

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 & Bonding

Material Title: **Achieving Success with Impossible Children: How to Win the Battle of Wills**
 Author: Dave Ziegler *Books* 2005 343 pages

This book for parents, from the author of *Raising Children Who Refuse to be Raised*, discusses working with challenging children in various settings. It provides numerous case examples, practical applications, and hands-on suggestions, and includes chapters on mastering responsibility, positive discipline, violence, trauma, trauma therapy, attachment, residential treatment, and school success.

Material Title: **Adolescents and Attachment Difficulties (2 Audiotapes)**
 Author: Gregory Keck Audiotape *Audiotapes* 2001 80 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.

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.

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.

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: **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.

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.

Attachment & Bonding

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.

Material Title: **Attaching Through Love, Hugs and Play**

Author: Deborah D. Gray

Books

2014 196 pages

Capturing the warmth and fun of forming close relationships with children, this book offers simple advice to parents of children who find it difficult to attach and bond - whether following adoption, divorce or other difficult experiences. Attachment therapist Deborah D. Gray describes how to use the latest thinking on attachment in your daily parenting. She reveals sensory techniques which have proven to help children bond - straightforward activities like keeping close eye contact or stroking a child's feet or cheeks - and explains why routines like mealtimes and play time are so important in helping children to attach. The book offers positive ideas for responding to immediate crises like difficult behavior and meltdowns, but importantly also offers longer-term strategies to help children to develop the skills they need to cope as they grow up - the ability to plan, concentrate and be in control of their emotions.

Material Title: **Attachment**

Author: Various Contributors

Information Packets

2002 22 pages

This packet contains sections entitled, Attachment Theory Overview; Attachment in Adoption; Diagnoses, Dual Diagnoses, Misdiagnoses; 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.

Material Title: **Attachment and separation: Putting the pieces together**

Author: Vera Fahlberg

Books

1979 64 pages

A workbook about attachment and separation

Material Title: **Attachment Dance, The (DVD)**

Author: TCU Institute of Child Development

DVDs

2008 16 minutes

The attachment relationship between parents and their children is one of the most cherished experiences of our lives. In the Attachment Dance, developmental psychologist and Director of the TCU Institute of Child Development, Dr. Karyn Purvis, explores the attachment experiences of neuro-typical children and children with histories of harm. Dr. Purvis explains how to recognize features of the attachment relationship and teaches parents and caregivers how to explore their own attachment styles and facilitate healing for the children in their care. In this lecture, Dr. Purvis aims to deepen understanding of attachment issues, both theoretically and practically, and provide a solid foundation for parents and their children.

Material Title: **Attachment Disorganization**

Author: Judith Solomon and Carol George

Books

1999 420 pages

Since 1986, when disorganized attachment was first defined by Mary Main and Judith Solomon, a great deal of interest has been shown in this addition to the standard Ainsworth classification system. This groundbreaking volume brings together eminent researchers and clinicians to present current, original theory and data on the nature of disorganized attachment, its etiology, and its sequelae. Contributors report on the social, psychological, and biological contributions to disorganization. Longitudinal findings are presented on developmental outcomes in middle childhood; special populations are examined, including children with disabilities; and new assessment methodologies are described. Advancing our understanding of a significant subgroup of infants and children with attachment-related difficulties, the volume represents an important contribution to the empirical attachment literature.

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.

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).

Attachment & Bonding

Material Title: **Attachment Issues in Children from Infancy to Teens (2 Audiotapes)**
Author: Regina Kupecky Audiotape *Audiotapes* 2003 80 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.

Material Title: **Attachment Issues in Children from Infancy to Teens (2 CDs)**
Author: Regina Kupecky CD *CDs* 2003 80 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.

Material Title: **Attachment: How Ours Impacts Their (Audio)**
Author: Robyn Gobbel *DVDs* 2017 83 minutes

When we offer our children experiences in secure attachment, we provide them an optimal foundation for healthy relationships and mental health. This webinar will clearly explain how attachment is directly related to regulation (and dysregulation) in the nervous system, identify common characteristics of the different attachment patterns- while emphasizing that attachment is so much more than behavior, as well as provide a starting point for how you might begin to shift your own attachment patterns.

Material Title: **Attachment: How Ours Impacts Theirs (Video)**
Author: Robyn Gobbel *DVDs* 2017 83 minutes

When we offer our children experiences in secure attachment, we provide them an optimal foundation for healthy relationships and mental health. This webinar will clearly explain how attachment is directly related to regulation (and dysregulation) in the nervous system, identify common characteristics of the different attachment patterns- while emphasizing that attachment is so much more than behavior, as well as provide a starting point for how you might begin to shift your own attachment patterns.

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.

Material Title: **Attachment: Why It Matters (2 DVDs)**
Author: TCU Institute of Child Development *DVDs* 2012 30 minutes

This DVD explores the critical role of attachment in a child's development. Most of us think of attachment as a loving bond between parent and child. But, what happens if a child doesn't get nurturing, consistent care from a loving parent early in life? Can a parent love a child or a child love a parent, but still not feel securely connected? And what are the consequences of insecure attachments? Here, adoptive parents share their struggles and successes in pursuit of these answers.

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.

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.

Material Title: **Baby Owl Lost Her Whoo* (Children's Materials)**
Author: Cindy R. Lee *Children's Books* 2014 30 pages

Do you have a bossy child at home or a child obsessed with control? Professionals know that children become controlling when they are afraid. Parents who don't know this spend all their energy fighting for control and are left feeling frustrated, angry and confused. Baby Owl Lost Her Whoo teaches children WHY they need to let go of control. When left to manage on her own, Baby Owl freezes in the cold, eats only sweets and forgets to brush her beak! A book designed to teach concepts developed by Dr. Karyn Purvis, this story cleverly teaches children that parents are indeed in charge. When children know a safe loving adult is in charge, they can let go of control and spend their time laughing, playing and exploring.

Attachment & Bonding

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?

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.

Material Title: **Beyond Consequences Live (4 DVDs)**
Author: Heather T. Forbes, LCSW *DVDs* 2013 47 minutes

Heather T. Forbes, LCSW delivers one of her best presentations to a group of parents and professionals seeking advice about raising and working with children with difficult and severe behaviors. Her presentation incorporates the understanding that neuroscience gives us to explain the thinking and perspectives of children whose regulatory systems have been compromised through traumatic experiences.

