

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Anger

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

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

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

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

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

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

Material Title: **Anger Control Training for Children and Teens**

Author: John Taylor *Books* 195 (Revised) 38 pages

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

Material Title: **Anger Outbursts: Foster Parent College (DVD)**

Author: DVD *DVDs* 2008 34 minutes

Dr. Richard Delaney addresses some of the toughest child anger behavior problems. There is no simple solution to anger, but this easy-to-view interactive program will help parents identify problems and think about "out-of-the-box" solutions. Includes discussion guide and questionnaire.

Material Title: **Angry Adolescents and Troubled Teens: A New Approach To Discovering Strengths and Developing Solutions (Audiotape)**

Author: David Wexler, PhD *Audiotapes* 2000 10 tapes

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

Material Title: **Angry Adolescents and Troubled Teens: A New Approach to Discovering Strengths and Developing Solutions (CD)**

Author: David Wexler, Ph.D. *CDs* 2000 16 CDs

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

Material Title: **Angry Child, The: Regaining Control When Your Child is Out of Control**

Author: Tim Murphy and Loriann Oberlin *Books* 2001 244 pages

Every child has an off day when nothing seems to go right, but for some, angry outbursts, frustration, and resentment are the norm. When a child's anger threatens to jeopardize his school and social life and introduces an element of strain into the family dynamic that affects every member, it's time for a parent to ask: When is angry too angry?

With simple, direct techniques, Dr. Murphy shows it is possible to help an angry child understand what triggers his outbursts and develop new approaches for coping with potentially explosive situations.

Anger

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

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

Material Title: **Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Severe Behaviors (CD)**
Author: Heather T. Forbes, LCSW *CDs* 2008 5 hours

This second volume of Beyond Consequences, Logic, and Control offers even more empowering examples and more practical applications. It addresses seven behaviors rooted in fear including poor social skills, demanding behaviors, self-injury, defensive attitudes, no conscience, homework battles, and chores. This audio book includes current research on the brain and how it affects behavior, giving you scientific explanations of why children misbehave. This audio book is for all parents who seek to love unconditionally.

Material Title: **Beyond Consequences, Logic, and Control: Tweens (2 CDs)**
Author: Heather T., LCSW and B. Bryan Post Forbes *CDs* 2007 45 minutes

This 2-part audio CD set will bring you solutions and a deeper understanding of the book "Beyond Consequences, Logic, and Control" and how it relates to your tween's behaviors, ages 10-12. This discussion hits the mark for all children and puts the concepts of this book into real life application. The authors answer questions submitted from parents around the world in an engaging and empowering discussion to help you bring peace into your family.

Material Title: **Calming the Tempest: Helping the Explosive Child (DVD)**
Author: DVD *DVDs* 2004 35 minutes

Material covered in this DVD is based upon the first edition of the book "The Explosive Child" by Ross Greene, Ph.D. DVD features Ross Greene, Ph.D. and J. Stuart Ablon, Ph.D., Co-Directors of the Center for Collaborative Problem Solving. Many adults have faced a child's or teenager's explosiveness, unsure of how to respond. Do I punish him for the outburst? Should I try to be understanding of how she is feeling and ignore the ugly behavior? In reality, many children who have difficulty managing their anger need to be taught the skills necessary for coping with frustration and situations that demand flexibility. It is the lack of cognitive skills that contributes to the angry outburst. Calming the Tempest provides parents, teachers, and caretakers with an awareness and overview of how to teach these skills at home and at school.

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

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

Material Title: **Cuando Sofía se Enoja, se Enoja de Veras... *(Materiales para Niños)**
Author: Molly Bang *Libros para niños* 1999 34 pages

Sofía, una niña que suele erupcionar como un volcán tal como cuando su hermana quiere jugar con su gorila de peluche, sale de la casa con furia después de varios incidentes similares. Ella va de paseo y sube un árbol para mirar al mundo, lo cual le tranquiliza a la niña. Este libro, adecuado para niños de 2 a 7 años de edad, no ofrece respuestas sino demuestra una familia que trata a su niña con respeto y tal vez sea una ayuda a un niño como Sofía para que se evalúe a sí mismo mejor.

