

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 and 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: **Adolescents and Attachment Difficulties (2 audioapes)**  
 Author: Gregory Keck Audiotape *Audiotapes* 2001 180 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
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- Material Title: **Adolescents with Attachment Difficulties (CD)**  
 Author: Gregory Keck CD *CDs* 2002 90 minutes
- Interruptions that occur early in childhood cause specific difficulties in adolescence. In this approximately 90 minute recording of a 2002 presentation, Keck examines attachment problems and adolescence from developmental perspective and discusses strategies for parenting and treating the adolescent who has
- Material Title: **Adolescents with Attachment Difficulties (99)**  
 Author: Gregory Keck *Audiotapes* 1999 90 min
- Gregory Keck from a conference in Pasadena, California. In this workshop, Keck examines attachment problems and adolescence from a 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 pp
- 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: **Approaches to Attachment and Bonding (VHS)**  
 Author: Ed-Net Series *Videotapes* 1996 2 hrs
- 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
- Material Title: **Assessing Attachment, Separation and Loss**  
 Author: Linda Bayless *Books* 1989 32 pp
- 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

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- Material Title: **Attaching in Adoption: Practical Tools for Today's Parents**  
 Author: Deborah D. Gray *Books* 2002 362 pp  
 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
- Material Title: **Attachment**  
 Author: ORPARC Staff *Information Packets* 2002  
 This packet contains sections entitled, Attachment Theory Overview; Attachment in Adoption; Diagnoses, Dual Diagnoses, Mis-diagnoses; 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
- Material Title: **Attachment in Adoption**  
 Author: Rebecca Perbix Mallos *Audiotapes* January 29, 2000 4 hrs  
 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 (audiotape)**  
 Author: Regina Kupecky and Greg Keck *Audiotapes* 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).
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- Material Title: **Attachment Issues in Children from Infancy to Teens (2 audiotapes)**  
 Author: Regina Kupecky *Audiotape* 2003 180 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
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- Material Title: **Becoming Attached: First Relationships and How They Shape Our Capacity to Love**  
 Author: Robert Karen *Books* 1994 441 pp  
 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
- Material Title: **Best of Adopted Child: Bonding and Attachment in Adoptive Families**  
 Author: Lois Melina *Journals/Newsletter* 1982/1997  
 This collection of articles from 1982 to 1997 includes pieces on a wide range of specific disorders, treatments, strategies and views related to attachment and bonding in adopted children.

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- Material Title: **Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Attachment-Challenged Children With Severe Behaviors**  
 Author: Heather T. and Bryan Forbes and Post *Books* 2006 109 pp  
 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 Contact." It might be useful for any one of those chapters.
- Material Title: **Broken Spirits Lost Souls: Loving Children with Attachment and Bonding Difficulties**  
 Author: Jane Ryan *Books* 2002 388 pages  
 In the first of its three parts, Ryan describes "The problem," but the bulk of this book is the stories of families who are raising children with attachment and bonding difficulties. The third part, "Some Solutions," is in three chapters, "The Professionals and Their Therapies," "Meeting the Families' Needs," and "Faith, Hope, and
- Material Title: **Building the Bonds of Attachment**  
 Author: Daniel Hughes *Books* 1998 296 pp  
 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
- Material Title: **Connected Child, The**  
 Author: Karyn, David Cross, and Wendy Lyons *Books* 2007 234 pp  
 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, Todd, Joanne Lacher, Nichols, 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
- Material Title: **Despair Turned into Rage: Understanding and Helping Abused, Neglected, and Abandoned**  
 Author: Paul Lavin *Books* 1999 108 pp  
 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: **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.
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- Material Title: **Don't Touch My Heart: Healing the Pain of an Unattached Child**  
 Author: Lynda Mansfield *Books* 1994 111 pp  
 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.