Yet, as a parent herself, Heather knows all too well the importance of being able to know what to do when "the rubber hits the road". Through her presentation and powerful examples, she delivers an empowering, educational, and entertaining message! Heather's ability to speak from the heart, through experience, and with humor and truth makes this presentation engaging and without a dull moment.

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: 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."

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

Attachment & Bonding

Material Title: **Birth of an Adoptive, Foster or Stepmother, The: Beyond Biological Mothering Attachments**
Author: Barbara Waterman *Books* 2004 227 pp

Adoptive, foster and stepmothers, like biological mothers, find their lives completely changed by motherhood although they are not always granted the rights and privileges accorded to those who give birth. Barbara Waterman explores the common experiences that are shared by all those who enter the motherhood portal. She highlights the importance of wider family, community and professional support for non-biological parents and primary care-givers of both genders, and their children. A stepmother herself and a practicing psychologist, Waterman's writing is illustrated throughout with vignettes of children and parents from a range of backgrounds. She shows the important ways in which a non-biological attachment is both more similar to and more different from a biological attachment than is currently understood. In doing this, Waterman broadens the notion of the 'traditional' family, and offers a positive alternative to the myth of the perfect mother. All kinds of step-, adoptive and foster families and those coming into contact with them will find this thoroughly researched and personal book an indispensable guide. Barbara Waterman earned her doctorate in Psychological and Social Relations from Harvard University in 1975. After working through not being able to conceive a child herself and several unsuccessful attempts to adopt, Dr. Waterman became a stepmother to twelve-year-old twin daughters over a decade ago. She has a private consultation and psychotherapy practice in Oakland, California.

Material Title: **Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment**
Author: Daniel & Jonathan Hughes & Baylin *Books* 2012 272 pages

In this groundbreaking exploration of the brain mechanisms behind healthy caregiving, attachment specialist Daniel A. Hughes and veteran clinical psychologist Jonathan Baylin guide readers through the intricate web of neuronal processes, hormones, and chemicals that drive—and sometimes thwart—our caregiving impulses, uncovering the mysteries of the parental brain.

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."

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.

Material Title: **Building the Bonds of Attachment (Second Edition)**
Author: Daniel Hughes *Books* 2006 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.

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 limits, avoiding power struggles, and building trust.

Material Title: **Childhood Mental Health Disorders: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes *DVDs* 2012 47 minutes

In this interview, Dr. Federici sheds light on the countless number of children who are being treated with multiple layers of inappropriate care due to multiple and inaccurate diagnoses. Trauma presents itself differently, requiring a closer look at the child's anxiety and fear. This DVD will give you a better understanding of how a child's world needs to be reconstructed with the family being the primary construct, whereby the family becomes the "medication."

Material Title: **Children from Hard Places and the Brain (DVD)**
Author: TCU Institute of Child Development *DVDs* 2014 20 minutes

This video explores the impact of trauma on a developing brain and explains how fear and chronic stress damage the structure, wiring, and chemistry of the brain. This puts children at risk for a lifetime of social, learning, and behavioral problems if there isn't intervention. Children from Hard Places and the Brain features experts Dr. Tina Payne Bryson, Dr. Karyn Purvis, and Dr. David Cross, and offers practical advice and tips for leading children of all ages – even teens – to new levels of healing.

Attachment & Bonding

Material Title: **Circle of Security Intervention, The: Enhancing Attachment in Early Parent-Child Relationships**
Author: Bert Powell, Glen Cooper, Kent Hoffman, and Bob Marvin *Books* 2014 396 pages

Presenting both a theoretical foundation and proven strategies for helping caregivers become more attuned and responsive to their young children's emotional needs (ages 0-5), this is the first comprehensive presentation of the Circle of Security (COS) intervention. The book lucidly explains the conceptual underpinnings of COS and demonstrates the innovative attachment-based assessment and intervention strategies in rich clinical detail, including three chapter-length case examples. COS is an effective research-based program that has been implemented throughout the world with children and parents experiencing attachment difficulties.

Material Title: **Complex Trauma and PTSD: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald and Heather T. Forbes, LCSW Federici *DVDs* 2012 47 minutes

Children who are continually under stress during their early years often accumulate layers and layers of emotional injury. Their post trauma behaviors are fear-based, chaotic, and out of reality. In this interview, Dr. Federici explains how and why parents and professionals need to work at the level of the child's development in order to create safety. Healing then happens through a step-by-step developmental process with families being the curative agent.

Material Title: **Connected Child, The**
Author: Karyn Purvis and David R. Cross, PhD *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.

Material Title: **Connecting with Kids through Stories: Using Narratives to Facilitate Attachment in Adopted Children**
Author: Denise Lachner, Todd Nichols and Joanne C. 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.

Material Title: **Creating Felt Safety (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 74 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Material Title: **Creating Felt Safety (Audio-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2017 52 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Material Title: **Creating Felt Safety (Video-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 74 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Material Title: **Creating Felt Safety (Video-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2017 52 minutes

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Attachment & Bonding

Material Title: **Crianza Basada en la Confianza: Cómo crear cambios duraderos en la conducta de su hijo (dos videos DVD)**

Author: TCU Institute of Child Development *DVDs* 2014 4 horas

Esta serie está compuesta en dos videos DVD y ofrece una riqueza de sabiduría acerca de los comportamientos asociados con el trauma. Los doctores Purvis y Cross instruyen a las familias y cuidadores usando experiencias de la vida real para resolver los problemas y muestran unas habilidades y estrategias prácticas al aplicar los principios de la intervención relacional basada en la confianza ("TBRI" por sus siglas en inglés). Los padres en todo el mundo elogian al sistema de TBRI por haberles dado una esperanza en momentos de crisis y soluciones prácticas que pueden beneficiar a la toda la familia. [Original English version of this DVD set is entitled "Trust-Based Parenting: Creating Lasting Changes in Your Child's Behavior" (2 DVDs).]

Material Title: **Dare to Love: The Art of Merging Science & Love Into Parenting Children with Difficult Behaviors**

Author: Heather T. Forbes, LCSW *Books* 2009 134 pages

Emerging science has helped us to understand children better from a neurological and behavioral standpoint. Yet, all the academic research coupled with the best diagnoses for children can still leave parents feeling completely powerless. In her book, *Dare to Love*, Heather Forbes, LCSW, describes in detail, through a series of questions and answers, how to merge science into everyday parenting. This book gives practical, effective, and loving solutions for any parent struggling with his or her child. It will leave you feeling empowered, hopeful, and excited to be a parent again!

