Alex and the Scary Things; A Story to Help Children Who Have Experienced Something Scary

Alex is an alligator who has experienced 'scary' things. In this charmingly illustrated story, he talks about how this affects him and how he copes.

By reading about the different parts of Alex that come out because of the scary things he has experienced, such as The Destroyer when he is angry, Spacey when he dissociates, and Puddles when he is sad, children will learn to recognise when they experience these emotions themselves and find solutions for overcoming them. Alex talks about the different coping strategies he uses to get back to being himself, such as breathing techniques, a counting game, painting, and finding a safe space he can go to, encouraging children to think about when they can do to help themselves handle difficult feelings.

An essential resource for professionals working with children who have experienced trauma, including social workers, counsellors, therapists, and child psychologists, as well as for parents and foster carers. Suitable for children aged approximately 4 to 8 years.

Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Severe Behaviors (Volume 1)


Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Severe Behaviors (CD)

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.

Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption

Adopting or fostering a child brings its own unique set of challenges only another parent facing the same uphill climb could possibly understand. From parenting children with traumatic pasts, to dealing with attachment issues, to raising a child with special needs, it can sometimes be a struggle just getting through the day.

Mike Berry knows the loneliness and isolation you can easily feel in your particular parenting role—because he's been there. He's still there, and he wants to give you the hope and encouragement you so desperately need.

There are plenty of how-to guides out there on parenting, but this one-of-a-kind book is specifically designed to address your needs as a parent of an adopted or foster child. With a refreshing dose of honesty, empathy, and care, you'll discover you are definitely not alone on your journey and God has a very special plan for you and your family.

Fawn's Touching Tale: A story for children who have been sexually abused

i.Introduction to Parents, School Personnel and Psychotherapists: There are many books aimed at the prevention of sexual abuse; few story books are geared for children that deal with the profound emotional aftermath. This book is unique because it offers the use of engaging animal protagonists, which allows the child to work through painful emotions in a less threatening and more effective manner. Among the most universal issues for the sexually abused child are: the mixed feelings toward the abuser, the dread and wish to be loved, the difficulties of disclosing the abuse, the fear of being blamed and/or of not being believed. The effects frequently culminate in a sense of vulnerability, damaged self-esteem, guilt and faulty defenses against the feelings of being hurt. This can lead to a wide range of self-destructive behavior in childhood and adulthood. This gentle, "child friendly", animal tale provides children with a story they can listen to again and again. Parents, psychotherapists and school professionals can use this book as a point of entry into complex feelings that the youngster, or any sexually abused person might experience. Our hope is that with the help of this book, the child will begin the process of healing and gradual resumption of his or her healthy psychological development.
### Foster Care: One Dog's Story of Change

**Author:** Julia Cook  
**Material Title:** Foster Care: One Dog's Story of Change  
**Type:** Children's Books  
**Date:** 4/3/18  
**Pages:** 32

In this heartfelt story from the bestselling author of My Mouth is a Volcano!, Foster meets new friends and a kind foster mom who help him navigate the fears and feelings associated with going into foster care. Foster has lived with his mom and "sometimes dad" all of his life...until now. And like so many others entering foster care, he has more questions than answers and so many new feelings to deal with.

"I don’t know what’s going to happen to me. Will I end up being like Zeke? Will I have a new forever mom? Can I visit my mom once a week?"

"I have so much going on inside me right now. I feel angry, guilty, scared, hurt, and sad. But maybe the others are right. Maybe being here isn’t so bad."

Written in an honest, approachable way, Foster Care will encourage children entering or already in foster care and help them understand they are not alone. Foster, Daisy, Zeke, Simpson, and Rex all have different circumstances which brought them to foster care. Together they talk through their stories and realize this is right where they need to be for now; under the caring watch of foster mom, Miss Beulah.

