

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

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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.

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Material Title: **Adolescents and Attachment Difficulties (2 Audiotapes)**  
 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 experienced such interruptions.

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Material Title: **Adolescents with Attachment Difficulties (1999 Audiotape)**  
 Author: Gregory Keck *Audiotapes* 1999 90 minutes

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.

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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.

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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.

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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.

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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.

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Material Title: **Attachment**  
 Author: ORPARC Staff *Information Packets* 2002 22 pages

(Available November 2009)

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 Gregory Keck and Dave Ziegler.

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Material Title: **Attachment in Adoption (Audiotape)**  
Author: Rebecca Perbix Mallos *Audiotapes* January 29, 2000 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.

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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).

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Material Title: **Attachment Issues in Children from Infancy to Teens (2 Audiotapes)**  
Author: Regina Kupecky Audiotape *Audiotapes* 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 some parenting solutions.

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Material Title: **Attachment Issues in Children from Infancy to Teens (2 CDs)**  
Author: Regina Kupecky CD *CDs* 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 some parenting solutions.

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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.

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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.

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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.

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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?

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Material Title: **Best of Adopted Child: Bonding and Attachment in Adoptive Families**  
Author: Lois Melina *Journals/Newsletters* 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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## Attachment and Bonding

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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." It might be useful for any one of those chapters.

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Material Title: **Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Severe Behaviors (Volume 2)**

Author: Heather T. Forbes *Books* 2008 160 pages

Heather T. Forbes, LCSW, offers families a new view to parenting children with difficult and severe behaviors. As a parent herself who experienced challenging days (and years) following the adoption of her two children, she offers a ground-breaking approach to parenting that shows parents a proven way to develop strong and loving relationships with their children. She bridges the gap between academic research and real life when the rubber hits the road parenting. This book is written in an easy to understand and easy to grasp format for anyone working with or parenting children with difficult or severe behaviors. The first six chapters discuss the principles of her love-based parenting paradigm. A new understanding of why traditional parenting techniques are ineffective with children with difficult behaviors is given, along with clear and concise explanations of the science behind trauma and negative early life experiences. The next seven chapters address specific behaviors, including poor social skills, homework battles, demanding behaviors, self-injury, defensive attitudes, no conscience, and chores. Each chapter gives specific examples of how to implement her parenting principles, empowering parents to make amazing and permanent changes in their homes. All the examples given throughout these chapters are true stories provided by parents who read and implemented her first book, Volume 1. The book ends with a parenting bonus section where more real-life stories from real-life parents with real-life children are given. These examples range in the spectrum of the ages of the children and a variety of behavioral issues. This book offers hope and healing.

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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 Conclusions."

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Material Title: **Building the Bonds of Attachment**

Author: Daniel Hughes *Books* 1998 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.

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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.

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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 limites, avoiding power struggles, and building trust.

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Material Title: **Connected Child, The**

Author: Karyn Purvis *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.

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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 specific difficulties.

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

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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: **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.

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Material Title: **Don't Touch My Heart: Healing the Pain of an Unattached Child**  
Author: Lynda Mansfield      *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.

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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 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.

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Material Title: **First Steps for Strengthening Adoptive Families (DVD)**  
Author: DVD      *DVDs*      2006      1 hour 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.

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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](http://www.familyattachment.com))

# Attachment and Bonding

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Material Title: **Fostering Changes: Myth, Meaning and Magic Bullets in Attachment Theory**  
Author: Richard Delaney *Books* 2006 117 pages

In this 3rd edition of the classic "Fostering Changes," Delaney addresses parents' concerns about their children who have been diagnosed with Reactive Attachment Disorder, a condition related to early abuse, neglect, and/or sexual exploitation. He underscores how parents and others can help children understand and reduce acting-out behavior, increase their capacity to express feelings and needs in words, improve willingness and ability to negotiate differences, and enhance positive encounters with parents.

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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.