Material Title: **Dark Matter of Love, The (DVD)**

Author: Sarah McCarthy *DVDs* 2013 33 minutes

Masha, an eleven year old Russian girl, learns to love her adoptive American family. Masha is adopted along with five year old twins Marcel and Vadim. Can this family form the bonds of attachment and thrive in their adoption? They are aided by Professor Emeritus Dr. Robert Marvin, who has spent a lifetime developing a program to help children learn to love. An encouraging movie, the audience has the honor of watching the Diaz family triumph.

Material Title: **Developing Mind, The: How Relationships and the Brain Interact to Shape Who We Are**

Author: Daniel J. Siegel, M.D. *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.

Material Title: **Developmental Disabilities: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 44 minutes

Explore the differences between attachment disorder and developmental disabilities. In this DVD, Dr. Federici explains how a child's development can be altered through traumatic experiences leading to an alteration in the brain that can manifest into psychological, regulatory, social, and learning problems. Trauma goes much deeper than attachment. This discussion will give you a thorough understanding of the entire developmental spectrum for our children.

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.

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.

Material Title: **Doggie Doesn't Know No* (Children's Materials)**

Author: Cindy R. Lee *Children's Books* 2015 30 pages

It is soooooo hard for children to accept "no!" Parents frequently experience whining, back-talk and defiance when they deny their child's request. Children can learn to accept "no" smoothly by practicing and understanding the concept of "accepting no." While living on his own, little stray Doggie was able to do whatever he pleased and was never told "no." On a cold snowy day he was invited to live with a family in a warm cozy home. Doggie was told "no" many times as he learned the rules of the household! This darling book includes Parenting Tips for Parents and facilitates your child's ability to understand the concept of "accepting no."

Attachment & Bonding

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

Author: Lynda Mansfield and Christopher H. Waldmann *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.

Material Title: **Education and Trauma: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes *DVDs* 2012 42 minutes

Trauma can have an impact on the brain, compromising a child's focus, memory, and ability to retain, retrieve, and organize information. It can negatively impact a child's memory, speech, language, problem solving skills, and informational processing. In this series, Dr. Federici discusses how to best educate children who may present with typical behavioral or learning issues but need to be addressed from a trauma perspective in order to reach their full learning potential.

Material Title: **Elephant with Small Ears, The* (Children's Materials)**

Author: Cindy R. Lee, LCSW, LADC *Children's Books* 2016 32 pages

Elly's ears won't grow because she is so scared! Little elephants with small ears can get into all kinds of trouble when they can't hear their parents instructions. Find out how Elly's parents learn to help her feel safe so her ears can grow. The Elephant with Small Ears teaches the concept of "listening and minding" to your child while reminding parents about the importance of connecting with children to help them feel safe. Reading The Elephant with Small Ears with your child will help you and your child understand the importance of how traditional parenting techniques are not effective with children from hard places.

Material Title: **Empowering, Connecting and Correcting Principles: Healing Children Through Trust and Relationships (DVD)**

Author: TCU Institute of Child Development *DVDs* 2010 55 minutes

In this nearly two-hour presentation, Dr. Karyn Purvis, a developmental psychologist, explains her research-based approach with children who come from what she calls "hard places". These are children who have been exposed to drugs and alcohol in utero or suffered abuse, trauma or neglect early in life. She explains how harm during these critical stages of brain growth cause significant disruption in a child's development and behaviors and offers strategies to overcome these deficits.

Through research and years of experience with children throughout the world, Dr. Purvis offers a path of healing through a trust-based, relationship-based, holistic approach. She explains the principles and tactics for reconnecting with these children to meet their needs and help them reach their highest potential.

Material Title: **Enhancing Early Attachments: Theory, Research, Intervention, and Policy**

Author: Lisa J. Berlin, Y. Ziv, L. Amaya-Jackson, and M. Greenberg *Books* 2005 357 pages

Synthesizing the latest theory, research, and practices related to supporting early attachments, this volume provides a unique window into the major treatment and prevention approaches available today. Chapters address the theoretical and empirical bases of attachment interventions; explore the effects of attachment-related trauma and how they can be ameliorated; and describe a range of exemplary programs operating at the individual, family, and community levels. Throughout, the authors consider cross-cutting issues such as the core components of effective services and appropriate outcome measures for attachment interventions. Also discussed are policy implications, including how programs to enhance early child-caregiver relationships fit into broader health, social service, and early education systems.

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.

Material Title: **Family, The: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 47 minutes

Children belong in families because families are the curative factor. Dr. Federici explains that for children from traumatic backgrounds, families become the definitive and key element; the family is the treatment for the child. He discusses how a family intervention program, with a holistic and reality-based approach, can be used to reconstruct traumatized children and reintegrate them back into the family system successfully.

Attachment & Bonding

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

Study Guide available. Please request Guide when requesting DVD.

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)

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.

Material Title: **From Chaos to Calm (2 CDs)**
Author: NACAC Conference *CDs* 8/4/11 30 minutes

This item is a recording from the 37th NACAC Conference. Presented by Juli Alvarado, coaching for LIFE! in Colorado. Sometimes in adoption, all goes well and as planned. Sometimes we parents are faced with challenges we could never have anticipated. Parenting children with disruptive behaviors and attachment challenges often leave us feeling scared, frustrated, hopeless, and sometimes even helpless. Join a fellow foster/adoptive parent, therapist, consultant, and trainer for this educational, motivational, and inspirational workshop that will provide you with the tools necessary to transition your home from chaos to calm today!

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.

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

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.

Material Title: **Handbook of Attachment: Theory, Research, and Clinical Applications**
Author: Jude Cassidy, PhD and Phillip R. Shaver, PhD *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.

Attachment & Bonding

Material Title: **Healing Days: A Guide for Kids Who Have Experienced Trauma* (Children's Materials)**
Author: Susan Farber Straus *Children's Books* 2013 32 pages

Healing Days is a sensitive and reassuring story intended for children who have experienced trauma and covers feelings, thoughts, and behaviors that many kids have after a bad and scary thing happens. A useful book to read with a parent or therapist, Healing Days emphasizes that children are not to blame for what happened, and that they can get help and look forward to a happy future. Kids will begin to understand their response to the trauma and learn some strategies for feeling safer, more relaxed, and more confident.

