

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.

## Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **A Terrible Thing Happened: A story for children who have witnessed violence or trauma\* (Children's Materials)**

Author: Margaret Holmes *Children's Books* 2000 28 pages

This gently told and tenderly illustrated story of a young raccoon who sees something terrible, is for children ages 4-8 who have witnessed any kind of violent or traumatic episode. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers suggestions for helping traumatized children, including a list of sources that focus on specific events.

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: **Behavior Management Using Supportive Controls (DVD)**

Author: Vera Fahlberg, M.D. *DVDs* 2003 95 minutes

Traditional methods of discipline will often fail with children who have been abused or neglected. In this insightful video, Dr. Vera Fahlberg presents Supportive Control, an alternative method of behavior management. Dr. Fahlberg speaks openly, compassionately, and informatively on the importance of positive solutions. She brings the prospect of hope to families who care for abused and neglected children. (description from Sociallearning.com) DVD also includes a Viewer Guide and Questionnaire.

Material Title: **Beyond Healing: The Path to Personal Contentment After Trauma**

Author: David Ziegler *Books* 2009 260

Many individuals have had their dreams and hopes in life shattered by physical or emotional trauma. While healing is critically important, this work explores ways of moving beyond healing in order to experience a truly fulfilling life. It takes a close, critical look at many of our beliefs about human limitations and offers an undeniable message of hope - hope for those individuals who have paid such a high price for past abuse and trauma, and hope for our future and the possibility of reaching both our individual and collective human potential. Beyond Healing is an invaluable guide to anyone who has personally experienced trauma or is attempting to help someone else who has.

Material Title: **Body Remembers, The: The Psychophysiology of Trauma and Trauma Treatment**

Author: Babette Rothschild *Books* 2000 173 pages

A tribute to van der Kolk's view of the "body keeps the score," this book is the first to combine, with consistency, theory, research and practice in enabling the traumatized to have hope, recover their balance, and avoid medical maladies resulting from chronic traumatic stress.

Material Title: **Boy Who Was Raised As a Dog, The: And Other Stories from a Child Psychiatrist's Notebook**

Author: Bruce D., M.D., Ph.D., and Maia Szalavitz Perry *Books* 2006 246 pages

Through these accounts of experiences working with traumatized children, child psychiatrist Perry shows readers how early-life stress and violence affects the developing brain. Recovery requires that the patient be "in charge of key aspects of the therapeutic interaction." He says "lasting, caring connections to others" are irreplaceable in healing; medications and therapy alone cannot do the job. "Relationships are the agents of change and the most powerful therapy is human love."

Material Title: **Brain, The: Effects of Childhood Trauma (VHS)**

Author: Bruce Perry Video *Videotapes* 2002 29 minutes

Part 3 in the Understanding Childhood Trauma series, this tape examines how childhood trauma can activate systems in the brain that actually change neuron response and cognitive pathways, creating systems that cause children to be constantly hyper-aroused and hyper-vigilant. Learn how to avoid and deal with damage to the brain from emotional trauma.

## Trauma/Post Traumatic Stress Disorder (PTSD)

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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: **Children Changed by Trauma**  
Author: Debra Whiting Alexander *Books* 1999 198 pages

This book is about helping children find meaning and strength. The author boils down complex concepts and jargon-heavy theory into clear and concise methods of working with children who have survived a trauma. Parents, friends, pastors, counselors, teachers, therapists and others stand to benefit from its lucidity.

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Material Title: **Clinical Handbook/Practical Therapist Manual For Assessing and Treating Adults With Post-Traumatic Stress Disorder (PTSD), A**  
Author: Donald Meichenbaum *Books* 1994 600 pages

This comprehensive training manual for mental health professionals presents almost all that is currently known about the assessment and treatment of PTSD. In over 600 pages, Dr. Meichenbaum not only challenges the reader's understanding of PTSD, but presents numerous case studies to enable the reader to understand the subject even further. Over 1500 references.

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Material Title: **Complex PTSD in Children (2 VHS)**  
Author: *Videotapes* 2000 1 and 43 minutes

Part I, subtitled "Etiology, Assessment, Advocacy" and Part II, subtitled "Therapeutic Interventions," are aimed at an audience of therapists, but most parents raising a child suffering from PTSD will find many useful and enlightening insights in the conversations of six experienced therapists. The discussions of therapeutic techniques might be particularly helpful to parents who are seeking a therapist for their child.

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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: **Domestic Violence and Childhood Trauma (VHS)**  
Author: Bruce Perry Video *Videotapes* 2002 29 minutes

Part 6 in the Understanding Childhood Trauma series, this tape examines how abused children often become involved later in destructive and problematic adult relationships. In some cases the adult who was abused in childhood becomes a victim again in adult relationships, in other cases they may become the perpetrator of domestic violence. Three personal stories are presented.