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Material Title: **Give Them Roots, Then Let Them Fly**  
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.

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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.

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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 intended for professionals.

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Material Title: **Healing for the Attachment Challenged, Angry and Defiant Child (4 DVDs)**  
Author: Brian Post *DVDs* 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.

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Material Title: **Healing Parents: Helping Wounded Children Learn to Trust & Love**  
Author: Michael and Terry Levy Orlans *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.

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Material Title: **Henry The Hermit Crab: A Storybook-Workbook for Children With Attachment Issues**  
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.

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Material Title: **Keeping Families Healthy (3 Audiotapes)**

Author: Holly van Gulden *Audiotapes* 2002 3 hours 30 mins

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 their adoption.

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

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.

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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.

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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.

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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.

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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.

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Material Title: **Multiple Transitions: A Young Child's Point of View on Foster Care and Adoption (VHS)**

Author: Michael Trout *Videotapes* 1997 16 minutes

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 interpretation of the expression of their loss.

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Material Title: **Nurturing Adoptions: Creating Resilience after Neglect and Trauma**  
Author: Deborah Gray *Books* 2007 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.

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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 experienced such interruptions.

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Material Title: **Parenting Children and Youth with Attachment Issues (2 CDs)**  
Author: CD-Keck / Kupecky *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.

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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 limites, avoiding power struggles, and building trust.

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Material Title: **Parenting from the Trenches (CD)**  
Author: NACAC Conference 2008 CD *CDs* 2008

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.

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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.

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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.

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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.

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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.

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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.

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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.

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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.

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Material Title: **R.A.D. Reactive Attachment Disorder: Foster Parent College (DVD)**  
Author: Richard Delaney *DVDs* 2005 40 minutes

In this DVD course, Dr. Richard Delaney explores the symptoms and types of RAD with a parent support group and offers strategies for dealing with the complex and challenging disorder. Topics covered include the difference between a healthy attachment - where children feel safe, secure and loved - and an unhealthy attachment; emotionally promiscuous RAD; hyper-vigilant RAD; and RAD and other diagnoses.

Includes: 1 Interactive DVD, Viewer Guide, and reproducible handouts and questionnaire

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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.

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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.

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Material Title: **Raising Resilient Rascals 2008: Disk 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.

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Material Title: **Read-Aloud Handbook, The (Sixth Edition)**  
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.

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## Attachment and Bonding

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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, ([www.coaching-forlife.com](http://www.coaching-forlife.com)), 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.

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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.

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Material Title: **Supporting Brothers and Sisters: Creating a Family by Birth, Foster Care, and Adoption**  
Author: Arleta M. James *DVDs* 2005 96 minutes

The video clips are facilitated by Gregory C. Keck, founder and director, Attachment and Bonding Center of Ohio. The video features five families parenting a combination of typically-developing children and adopted children. The adoptees arrived in the family after experiencing trauma – institutionalization, multiple foster homes, physical abuse, sexual abuse, neglect, pre-natal drug/alcohol exposure and abandonment. The parents and the typical kids speak candidly about their expectations prior to placement, and these families speak to adjusting these expectations post-placement – the losses experienced, dealing with negative behaviors, time management, and the development of daily and long-term coping strategies. The families also acknowledge the positive aspects of building a family via adoption.

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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/ Part 3: Effective Strategies for Discipline Designed for parents caring for children in the child welfare system who have been abused or neglected.

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Material Title: **Tender Healing (VHS)**  
Author: Spaulding for Children *Videotapes* 1997 45 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/ Part 3: Effective Strategies for Discipline Designed for parents caring for children in the child welfare system who have been abused or neglected.

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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.

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

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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.

## Attachment and Bonding

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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.

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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.

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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.

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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, and 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 limits, avoiding power struggles, and building trust.

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Material Title: **Whole Life Adoption Book, The**  
Author: Jayne Schooler *Books* 1993 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."