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

Material Title: **Healing Research (DVD)**
Author: TCU Institute of Child Development *DVDs* 2007 28 minutes

For decades, scientists have studied how children's brains and behaviors are impacted by prenatal exposure to drugs and alcohol, trauma, abuse, and neglect. In this nearly 90-minute lecture, Dr. Karyn Purvis, developmental psychologist and Director of the TCU Institute of Child Development, reviews a wide range of research that gives insight into developmental deficits that drive many behaviors of at-risk children. Dr. Purvis explains the science in easy-to-understand terms to help parents and caregivers understand how psychological changes in children can be induced by early harm. Dr. Purvis helps parents and caregivers see the "real child" beneath their child's behavior.

There are occasional references to God and quotations from The Bible.

Material Title: **Healing trauma: attachment, mind, body, and brain**
Author: Marion F., Daniel J. Siegel Solomon *Books* 2003 357 pages

"Healing Trauma" provides readers with a broad, but detailed, framework in which to understand, evaluate, and treat trauma in the context of recent neurobiological understanding about trauma and traumatic attachments. In this book, Daniel Siegel and Marion Solomon have gathered together the work of the foremost researchs, clinicians, and theoreticians working within this new paradigm of trauma treatment to present a comprehensive discussion of trauma and healing, one that involves biological, developmental, and social components.

Each of the eight chapters in this book provides up-to-date information on the research, clinical practice, and theory of trauma. The first four chapters form a conceptual unit with a focus on the developmental origins of the factors that have been determined to place individuals at risk for suffering long-term sequelae of trauma. Beginning with Daniel Siegel's chapter describing the implications of interpersonal neurobiology for developmental theory, these chapters pay particular attention to the attachment relationship and propose how the nature of that critical bond forms the basis for resilience or vulnerability. In this vein, Erik Hesse, Mary Main, Kelley Yost Abrams, and Anne Rifkin explore the "second generation" effects of trauma while Allan Schore considerst the connection between early relational trauma in children and the formation of disorganized attachments. Bessel van der Kolk's chapter considering the current implications of research and theory of PTSD concludes this conceptual unit.

The second four chapters draw upon the resources from developmental research and theory outlined in Chapters 1 through 4, and go on to consider various and complementary approaches to treatment. Francine Shapiro and Lousie Masxfield develop the effective EMDR model of treatment with suboptimal attachment relations. In subsequent chapters, Diana Fosha outlines and provides rich case examples of accelerated experiential-dynamic psychotherapy (AEDP) and Robert Neborsky describes his work with short-term intensive dynamic psychotherapy in which defense mechanisms (often arising from suboptimal attachment) are revealed and reprocessed. Marion Solomon provides the final chapter in which she exhibits a model for couples therapy premised on the repair of disrupted attachment relations at both a neurobiological and social level.

Emerging from the integration of developmental, neurobiological, and social perspectives, "Healing Trauma" provides a collection of essays that will be accessible and valuable to a wide variety of practioners in the medical and psychological healing professions.

Material Title: **Healthy Touch (DVD)**
Author: TCU Institute of Child Development *DVDs* 2008 51 minutes

Touch is a universal language - more dynamic and powerful than any other form of communication. More than an integral part of everyday life; touch is essential to our very existence. The Healthy Touch DVD explores the importance of touch, particularly as a tool for promoting healing and developing deeper connections between parents of children. It features child development experts, Dr. Karyn Purvis and Dr. David Cross, founders of the TCU Institute of Child Development, and renowned researcher, Dr. Tiffany Field, Director of the Touch Research Institute at the University of Miami Miller School of Medicine, among other renowned experts. This nearly 50-minute video also explores research about touch and offers practical ways to add healthy touch in our lives on a daily basis.

Attachment & Bonding

Material Title: **Helping Kids Calm: Using the Body and Relationship to Support Regulation (Audio)**
Author: Robyn Gobbel *DVDs* 2017 96 minutes

This webinar will focus on supporting regulation in your child both thru your relationship and thru supporting the needs of their body (especially sensory needs or difficulties). While this webinar focuses on parenting children with a history of complex trauma, the topics will apply to parenting any child- especially those who have a sensory processing system.

Material Title: **Helping Kids Calm: Using the Body and Relationship to Support Regulation (Video)**
Author: Robyn Gobbel *DVDs* 2017 96 minutes

This webinar will focus on supporting regulation in your child both thru your relationship and thru supporting the needs of their body (especially sensory needs or difficulties). While this webinar focuses on parenting children with a history of complex trauma, the topics will apply to parenting any child- especially those who have a sensory processing system.

Material Title: **Henry The Hermit Crab: A Storybook-Workbook for Children With Attachment Issues *(Children's Materials)**
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.

Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2016 83 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2016 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

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Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 1 of 1)**
Author: Robyn Gobbel *DVDs* 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2016 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Attachment & Bonding

Material Title: **I Love You Rituals**

Author: Becky Bailey

Books

11/21/2000

208

I Love You Rituals offers more than seventy delightful rhymes and games that send the message of unconditional love and enhance children's social, emotional, and school success. Winner of a 1999 Parent's Guide Children's Media Award, these positive nursery rhymes, interactive finger plays, soothing games, and physically active can be played with children from infancy through age eight. In only minutes a day, these powerful rituals:

Prime a child's brain for learning

Help children cope with change

Enhance attention, cooperation, and self-esteem

Help busy families stay close

Affirm the parent-child bond that insulates children from violence, peer pressure, and drugs, and much more.

Easy to learn and especially effective in stressful situations, I Love You Rituals gives parents, grandparents, caregivers, and teachers inspiring tools to help children thrive.

Material Title: **Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma**

Author: Debra, Cathy Schweitzer and Stefanie Armstron Wesselmann Books

2014 130 pages

Children traumatized in their attachment relationships by abuse and neglect, hospitalizations, or out-of-home placements experience intense hurt, fear, and mistrust. The deep emotional pain often manifests as defiance and aggression, even after the environment has change through adoption, foster care, guardianship, or resolution of issues in the home. A treatment that integrates EMDR and family therapy provides hope and healing for hurt children and their families. This practical guide provides specialized parenting strategies to support the treatment, designed to help heal the past, integrate the emotional and logical regions of the child's brain, and nurture a healthy, happier child.

Material Title: **Introductory Overview: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW

DVDs

2012 44 minutes

In this introductory overview of complex trauma, Dr. Federici eloquently brings simplicity to the understanding of children from every end of the trauma spectrum. Federici gives insight on how to create an intervention program with simplicity and accuracy. This interview between these two professionals explores and sheds light on how developmental issues are the root of the problem underlying a child's negative behaviors.