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- Material Title: **Facilitating Developmental Attachment: The Road to Emotional Recovery and Behavioral Change in Foster and Adopted Children**  
 Author: Daniel Hughes *Books* 1997 251 pp  
 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.
- Material Title: **First Steps for Strengthening Adoptive Families (DVD)**  
 Author: DVD *DVDs* 2006 5 hrs. 20 min.  
 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
- Material Title: **Fostering Changes: Treating Attachment Disordered Foster Children**  
 Author: Rick Delaney *Books* 1998 93 pp  
 Despite its title, this book is equally applicable to adopted children. Small and easily understandable, it provides good case examples and uses boxes and shading to highlight the most important pieces of
- Material Title: **Ghosts from the Nursery**  
 Author: Robin Karr-Morse *Books* 1997 298 pp  
 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
- Material Title: **Give Them Roots, Then Let Them Fly**  
 Author: Attachment Center at Evergreen *Books* 1995 237 pp  
 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: **Handbook For Treatment of Attachment-Trauma Problems in Children**  
 Author: Beverly James *Books* 1994 268 pp  
 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: Shaver, Phillip R. Cassidy, Jude *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
- Material Title: **Keeping Families Healthy (3 Audiotapes)**  
 Author: Holly van Gulden *Audiotapes* 2002  
 Healthy siblings seldom receive enough attention and support when another child acts out. How do parents and children cope with this dilemma? What are healthy children's needs in time of crisis? This first of three workshops attempts to clarify such issues.
- Adopted children who struggle with unresolved loss and/or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non-compliance. Understandably, such behaviors can and do trigger angry responses, sometimes rage, in parents and siblings. This workshop analyzes anger and offers techniques for avoiding continual battles, managing healthier anger resolution, de-escalating rage episodes, and establishing a healthy, joyful family environment.
- When the adopted child brings severe stress to the family, parents need help in sorting out what is going on. What are the needs of the child, siblings, and parents? This workshop discusses how to help parents evaluate conflicting needs of family members and how to let go of their dream -- their expectations of this child and

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Author: Holly van Gulden

CD-ROMs

2002

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

Author: Holly, Charlotte van Gulden, Vick

Books

2005

100 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: **Living with an Angry Child (2 tapes)**

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.

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Material Title: **Long Journey Home, The**

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

Material Title: **Multiple Transitions (VHS)**

Author: Michael Trout

Videotapes

1997

16 min

Young children who have experienced an important loss often express that loss through their behavior, rather than with words. This tape is an attempt to translate the behavior of foster children into words an adult might understand. Visually, it is simply a series of words on the screen. There is music in the background and occasionally a child will voice the words that are displayed. That's it, but the words are powerful and the picture they paint is both sad and enlightening. Anyone who works with such children might benefit from this

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

Author: Deborah Gray

Books

2007

457 pp

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.

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- 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
- Material Title: **Parenting the Hurt Child (Audiotape)**  
 Author: Gregory Keck and Regina Kupecky Audiotape *Audiotapes* 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.
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- Material Title: **Parenting the Hurt Child: Helping Adoptive Families Heal and Grow**  
 Author: Gregory, Regina Keck, Kupecky *Books* 2002 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: **Physically Abused or Neglected Child, The**  
 Author: Alaska Foster Parent Training Center *Information Packets*  
 This packet includes headings such as Definition, Discussion, and Indicators of Physical Abuse, Why Abuse Happens, Effects of Physical Abuse (listed by age groups), Guidelines for Parents (of children who have been abused), Dealing with the Violent Child, Child Neglect, Emotional Abuse, and Attachment and the Abused Child.
- Material Title: **Post Adoption Family Therapy: A Practice Manual**  
 Author: Cheryl Prew *Books* 1990 40 pp  
 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.
- Material Title: **Primal Wound, The: Understanding the Adopted Child**  
 Author: Nancy Newton Verrier *Books* 1993 222 pp  
 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
- Material Title: **Raising Children Who Refuse To Be Raised**  
 Author: Dave Ziegler *Books* 2000 310 pp  
 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
- Material Title: **Sexually Reactive Children in Adoption and Foster Care**  
 Author: Joan McNamara *Books* 1994 138 pp  
 This anthology discusses the complicated intertwining of abuse and attachment and the need to effectively respond to children's abuse-reactive behaviors.

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- Material Title: **Six Core Strengths for Healthy Childhood Development, The, (DVD)**  
 Author: Bruce Perry *DVDs* 2004 *approx. 140 min.*  
 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
- Material Title: **Tender Healing (VHS)**  
 Author: Spaulding for Children *Videotapes* 1997 *45 minutes*  
 This video, from Spaulding for Children, features three segments designed to help parents and professionals better understand issues related to effective discipline and helping children make transitions and form
- Material Title: **Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play (Second Edition)**  
 Author: Ann M. & Phyllis B. Jernberg & 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
- 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
- Material Title: **Transitions: Moving Children With Sensitivity**  
 Author: Kris & Judy Villanueva & Miller *Non-Return Items* 2005 *60 pages*  
 This booklet is a hodgepodge including a PowerPoint print-out, a questionnaire, a reprinted magazine article, an activities list, checklists, fill-in-the-blanks materials, and a book list. Some of it is geared toward professionals and some geared toward parents, adoptive and foster.
- 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: **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: **Whole Life Adoption Book, The**  
 Author: Jayne Schooler *Books* 1993 *210 pp*  
 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."