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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))

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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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## Trauma/Post Traumatic Stress Disorder (PTSD)

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Material Title: **Handbook of Social Work in Child and Adolescent Sexual Abuse**  
Author: Carolyn Hilarski *Books* 2008 270 pages

This collection of essays for professionals encompasses the spectrum of child and adolescent sexual abuse. It offers practical, up-to-date, and compassionate methods for supporting and treating those immediately affected, and it provides the latest information on assessment, management, prevention, and policy.

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Material Title: **I Can't Get over It: A Handbook for Trauma Survivors**  
Author: Aphrodite Matsakis *Books* 1996 355 pages

Written for people with post-traumatic stress disorder (PTSD) and their families, this book guides trauma survivors through the healing process one step at a time. It helps readers cope with memories and emotions, explains secondary wounding, and identifies the triggers that reactivate traumatic stress.

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Material Title: **Identifying and Responding to Trauma in Ages 0 to 5 Years of Age (VHS)**  
Author: Bruce Perry Video *Videotapes* 2002 29 minutes

Part 4 in the Understanding Childhood Trauma series, this tape examines the unique challenges created by the limited verbal skills of children under 6 years old. Trust building, non-verbal interactions, and the value of close observation and knowledge of the child's history are addressed.

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Material Title: **Identifying and Responding to Trauma in Ages Six to Adolescence (VHS)**  
Author: Bruce Perry Video *Videotapes* 2002 29 minutes

Part 5 in the Understanding Childhood Trauma series, this tape examines ways that trauma manifests itself in older children, whose verbal skills are stronger and who may exhibit gender differences in the way they respond to their trauma.. Much of it focuses on how these kids respond to typical school settings and why some teaching techniques might not work with this population.

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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.

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Material Title: **Managing Difficult Behaviors for Traumatized Children (Audiotape)**  
Author: Renee Daniel Hershey *Audiotapes* August 20, 1999 5 hours

In this 5 hour training, taped live on August 20, 1999, the underlying causes of difficult behaviors are explored as are practical ideas for helping children change. The goal is to help parents determine what children "can't do" vs. what they "won't do." Topics include sexualized behaviors, cruelty, preoccupation with violence, toileting problems and the "divide and conquer" antics of traumatized children. We also address self-destructive behaviors, eating problems and self-defeating behaviors often seen when children are struggling with a history of abuse and neglect.

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Material Title: **Managing Difficult Behaviors for Traumatized Children (CD)**  
Author: Renee Daniel Hershey *CDs* 1999 5 hours

In this 5 hour training, taped live on August 20, 1999, the underlying causes of difficult behaviors are explored as are practical ideas for helping children change. The goal is to help parents determine what children "can't do" vs. what they "won't do." Topics include sexualized behaviors, cruelty, preoccupation with violence, toileting problems and the "divide and conquer" antics of traumatized children. We also address self-destructive behaviors, eating problems and self-defeating behaviors often seen when children are struggling with a history of abuse and neglect. (5 CDs)

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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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## Trauma/Post Traumatic Stress Disorder (PTSD)

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Material Title: **Parenting the Traumatized Child (DVD)**  
Author: DVD *DVDs* 45 minutes

Parenting the Traumatized Child examines the particular challenges foster and adoptive parents face in building trusting relationships with severely traumatized children.

Part of The Traumatized Child series. Therapists Margaret Blaustein, Joyanna Silberg, Fran Waters, and Sandra Wieland describe how traumatized children understand the world and interact with others differently from other children, and how adults can respond most effectively. Their observations are reinforced by the accounts of parents, teachers, and former foster children.

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Material Title: **Parents Guide to Identifying and Responding to Childhood Trauma (VHS)**  
Author: Bruce Perry Video *Videotapes* 2002 44 minutes

This tape focuses on what parents can do to help their children deal with trauma. It covers not only single episode, catastrophic events, but also the real and ongoing trauma effects of parental addiction, abuse, and divorce. It identifies types of trauma, degrees of trauma, emotional and physical reactions to trauma, short term and long term effects, and more.

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Material Title: **Play Therapy for Severe Psychological Trauma (VHS)**  
Author: Eliana Gil *Videotapes* 1998 40 minutes

This tape shows the nature of trauma, how to recognize it clinically and manage its powerful effects on children's development. With reenactments, actual play therapy footage, and detailed discussion of symptoms of PTSD, Dr. Gil helps viewers understand what dissociation looks like in children's art work, why it occurs and how it can be treated, and how play therapy can help.

This video comes with a booklet of the same name.

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Material Title: **Psychological Trauma**  
Author: Bessel A. van der Kolk *Books* 1987 232 pages

The chapters in this book for professionals, written by van der Kolk and usually one or more of seven distinguished additional contributors, each deal with a specific aspect of the psychological and/or physiological effects of trauma. Each chapter, though written for its context within this book, also stands alone as an essay on its particular area of focus.

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Material Title: **PTSD and Secondary PTSD (VHS)**  
Author: *Videotapes* 1998 2 hours

Trauma impacts not only the traumatized child, but also those working with the child. This videotape of a training session attempts to provide a working model for parents and professionals who work with traumatized children.