Material Title: **Issues Facing Adoptive Mothers of Children with Special Needs (CD)**

Author: Heather T. Forbes, LCSW

CD-ROMs

If you're a mother struggling with post-adoption issues, this audio CD is for you! It will speak your language and help you to see that you're really not going crazy! Based on the research of Heather T Forbes, LCSW, which appeared in Journal of Social Work in 2003, this CD set will open your eyes to common challenges moms face with post-adoption. The CD set is full of fascinating information, scientifically researched and presented in an interesting and informative manner.

Material Title: **It's Tough to Be Gentle: A Dragon's Tale* (Children's Materials)**

Author: Cindy R. Lee

Children's Books

2015 34 pages

Dex has the sweetest heart and the roughest touch. He breaks his toys, has difficulty with personal space, and has an energy level that idles on high! Dex deeply desires to play with a family of baby birds, but his request is denied until he can learn to be gentle and kind. Join this misunderstood dragon as he creatively learns how to have a gentle touch. It's Tough to Be Gentle: A Dragon's Tale, helps children understand the gentle and kind concept and the Teaching Tips for Parents provides parents with information on how they can empathize with a child similar to Dex. It's Tough to Be Gentle: A Dragon's Tale is designed to teach Trust Based Relational Intervention (TBRI ®) principles developed by Dr. Karyn Purvis and Dr. David Cross at the Institute of Child Development.

Material Title: **Jump OUT of the Trauma Tornado: Tackling Lying (Audio)**

Author: Robyn Gobbel

DVDs

2017 75 minutes

Families with children who have experienced trauma often get stuck in a vicious cycle of difficult behavior, parent reaction, and then more difficult behavior. This webinar will break down the trauma tornado, helping you understand how it started and what you can do to jump out. It will also help you understand lying as a trauma driven behavior and will give you ideas on how to respond in a way that will actually increase trust and decrease fear- the very thing that is driving the lying in the first place. These skills will help you get to the root of the lying without relying on short-term behavior fixes or fear-based compliance.

Material Title: **Jump OUT of the Trauma Tornado: Tackling Lying (Video)**

Author: Robyn Gobbel

DVDs

2017 75 minutes

Families with children who have experienced trauma often get stuck in a vicious cycle of difficult behavior, parent reaction, and then more difficult behavior. This webinar will break down the trauma tornado, helping you understand how it started and what you can do to jump out. It will also help you understand lying as a trauma driven behavior and will give you ideas on how to respond in a way that will actually increase trust and decrease fear- the very thing that is driving the lying in the first place. These skills will help you get to the root of the lying without relying on short-term behavior fixes or fear-based compliance.

Attachment & Bonding

Material Title: **Learning the Dance of Attachment**

Author: Holly Van Gulden

Books

2010 122 pages

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

Author: Holly Van Gulden & Charlotte Vick

Books

2010 110 pages

This book, from the author of *Real Parents Real Children*, is a handbook style guide to raising adopted children, offering chapters devoted to specific developmental stages – though your child is nine, if she behaves more like a four-year-old, then that might be the developmental stage she is in. It is full of charts, lists, anecdotes, and guidelines that make it an easy tool for parents to use and refer back to.

Material Title: **Life Story Therapy with Traumatized Children**

Author: Richard Rose

Books

2012 175 pages

Life story therapy is an approach designed to enable children to explore, question and understand the past events of their lives. It aims to secure their future through strengthening attachment with their carers and providing the opportunity to develop a healthy sense of self and feeling of wellbeing. This comprehensive overview lays out the theory underlying life story therapy, including an accessible explanation of contemporary research in neurobiology and trauma.

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: **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.

Material Title: **Making Sense of Adoption**

Author: Lois Melina

Books

1989 245 pages

This "Parent's Guide" offers "many examples of ways to present difficult information in a sensitive manner -- sensitive to the child's needs, to the birthparents' struggles, and to the adoptive parents' perspective."

Material Title: **Medication Madness: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW

DVDs

2012 46 minutes

There is no magic pill to resolve trauma for anyone, especially for our children. Dr. Federici explains why simply medicating symptoms is ineffective and how we have not only medicated our children to toxic levels but how we have endangered them with toxic combinations of medications. Learn more about how medications can be used at conservative levels in order to help bring children back to being functional in a family to foster greater levels of healing.

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.

Attachment & Bonding

Material Title: **Mood Disorders and Trauma: Making Sense of Our Complex Children (DVD)**
Author: Dr. Donald Federici and Heather T. Forbes, LCSW *DVDs* 2012 41 minutes

Dr. Federici clearly explains how trauma induced mood disorders drive much of a child's negative and acting-out behaviors. He gives insight as to how anxiety, depression, mood swings, compulsive behaviors, sleep difficulties, poor social skills, reactivity, and defiance all connect back to a child's inability to regulate themselves. Solutions that center on a parent's ability and the family's ability to provide an end to the child's fear cycle are discussed in this interview.

Material Title: **Mothers, Babies, and Their Body Language**
Author: Antonella Sansone *Books* 2004 304 pages

This book explores the complex interaction and the importance of early communication between mother and baby from pregnancy to the first early months of development. It provides a rich and detailed study of this earliest relationship, and makes a significant and valuable contribution to this area of the mental health field.

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

When children reach the later teenage years, many times they are not emotionally or developmentally ready for the challenges of independence. In this DVD, Dr. Federici discusses legal and financial options families have in order to stage their children through a slower and more gradual approach into adulthood. This volume sheds light on how to create the balance children with trauma histories need, without overwhelming them, to move them forward successfully.

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.

Material Title: **Neurobiology of Attachment-Focused Therapy, The: Enhancing Connection & Trust in the Treatment of Children & Adolescents**
Author: Jonathan & Daniel Baylin & Hughes *Books* 2016 304 pages

This groundbreaking book explores, for the first time, how the attachment-focused family therapy model can respond to this question at a neural level. It is a rich, accessible investigation of the brain science of early childhood and developmental trauma. Each chapter offers clinicians new insights—and powerful new methods—to help neglected and insecurely attached children regain a sense of safety and security with caring adults. Throughout, vibrant clinical vignettes drawn from the authors' own experience illustrate how informed clinical processes can promote positive change.

Material Title: **Nurturing Adoptions: Creating Resilience after Neglect and Trauma**
Author: Deborah Gray *Books* 2012 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.

Material Title: **Parenting Children and Youth with Attachment Issues (2 CDs)**
Author: Regina Kupecky and Gregory Keck *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.

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 limits, avoiding power struggles, and building trust.

