts, to be borrowed separately (See Audiotapes under Daily Relaxer).

Anger

Material Title: **Daily Relaxer: Calm Your Mind (Audiotape)**
Author: Matthew McKay *Audiotapes* 1997 23 minutes

From the book, *The Daily Relaxer* (see Books): This tape offers four techniques for turning attention inward, finding a calm center, and surrendering anxious thoughts to moments of peaceful reflection.

Material Title: **Daily Relaxer: Improve Your Mood (Audiotape)**
Author: Matthew McKay *Audiotapes* 1997 24 minutes

From the book, *The Daily Relaxer* (see Books): This tape offers four techniques for healing sadness, recalling sources of nourishment and pleasure, and connecting with times in the past when you felt calm and confident.

Material Title: **Daily Relaxer: Refresh Your Spirit (Audiotape)**
Author: Matthew McKay *Audiotapes* 1997 23 minutes

From the book, *The Daily Relaxer* (see Books): This tape offers four techniques for focusing attention inward, imagining a peaceful natural setting, and listening to a nourishing inner voice.

Material Title: **Daily Relaxer: Relax Your Body (Audiotape)**
Author: Matthew McKay *Audiotapes* 1997 23 minutes

From the book, *The Daily Relaxer* (see Books): This tape offers four techniques for reducing physical tension and relaxing anywhere, anytime, with almost instant effectiveness.

Material Title: **Daily Relaxer: Relieve Your Worry (Audiotape)**
Author: Matthew McKay *Audiotapes* 1997 23 minutes

From the book, *The Daily Relaxer* (see Books): This tape offers four techniques for letting go of anxious or negative thoughts, freeing yourself from worry, and finding joy in the here and now.

Material Title: **Dr. Weisinger's Anger Workout Book**
Author: Hendrie Weisinger *Books* 1985 211 pages

The goal of the *Anger Workout Book* is to stop the pain that anger brings. It gives the reader psychological interventions that will help work out anger and convert it from a negative response to a creative and powerful source of energy that will improve one's quality of life. There are twenty-two workouts that combine to give the reader a powerful means for dealing with and understanding one's own anger and that of others. It also provides the necessary skills to communicate and negotiate with others in a more positive and problem-solving way.

Material Title: **Explosive Child, The**
Author: Ross W. Greene *Books* 2005 275 pages

In this "updated third edition," Dr. Greene describes the factors that contribute to "inflexible-explosive" behavior in children and why the strategies that work for most children aren't as effective for inflexible-explosive children. He offers a procedure parents can follow to slowly achieve results where other plans have not been effective. See "Audiotapes" for an abridged, three hour audiobook version of the 1998 "first edition" of this book.

Material Title: **Explosive Child, The (Audiotape)**
Author: Ross W. Greene *Audiotapes* 1998 3 hours

Read by author, Ross W. Greene. This tape, abridged from the book, describes children who are prone to explosive behavior and offers explanations as to why the children explode and why conventional responses to such outbursts are not working. Dr. Greene offers a procedure parents can follow to slowly achieve results where other plans have not been effective.

Material Title: **Healing for the Attachment Challenged, Angry and Defiant Child (4 VHS)**
Author: Brian Post *Videotapes* 2005 6 hours

B. Bryan Post talks about parenting children with attachment disorders. He says that the only emotions are love and fear, and when children misbehave, fear is what is driving their behavior. Parents who react to this behavior with fear only make it worse, but parents who make children feel safe can reduce the fear in those children.

Material Title: **Letting Go of Anger: The 10 Most Common Anger Styles and What to Do About Them**
Author: Ron Potter-Efron, M.S.W. *Books* 1995 158 pages

This book identifies ten of the most common ways people express their anger and offers methods for changing them. It gives an in-depth description of these types of anger, where they come from, and how to identify them. The helpful techniques they describe are for anyone who wants to learn to express anger in healthy and productive ways.

Anger

Material Title: **Letting Go of Anger: The Eleven Most Common Anger Styles and What to Do About Them**
Author: Ron Potter-Efron *Books* 2006 185 pages

Revised from the 1996 edition, this "Second Edition" identifies eleven of the most common ways people express their anger and offers methods for changing them. It gives an in-depth description of these types of anger, where they come from, and how to identify them. The helpful techniques they describe are for anyone who wants to learn to express anger in healthy and productive ways.

Material Title: **Living with an Angry Child (2 Audiotapes)**
Author: Holly van Gulden *Audiotapes* 2002

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*

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: **Lost Boys: Why Our Sons Turn Violent and How We Can Save Them**
Author: James Garbarino *Books* 1999 238 pages

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

Material Title: **Me and My Volcano* (see comment about Children's Materials on Index page)**
Author: Deborah Hage *Children's Books* 1999 17 pages

This booklet for children makes an analogy between people who are angry and volcanoes. It explains that either one can let off steam in a nondestructive way or in an explosive, destructive way which hurts both the volcano (or the person) and everyone and everything nearby. It asks the child to draw pictures on almost every page to illustrate feelings behaviors and situations.