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Material Title: **PTSD Expressive Strategies (VHS)**  
Author: *Videotapes* 2001 2 hours

This training emphasizes the value of art as an effective non-verbal form of communication for traumatized children, a position that is supported by current research on brain functioning and traumatic memory. Art, Dance, and Music therapists share fundamentals of each expressive treatment modality. This training was designed to deepen adoptive parents' understanding of PTSD in children and to demonstrate ways to promote healing through creative activities.

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Material Title: **Raising Cain: Caring for Troubled Youngsters/Repairing Our Troubled System**  
Author: Richard Delaney *Books* 1998 228 pages

A nationally renowned child and family psychologist, Dr. Delaney offers clear, easily understood strategies for parenting children who have experienced trauma. Through short vignettes, Delaney demonstrates family-based strategies that address behavioral problems and their underlying issues. In additional chapters, he discuss the impact raising a troubled child has on the adoptive family, emphasizing why adoptive moms are so predictably victimized and offers ways we can better protect the interests of adoptive children and their families.

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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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## Trauma/Post Traumatic Stress Disorder (PTSD)

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Material Title: **Significant Event Childhood Trauma (VHS)**  
Author: Bruce Perry Video *Videotapes* 2002 29 minutes

Part 2 in the Understanding Childhood Trauma series, this tape examines the trauma caused by a single significant event such as the death of a parent or sibling or a divorce or natural disaster. The video discusses typical effects of trauma and effective interventions.

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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.

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Material Title: **Too Scared to Cry**  
Author: Lenore Terr *Books* 1990 340 pages

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

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Material Title: **Trauma and Healing (VHS)**  
Author: Bruce Perry Video *Videotapes* 2002 29 minutes

Part 7 in the Understanding Childhood Trauma series, this tape examines some adult problems such as addiction, domestic violence, PTSD, abuse and neglect of children, or a general unhappiness that can come from unhealed childhood trauma. The personal stories of three adults who have dealt with one or more of these problems are presented.

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

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

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Material Title: **Traumatic Experience and the Brain**  
Author: Dave Ziegler *Books* 2002 164 pages

From the author of Raising Children Who Refuse to be Raised, this book describes the human brain, its structure and function. It describes the role of the brain in adaptation and how trauma affects perception of self, of others, and of events. Ziegler provides case examples and offers treatment suggestions. Though slanted toward professionals, it is written in a way that parents might also gain insight into their traumatized children.

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Material Title: **Treating Traumatized Children: New Insights and Creative Interventions**  
Author: Beverly James *Books* 1989 223 pages

This book offers innovative, insightful, and compassionate approaches to helping children work through their traumatic experiences regardless of the nature of the event.

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Material Title: **True/Not True: When Memories Can Be Trusted (DVD)**  
Author: DVD *DVDs* 30 minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

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Material Title: **True/Not True: When Memories Can Be Trusted (VHS)**  
Author: VHS *Videotapes* 30 Minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

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## Trauma/Post Traumatic Stress Disorder (PTSD)

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Material Title: **Understanding the Traumatized Child (DVD)**  
Author: DVD *DVDs* 44 minutes

Understanding the Traumatized Child discusses the variety of ways in which children may be traumatized. It describes the impact of trauma on children's behaviors, on their capacity to trust, and the way they view themselves and others. Part of The Traumatized Child series. Therapists Margaret Blaustein, Joyanna Silberg, Fran Waters, and Sandra Wieland describe how traumatized children understand the world and interact with others differently from other children, and how adults can respond most effectively. Their observations are reinforced by the accounts of parents, teachers, and former foster children.

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Material Title: **What is Childhood Trauma? (VHS)**  
Author: Bruce Perry Video *Videotapes* 2002 29 minutes

Part 1 in the Understanding Childhood Trauma series, this tape presents an overview of the effects of childhood trauma on the individual and on society. Particular emphasis is given to the criteria that define Post-Traumatic Stress Disorder including hyper-vigilance, hyper-reactivity, and dissociation.

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Material Title: **Working With Traumatized Children: A Handbook for Healing**  
Author: Kathy Brohl *Books* 1996 96 pages

This simply written and practical handbook examines the mind-body connection between a terrifying experience and a child's adaptive coping mechanisms. It provides the practical knowledge to better help and guide a child suffering from Post Traumatic Stress Disorder (PTSD) and details the trauma recovery process, offering specific treatment intervention techniques.

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Material Title: **Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families**  
Author: Jayne Schooler *Books* 2009 269

Why don't our children return our love? What are we not understanding? What are we failing to do? These questions can trouble the minds of adoptive parents caring for wounded, traumatized children. Families often enter into the adoption experience with high expectations for themselves and their children but are quick to discover that these hopes are not realistic. This book addresses those unmet expectations and offers validation and solutions for the challenges that arise when parenting deeply traumatized or emotionally disturbed children.