Attachment & Bonding

Material Title: **Parenting from the Trenches (CD)**

Author: NACAC Conference 2008 CD *CDs* 2008 16 minutes

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.

Material Title: **Parenting the Attachment Challenged Child: When Behavior Modification and Consequences Don't Work! (3 CDs)**

Author: Bryan Post *CDs* 2004 : 10minutes

Listen while Dr. Post shares with you, in his compassionate, yet non-nonsense manner which you have come to love, the latest information from the fields of neuroscience, psychology, and education. In this set of 3 audio CDs you will learn why behavior modification consequences don't work for parenting children with the most difficult behaviors. Dr. Post invites you to a new understanding of the behavior of the difficult child and leads you from old parenting paradigms to a new paradigm, family-centered regulatory parenting.

Material Title: **Parenting the Hurt Child (CD)**

Author: Gregory Keck and Regina Kupecky CD *CDs* 2002 90 minutes

Parenting hurt children, toddlers through adolescents, can be discouraging, as tried and true parenting methods often fail. Without a solid attachment, children have difficulty learning new behaviors through traditional methods. This workshop gives parents and professionals tools to use in raising children who have been hurt by neglect, abuse, abandonment, or institutionalization. Based on the attachment cycle, the presenters address how these new methods can manage behavior and increase attachment.

Material Title: **Parenting the Hurt Child: Helping Adoptive Families Heal and Grow**

Author: Gregory Keck and Regina Kupecky *Books* 2009 258 pages

From insights gathered through years of working with adopted kids who have experienced early trauma, Keck and Kupecky, co-authors of "Adopting the Hurt Child," explain how to manage a hurting child with wisdom and resolve, and how to preserve your own stability in the process.

Material Title: **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.

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.

Material Title: **Penguin and the Fine-Looking Fish, The* (Children's Materials)**

Author: Cindy R. Lee *Children's Books* 2015 38 pages

Sweet little penguin was separated from all that was familiar to him. This left him sad and confused. He began to be disrespectful to all those around him because his heart was filled with hurt. In this tender book, Penguin goes in search of a pet to love and love him back. He befriends a beautiful fish who takes him on a journey of healing as he discovers what it means to show respect to himself and others. Penguin and the Fine-Looking Fish will help teach your children the importance of showing respect and gets to the heart of why this concept is vital to engaging in healthy relationships.

Material Title: **Physically Abused or Neglected Child, The**

Author: Alaska Center for Resource Families (ACRF) *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.

Attachment & Bonding

Material Title: **Playful Interaction: Unlocking the Mysteries of Nurturing Human Relationships (DVD)**
Author: TCU Institute of Child Development *DVDs* 2009 56 minutes

Play puts the fun in fundamental - central to a child's well-being now and in the future. Through play, children learn to develop the social and emotional skills they need to succeed in life. Playful Interaction, featuring child development experts, Dr. Karyn Purvis and Dr. David Cross, along with other child development experts, outlines the importance of play and provides practical examples of playful interaction from The Institute of Child Development's Hope Connection Summer Camp.

This DVD highlights the importance of playful interactions, especially children with histories of trauma, abuse, or neglect. The practical examples through The Institute of Child Development's Hope Connection Summer Camp show how playful interactions: promote attachment through attuning and engaging the child, disarm fear responses, teach problem solving skills, teach self-regulation skills, teach social skills, can correct children and connect after correcting.

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.

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.

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.

Material Title: **Promoting Positive Parenting: An Attachment-Based Intervention**
Author: Femmie Juffer, M Bakermans-Kranenburg, M van IJzendoorn *Books* 2008 238 pages

Video-feedback Intervention to Promote Positive Parenting (VIPP) is a brief and focused parenting intervention program that has been successful in a variety of clinical and non-clinical groups and cultures. The book describes the implementation and testing of a variety of VIPP based interventions highlighting different families in a variety of childcare settings, and in various countries including the Netherlands, Italy, the United Kingdom, and the United States. Chapters present how the VIPP approach was implemented in samples of insecure mothers, mothers with eating disorders, preterm infants, adopted children, and children with early behavior problems.

Material Title: **Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment**
Author: Alicia F. Lieberman and Patricia Van Horn *Books* 2008 366 pages

This eloquent book presents an empirically supported treatment that engages parents as the most powerful agents of their young children's healthy development. Child-parent psychotherapy promotes the child's emotional health and builds the parent's capacity to nurture and protect, particularly when stress and trauma have disrupted the quality of the parent-child relationship. The book provides a comprehensive theoretical framework together with practical strategies for combining play, developmental guidance, trauma-focused interventions, and concrete assistance with problems of living. Filled with evocative, "how-to-do-it" examples, it is grounded in extensive clinical experience and important research on early development, attachment, neurobiology, and trauma.

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

Attachment & Bonding

Material Title: **Raily el Valiente**
Author: Jessica Sinarski *Children's Books* 2018 48 pages

Únete a nuestro héroe, el osito Raily, en la aventura de su vida donde aprende a ser valiente como un osito. Siempre ha sido valiente e inteligente, pero su viaje con criaturas buenas y grandes le ayudarán a abrir su corazón de maneras nuevas. ¡Este osito genial está listo para enfrentarse al desafío!

Material Title: **Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore**
Author: Kent Hoffman, Glen Cooper and Bert Powell *Books* 2/6/17 280

Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security. Now the simple, powerful "Circle of Security" parenting strategies that Kent Hoffman, Glen Cooper, and Bert Powell have taught thousands of families are available in self-help form for the first time.

You will learn:

- *How to balance nurturing and protectiveness with promoting your child's independence.
- *What emotional needs a toddler or older child may be expressing through difficult behavior.
- *How your own upbringing affects your parenting style--and what you can do about it.

Filled with vivid stories and unique practical tools, this book puts the keys to healthy attachment within everyone's reach--self-understanding, flexibility, and the willingness to make and learn from mistakes. Self-assessment checklists can be downloaded and printed for ease of use.

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.

Material Title: **Raising Human Beings**
Author: Ross W. Greene *Books* 8/2016 281

Parents have an important task: figure out who their child is—his or her skills, preferences, beliefs, values, personality traits, goals, and direction—get comfortable with it, and then help them pursue and live a life according to it. Yet parents also want their kids to be independent, but not if they are going to make bad choices. They want to avoid being too overbearing, but not if an apathetic kid is what they have to show for it. They want to have a good relationship with their kids, but not if that means being a pushover. They don't want to scream, but they do want to be heard. Good parenting is about striking the balance between a child's characteristics and a parent's desire to have influence.