Material Title: **Nutmeg Gets Adopted* (see comment about Children's Materials on Index page)**
Author: Judith Foxon *Children's Books* 2001 22 pages

(Ages 4-8) A little squirrel goes to live with a new family because his birth mother cannot keep him safe. This book encourages children to explore their own stories and understand some of the painful memories they might have of their early life. Illustrated by Sarah Rawlings, it is intended to be read to children by their adoptive parents. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

Material Title: **Nutmeg Gets Cross* (see comment about Children's Materials on Index page)**
Author: Judith Foxon *Children's Books* 2002 22 pages

Ages 4-8 Nutmeg, a small red squirrel, adopted with his younger sister and brother, is having a hard day. It's his birthday and he gets a card from his birth mom, but his joy is mixed with anxiety and confusion. This story offers a practical way to identify, explore and understand painful feelings that are likely to surface following adoption - often triggered by seemingly happy events such as birthdays or contact with birth siblings, but also by problems at school such as bullying and being behind. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

Material Title: **Otto Learns About His Medicine: A Story About Medication for Hyperactive Children* (see comment about Children's Materials on Index page)**
Author: Matthew Galvin *Children's Books* 1995 26 pages

This picture book tells of a hyperactive car who learns from a special mechanic about how "car medicine" can help him control his behavior.

Anger

Material Title: **Parenting the Explosive Child (VHS)**
Author: Ross Greene *Videotapes* 2004 2 hours

Drs. Ross Greene and Stuart Ablon help parents understand the specific cognitive skill deficits that can impair a child's capacities for flexibility and frustration tolerance. They provide step-by-step guidance on their approach – known as Collaborative Problem Solving (CPS) – for teaching these skills. It features live interviews with parents and provides answers to many of the questions parents have about the CPS approach.

Material Title: **Parenting the Explosive Child (DVD)**
Author: Ross Greene *DVDs* 2004 2 hours

Drs. Ross Greene and Stuart Ablon help parents understand the specific cognitive skill deficits that can impair a child's capacities for flexibility and frustration tolerance. They provide step-by-step guidance on their approach – known as Collaborative Problem Solving (CPS) – for teaching these skills. It features live interviews with parents and provides answers to many of the questions parents have about the CPS approach.

Material Title: **Raising Resilient Rascals 2008: Disk 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: **Self-Destructive Behaviors**
Author: ORPARC Staff *Information Packets* 16 pages

(Available February 2010)

This packet contains sections on where self-destructive behaviors come from, high risk and self harming behaviors, and working with children with suicidal behaviors.

Material Title: **Taming the Dragon in Your Child**
Author: Meg Eastman *Books* 1994 213 pages

Dr Eastman's true-life examples let you zero in on the sources of rage and defuse problem situations before they explode. Learn to recognize the warning signs of serious family stress; understand your own anger-the dragons that families pass from one generation to the next; keep sibling rivalry in check; discipline without inhibiting personal development; and handle special problems-divorce, abuse, trouble at school, death, and other crises.

Material Title: **Treating Explosive Kids: The Collaborative Problem-Solving Approach**
Author: Ross W. and J. Stuart Ablon Greene *Books* 2005 246 pages

This book for clinicians, based on the approach popularized in Ross Greene's "The Explosive Child" provides a framework for effective, individualized intervention with highly oppositional children and their families. Sections show how to identify specific cognitive factors that contribute to explosive and noncompliant behavior, remediate these factors, and teach children and their adult caregivers how to solve problems collaboratively.

Material Title: **Understanding Temperament**
Author: Lyndall Shick *Books* 1998 119 pages

This book is intended to help parents understand their child's unique, inborn temperament so they can solve problems by improving the "fit" between their child and the environment (people, situations, surroundings).

Material Title: **Understanding the Defiant Child (DVD)**
Author: DVD *DVDs* 1997 34 min

TBA

Material Title: **When Anger Hurts Your Kids: A Parent's Guide**
Author: Matthew McKay *Books* 1996 157 pages

This book targets families with anger and communication difficulties. It offers information about the long-term effects of anger and how to prevent them early on. This book describes how to tell if your family has anger problems, how anger affects children, 18 mistaken beliefs that fuel your anger, the art of problem-solving communication, and more.

Anger

Material Title: **When Anger Hurts: Quieting the Storm Within (Second Edition)**

Author: Matthew McKay *Books* 2003 288 pages

This book – about anger in adults, not anger in children – is designed to help readers understand the nature, causes, and costs of anger. It offers skills and techniques that can be developed to help reduce the intensity and effects of anger. Chapters dealing with specific areas “Road Rage,” “Anger and Children,” address circumstances that can be problematic for some adults.

Material Title: **When Sophie Gets Angry – Really, Really Angry ...* (see comment about Children's Materials on Index page)**

Author: Molly Bang *Children's Books* 1999 34 pages

Sophie, subject to sudden volcanic melt downs, such as when her sister wants to play with her stuffed gorilla, storms out the door after a series of such incidents. She goes for a walk and climbs a tree and looks out at the world which calms her. This book offers no solutions to a child who rages, but it shows a family that treats her with respect and might help a child like Sophie to better look at herself. Ages 2-7