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

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

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

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

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

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

Anger

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

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

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

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

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

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

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

Read by author, Ross W. Greene. This tape, abridged from the book, describes children who are prone to explosive behavior and offers explanations as to why the children explode and why conventional responses to such outbursts are not working. Dr. Greene offers a procedure parents can follow to slowly achieve results where other plans have not been effective. (Based on the First Edition of The Explosive Child - published 1998)

Material Title: **Explosive Child, The: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children**
Author: Ross W. Greene *Books* 2005 275 pages

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

Material Title: **How To Be A Superhero Called Self-Control!**
Author: Lauren Brukner *Children's Books* 2016 112 pages

Meet Self-Control, a superhero who wants to teach young children his super powers of self-control! Anxiety, frustration, anger, and other difficult feelings won't stand a chance against their new-found powers. Self-Control teaches children with emotional and sensory regulation difficulties aged approximately 4-7 how to calm themselves using self-massage, deep pressure, breathing exercises, and activities such as making an imaginary list and finding their own peaceful place. This illustrated book also features an appendix with photocopiable super power charts, reinforcers, and reminder tools to ensure that parents, teachers, and other professionals can support children in upholding superhero strategies even after the book has been read.

Material Title: **I'm SO Mad! *(Children's Materials)**
Author: Robie H. Harris *Children's Books* 2005 24 pages

This engaging children's book takes the reader through a shopping trip at the grocery store and a child's frustration when she does not get everything she wants. A addendum by Linda Mayes, MD, at the book's end reads that, " Almost every store is a vast, undiscovered country for a young child, full of wonders at every turn. There as so many exciting possibilities that sometimes children can feel overwhelmed and can become overexcited and irritable." Find out how the mother handles her daughter's increasing frustration, and delight in the colorful illustrations.

Material Title: **Is This Your Child? Discovering and Treating Unrecognized Allergies**
Author: Doris Rapp, M.D. *Books* 1991 626 Pages

In Is This Your Child? Dr. Doris Rapp gives you the clues and explanations to determine if your child is part of the subset of children affected by food or chemical allergies. More important, she gives instructions on how to maintain a healthy, comfortable, and drug-free child. Illustrations. 32 black-and-white photos.

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

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

Anger

Material Title: **Letting Go of Anger: The Eleven Most Common Anger Styles and What to Do About Them (Second Edition)**

Author: Ron Potter-Efron *Books* 2006 185 pages

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

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

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

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

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

Author: Holly van Gulden *CDs* 4 hours

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

Material Title: **Lost at School: Why Our Kids with Behavioral Challenges Are Falling Through the Cracks and How We Can Help Them**

Author: Ross W. Greene *Books* 2008 286

Dr. Greene describes how his road-tested, evidence-based approach -- called Collaborative Problem Solving -- can help challenging kids at school.

Includes:

- tools to identify the triggers and lagging skills underlying challenging behavior.
- explicit guidance on how to radically improve interactions with challenging kids -- along with many examples showing how it's done.
- dialogues, Q & A's, and the story, which runs through the book, of one child and his teachers, parents, and school.
- practical guidance for successful planning and collaboration among teachers, parents, administrations, and kids.

Backed by years of experience and research, and written with a powerful sense of hope and achievable change, *Lost at School* gives teachers and parents the realistic strategies and information to impact the classroom experience of every challenging kid.