Dr. Ross Greene "makes a powerful case for rethinking typical approaches to parenting and disciplining children" (The Atlantic). Through his well-known model of solving problems collaboratively, parents can forgo timeout and sticker charts; stop badgering, berating, threatening, and punishing; allow their kids to feel heard and validated; and have influence.

From homework to hygiene, curfews, to screen time, Dr. Greene "arms parents with guidelines that are clear, doable, and sure to empower both parents and their children" (Adele Faber, coauthor of *How to Talk So Kids Will Listen*). *Raising Human Beings* is "inspirational...a game-changer for parents, teachers, and other caregivers. Its advice is reasonable and empathetic, and readers will feel ready to start creating a better relationship with the children in their lives" (Publishers Weekly, starred review).

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: **Raising Resilient Rascals 2008: Disc 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.

Attachment & Bonding

Material Title: **Read-Aloud Handbook, The**

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.

Material Title: **Redo Roo, The* (Children's Materials)**

Author: Cindy R. Lee, LCSW, LADC

Children's Books

2015 34 pages

Sweet little Roo is full of energy and excitement which is more than fine when he is playing outside. But, when Roo is asked to sit still, be quiet and keep his hands to himself at school he runs into some not-so-fun trouble. Discover how Roo's teachers find creative solutions to helping Roo succeed in an environment that was not built for his energetic level of exploration. Reading The Redo Roo will help you and your child replace, time-outs, lectures and consequences with the "redo" parenting technique and help empower you to succeed.

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, 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.

Material Title: **Safe Place for Caleb, A: An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma**

Author: Kathleen & Paul Chara

Children's Books

Jan 1970 128 pages

A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults.

The first half of the book is an interactive story that follows the experiences of Caleb, a young boy who relates his difficulties and frustrations in forming and sustaining healthy relationships. He learns strategies for coping with attachment issues during his journey to the Safe Tree House, where he is introduced to the four "attachment healing keys". These act as therapeutic tools to unlock difficulties with attachment, and are presented using text and illustrations that are easily accessible for readers of all ages, even for young children.

The second half of the book presents a summary of current scientific thought on attachment styles and disorders, and provides a wide array of assessment tools, photocopiable material and healing techniques to address attachment difficulties. Lists of helpful organizations and relevant reading materials are also presented.

Based on established psychological principles, the book is a unique and imaginative guide for professionals, parents, caregivers, and people of all ages who are dealing with attachment issues.

Material Title: **Secure Base, A: Parent-Child Attachment and Healthy Human Development**

Author: John Bowlby

Books

1988 180 pages

When parents provide a secure emotional base, encouraging their children to seek autonomy while giving them support and encouragement, children grow up psychologically stable and able to make the most of life's opportunities. Bowlby elaborates these ideas and offers further evidence of the ways in which strong emotional ties promote mental health.

Material Title: **Secure Relationships: Nurturing Infant/Toddler Attachment in Early Care Settings**

Author: Alice Sterling Honig

Books

2002 78 pages

For healthy adjustment in childhood and later in life, infants and toddlers need secure attachments to the adults who care for them. Loving, responsive, and consistent care from primary caregivers is key to young children learning to form relationships. Alice Honig, with her vast experience and deep knowledge of research and theory, distills key points needed in understanding and building attachment. Vital information and sound advice for caregivers and parents too.

Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Audio)**

Author: Robyn Gobbel

DVDs

2016 76 minutes

This one hour webinar will give you an overview of the powerful work of Dr. Kristin Neff, the world's leading researcher on self-compassion. I'll give you a quick overview while also speaking directly to how self-compassion can help parents like you-parents in the trenches, barely keeping their head above water as they work to care for a child who has been impacted by trauma. One awesome thing about self-compassion is that there are lots of resources you can access after the webinar to help you grow and solidify a self-compassion practice.

Attachment & Bonding

Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Video)**

Author: Robyn Gobbel *DVDs* 2016 76 minutes

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Material Title: **Sensory World, A: Making Sense of Sensory Disorder (DVD)**

Author: TCU Institute of Child Development *DVDs* 2010 98 minutes

This DVD offers insight and understanding about sensory issues that may make it difficult for a child to function at home and school. Parents and professionals will learn to recognize the difference between sensory problems and problem behaviors and how to help children overcome everyday struggles that hamper their success.

This encouraging video features Dr. Karyn Purvis and Dr. David Cross, child development researchers from Texas Christian University's Institute of Child Development, and Carol Kranowitz, author of the best seller "The Out of Sync Child". These experts offer proven interventions and practical exercises to help children cope with sensory issues which will lead to enriched relationships and improved self-esteem and learning.

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.

Material Title: **Six Core Strengths for Healthy Childhood Development, The (DVD)**

Author: Bruce Perry *DVDs* 2004 20 minutes

This seven-part program features Bruce D. Perry, M.D., Ph.D. The first part is an overview and definition of the six core strengths discussed. Each subsequent part focuses on a key skill (and ways to help children acquire that skill) critical to healthy child development: Attachment, Self Regulation, Affiliation, Attunement, Tolerance and Respect.

Material Title: **TBRI for Teens (DVD)**

Author: TCU Institute of Child Development *DVDs* 2015 14 minutes

****Suggested to accompany "A TBRI Pocket Guide: Trust-Based Caregiving".****

Developing a trusting relationship with any teenager can be a challenge. For teenagers with traumatic backgrounds of abuse, neglect or broken homes, it's especially challenging for both the teens and the adults who care for them. TBRI for teens follows a dozen youth, ages 11-18, and a dozen staffers from the Methodist Children's Home in Wasco, Texas as they try a new approach called Trust-Based Relational Intervention (TBRI). Watch as the team reveals the remarkable changes that result from the TBRI approach.

Material Title: **TBRI Pocket Guide, A: Trust-Based Caregiving**

Author: TCU Institute of Child Development *Books* 2012 18 pages

****Recommended to accompany the DVD titles "Trust-Based Parenting" or "TBRI for Teens".****

This convenient, pocket-sized guide to the basic principles of Trust-Based Relational Intervention® is an ideal reference for caregivers and professionals seeking to use TBRI® to meet the needs of children and youth from "hard places." Included are practical strategies for Empowering, Connecting, and Correcting through activities, reflective questions, and sample situations and responses.

Material Title: **TBRI: An Overview (DVD)**

Author: TCU Institute of Child Development *DVDs* 2014 37 minutes

This short video explains the principles and concepts behind Trust-Based Relational Intervention®, a proven method for enriching the lives of at-risk, vulnerable children, adolescents, and their families. Trauma can impair language, sensory processing, and coping skills, and can lead to perplexing behaviors that are often mistaken for aggression or mental illness. This video features world-renowned experts who share research that documents how consistently positive experiences with loving caregivers can re-wire a child's brain for lasting change.

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.

Attachment & Bonding

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

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

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.

Material Title: **Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play (Second Edition)**

Author: Ann M. Jernberg and Phyllis B. Booth *Books* 1999 384 pages

This book shows parents how to use play to communicate love and authority and to engage their children in interactions that develop competence, self-esteem and trust. Booth's revised Edition, integrates Jernberg's innovative approach with recent research on attachment and the effect of stress and trauma on child development.

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.

Material Title: **Transitions: Moving Children With Sensitivity**

Author: Kris Villanueva and Judy Miller *Non-Return Items* 2007 60 pages

This information packet contains a variety of materials to assist both caseworkers and families in preparing a child for transitions. It includes suggested activities to build attachment and age specific transition checklists to be prepared by the child's caregiver to assist the new family in learning about the child.

Material Title: **Trauma Doesn't Tell Time (Audio-Part 1 of 2)**

Author: Robyn Gobbel *DVDs* 83 minutes

In the first year or so after adoption, it's easy for adoptive parents to remember what a difficult journey their child has been through. As time passes, parents expect their children's challenging behaviors, anxiety, and mistrust to fade away. And oftentimes, they do. Despite years in a safe and loving home- children adopted after traumatic beginnings still feel and act as though they are stuck right in the middle of their trauma. Up-to-date information about your child's brain and the latest understanding in memory processing theory will help provide you with new empathy and understanding about why your child is 'flipping their lid.'

Material Title: **Trauma Doesn't Tell Time (Audio-Part 2 of 2)**

Author: Robyn Gobbel *DVDs* 66 minutes

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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.

Material Title: **Treewalker's Gift: Overcoming the Fear of Being Loved**
Author: Erma S. Brundidge, MS *Books* 2014 101 pages

A true story of a 6 year old girl's journey from abuse, neglect, and shame to a path of Truth guided by the Great Spirit. The gentleness of her Grandfather's lessons taught along the paths through the meadow and by the flowing stream gave her strength to continue through the emotional pain she would inevitably walk back into. Author Erma Brundidge is a foster and adoptive family trainer who spends time speaking to groups about the effects of trauma on children and their future lives and relationships. She was a family therapist for 27 years before retiring and dedicating her life to giving a new understanding to foster and adoptive parents on how their words and actions impact the children they care for.

Material Title: **Trust-Based Parenting: Creating Lasting Changes in Your Child's Behavior (2 DVDs)**
Author: TCU Institute of Child Development *DVDs* 2011 35 minutes

****Suggested to accompany "A TBRI Pocket Guide: Trust-Based Caregiving".****

This DVD set offers in-depth training for parents of children with trauma-based behavioral issues. The Trust-Based Relational Intervention (TBRI) is an intervention model created by developmental psychologists Dr. Karyn Purvis and Dr. David Cross, founders of the Institute of Child Development at Texas Christian University. It is based on more than a decade of research and hands-on work with vulnerable children and their families. Dr. Purvis coined the phrase "children from hard places" to describe children who have experienced abuse, neglect, abandonment and/or trauma in early development. Their survival behaviors can be confusing, frustrating, and difficult to manage even for the most patient and loving parents.

This video features Drs. Purvis & Cross coaching families through real-life, problem-solving scenarios. They demonstrate proven, practical skills and strategies for applying TBRI Empowering, Connecting and Correcting Principles to everyday life to build a stronger parent-child connection, which leads to better behavior. Parents from around the world praise TBRI for giving them hope in times of crisis and lifelong solutions that can benefit the entire family.

Material Title: **Understanding and Helping Adopted and Foster Children with Emotional Problems (VHS)**
Author: Michael Katz *Videotapes* 1990 4 hours

Many adopted and foster children have behavior problems that do not respond to traditional parenting. This video explains how underlying emotional problems involving attachment, identity, values, developmental delays, and anger produced by painful experiences sometimes not consciously remembered, can be the major causes. A variety of methods for reducing these behaviors are demonstrated.

Material Title: **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, an 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 limites, avoiding power struggles, and building trust.

Attachment & Bonding

Material Title: **Untangling Disorganized Attachment (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 72 minutes

This webinar will take the confusing concept of disorganized attachment and break it down so you can completely understand what that means, how it happened, and what you can do about it. At least 80% of children who have experienced early abuse, neglect, or trauma have disorganized attachment. The behaviors of a child with disorganized attachment leave their caregivers feeling confused, overwhelmed, and hopeless. If we can get a grasp on what disorganized attachment is and what it looks like, confusion can be replaced with understanding; overwhelm with confidence and compassion; hopelessness with hope.

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Material Title: **Untangling Disorganized Attachment (Video-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2017 58 minutes

This webinar will take the confusing concept of disorganized attachment and break it down so you can completely understand what that means, how it happened, and what you can do about it. At least 80% of children who have experienced early abuse, neglect, or trauma have disorganized attachment. The behaviors of a child with disorganized attachment leave their caregivers feeling confused, overwhelmed, and hopeless. If we can get a grasp on what disorganized attachment is and what it looks like, confusion can be replaced with understanding; overwhelm with confidence and compassion; hopelessness with hope.

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Material Title: **Whole Life Adoption Book, The: Realistic Advice for Building a Healthy Adoptive Family**
Author: Jayne Schooler and Thomas C. Atwood *Books* 2008 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."

Material Title: **Wish* (Children's Materials)**
Author: Matthew Cordell *Children's Books* 2015 48 pages

As an elephant couple embark on a life together, thoughts of children are far away-at first. But as the desire for a child grows, so do unexpected challenges. And it's only after thwarted plans and bitter disappointment that their deepest wish miraculously comes true.

Material Title: **Young Children and Trauma: Intervention and Treatment**
Author: Joy D. Osofsky *Books* 2004 348 pages

Recent years have seen significant advances in knowledge about the effects of exposure to psychological trauma on young children from birth to age 5. This volume brings together leading experts to address practical considerations in working with traumatized young children and their caregivers. State-of-the-art assessment and treatment approaches are presented, together with innovative service delivery models. With a focus on building cross-disciplinary collaboration to better serve this vulnerable population, this is an indispensable resource for all mental health and human service professionals working with children at risk.