Material Title: **Lost Boys: Why Our Sons Turn Violent and How We Can Save Them**

Author: James Garbarino *Books* 1999 238 pages

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

Material Title: **Me and My Volcano* (Children's Materials)**

Author: Deborah Hage *Children's Books* 1999 17 pages

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

Material Title: **Nutmeg Gets Adopted* (Children's Materials)**

Author: Judith Foxon *Children's Books* 2001 22 pages

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

Anger

Material Title: **Nutmeg Gets Cross* (Children's Materials)**
Author: Judith Foxon *Children's Books* 2002 22 pages

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

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

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

Material Title: **Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors**
Author: Pat Harvey *Books* 2009 207 pages

Temper tantrums in the supermarket. Tears that seem to come out of nowhere. Battles over homework that are more like wars. When your child has problems regulating his or her emotions, there's no hiding it. Children with intense emotions go from 0 to 100 in seconds and are prone to frequent emotional and behavioral outbursts that leave parents feeling bewildered and helpless.

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

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

Material Title: **Raising Resilient Rascals 2008: Disc 2 (DVD)**
Author: DVD *DVDs* 2008 3.5 hours

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

Material Title: **Self-Destructive Behaviors**
Author: ORPARC Staff *Information Packets* 16 pages

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

Material Title: **Sometimes I'm Bombaloo**
Author: Rachel Vail *Children's Books* 2005 32 pages

Sometimes, Katie loses her temper. Sometimes she uses her feet and her fists instead of words. When Katie is this mad, she's just not herself. Sometimes, she's BOMBALOO. Being BOMBALOO is scary. But a little time-out and a lot of love calm BOMBALOO down and help Katie feel like Katie again!

Material Title: **Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger**
Author: Meg Eastman *Books* 1994 213 pages

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

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

Trauma does not just "go away" and when many children reach their teenage years, a resurgence of their early traumatic experiences unfolds. Dr. Federici gives insight in this DVD discussion of how many teenagers reprocess the anger and aggression that was left dormant, resulting in an intensity of acting out behaviors (drug use, defiance, dramatic reactivity and sexual promiscuity). This DVD will give you a deeper understanding of how to help teens during these difficult years.

Anger

Material Title: **Treating Explosive Kids: The Collaborative Problem-Solving Approach**

Author: Ross W. Greene and J. Stuart Ablon *Books* 2005 246 pages

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

Material Title: **Understanding Temperament**

Author: Lyndall Shick *Books* 1998 119 pages

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

Material Title: **Understanding the Defiant Child (DVD)**

Author: DVD *DVDs* 1997 34 min

In this clear and accessible resource for clinicians and school practitioners, parents, students of child behavior, and teachers, Dr. Barkley illuminates the nature of Oppositional Defiant Disorder (ODD), its causes, why it should be dealt with early, and what can be done. Dr. Barkley provides a vivid picture of what we know about ODD and presents real-life scenes of family interactions with their senses and nurture a sense of mindfulness. Viewers learn how to distinguish ODD from milder forms of misbehavior, long-term outcomes for defiant children, the relationship between ODD and ADHD, and why parent training can help.

Material Title: **Visiting Feelings**

Author: Lauren Rubenstein *Children's Books* 2013 32 pages

Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness to help children fully experience the present moment. Rather than labeling or defining specific emotions and feelings, Visiting Feelings invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings. Practicing mindfulness can also enhance many aspects of well-being, help develop insight, empathy, and resiliency.

Material Title: **When Anger Hurts Your Kids: A Parent's Guide**

Author: Matthew McKay, et. Al *Books* 1996 157 pages

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

Material Title: **When Anger Hurts: Quieting the Storm Within**

Author: Matthew McKay, Peter D. Rogers and Judith McKay *Books* 2003 288 pages

This book is divided into three parts. The first part, "Understanding Anger," is designed to help readers understand the nature, causes, and costs of anger. "Skill Building," the second part, offers skills and techniques that can be developed to help reduce the intensity and effects of anger. And "Anger at Home," deals with special problems in the home including a chapter on "Anger and Children."

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

Author: Matthew McKay *Books* 2003 288 pages

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

Material Title: **When Sophie Gets Angry – Really, Really Angry ...* (Children's Materials)**

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

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