### FROM FEAR TO LOVE

**Author:** E'RMA BRUNDIDGE  
**Material Title:** FROM FEAR TO LOVE  
**Type:** Books  
**Date:** 2019  
**Price:** 303

The true story of a child who grew up in neglect, and abuse and found a way to see the gifts that were buried under the trash that others heaped upon her life. Through remembering the lessons her grandfather taught her as a six year old in the three months that she spent with him and the guidance of her faithful Special Friend she was able to survive all that happened in her life when she returned to her family. This is her journey of learning how to release the fear and shame that others forced upon her by their words and actions and how she was able to embrace the truth that what you experienced in your life as a child or young adult does not need to dictate who you are or how you live your life.

### Help! My Feelings Are Too Big! Making Sense of Yourself and the World After a Difficult Start in Life

**Author:** K.L. Aspden  
**Material Title:** Help! My Feelings Are Too Big! Making Sense of Yourself and the World After a Difficult Start in Life  
**Type:** Children's Books  
**Date:** 03/21/2019  
**Pages:** 64

Emotions can be complicated at the best of times. If something goes wrong right at the beginning of someone's life things can often feel painful and confusing.

This book will help explain that there are always good reasons why a person feels the way they do. It will help you learn about emotions like anxiety, how you can live with these emotions, and how safe adults can help you build a calm, strong place inside yourself!

Designed to help build emotional awareness, this book offers friendly support for children aged 9+ who have attachment disorders, anxiety or are overcoming early trauma and is an invaluable tool for anyone supporting children with extreme emotions or attachment issues, including parents and carers, support workers, teachers, and therapists.

### Helping Kids Calm: Using the Body and Relationship to Support Regulation (Audio)

**Author:** Robyn Gobbel  
**Material Title:** Helping Kids Calm: Using the Body and Relationship to Support Regulation (Audio)  
**Type:** DVDs  
**Date:** 2017  
**Duration:** 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.

### Helping Kids Calm: Using the Body and Relationship to Support Regulation (Video)

**Author:** Robyn Gobbel  
**Material Title:** Helping Kids Calm: Using the Body and Relationship to Support Regulation (Video)  
**Type:** DVDs  
**Date:** 2017  
**Duration:** 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.
### Complex Trauma/Developmental Trauma

<table>
<thead>
<tr>
<th>Material Title</th>
<th>Parenting Traumatized Children with Developmental Differences; Strategies to Help Your Child's Sensory Processing, Language Development, Executive Function, and Challenging Behaviors</th>
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<tbody>
<tr>
<td>Author</td>
<td>Sara McLean</td>
</tr>
<tr>
<td>Publisher</td>
<td>Books</td>
</tr>
<tr>
<td>Date</td>
<td>03/21/2019</td>
</tr>
<tr>
<td>Pages</td>
<td>176</td>
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Children who have encountered trauma early in life can experience real differences in their social and cognitive development. This comprehensive guide introduces what such developmental difference means, how it affects a child, and offers strategies to help support or alleviate problems that commonly arise.

Dr. McLean explains how children with developmental differences understand the world around them and offers easy to use techniques to help children with sensory and emotional regulation difficulties or delays in language, communication or memory development.

This book will provide you with the knowledge and confidence you need to meet your own child’s individual needs, and to help them to flourish.

<table>
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<tr>
<th>Material Title</th>
<th>Pocket Guide to The Polyvagal Theory, The: The Transformative Power of Feeling Safe</th>
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<tbody>
<tr>
<td>Author</td>
<td>Stephen Porges</td>
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<tr>
<td>Publisher</td>
<td>Books</td>
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<tr>
<td>Date</td>
<td>2017</td>
</tr>
<tr>
<td>Pages</td>
<td>244 pages</td>
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Bridging the gap between research, science, and the therapy room.

When The Polyvagal Theory was published in 2011, it took the therapeutic world by storm, bringing Stephen Porges’s insights about the autonomic nervous system to a clinical audience interested in understanding trauma, anxiety, depression and other mental health issues. The book made accessible to clinicians and other professionals a polyvagal perspective that provided new concepts and insights for understanding human behavior. The perspective placed an emphasis on the important link between psychological experiences and physical manifestations in the body. That book was brilliant but also quite challenging to read for some.

Since publication of that book, Stephen Porges has been urged to make these ideas more accessible and The Pocket Guide to the Polyvagal Theory is the result. Constructs and concepts embedded in polyvagal theory are explained conversationally in The Pocket Guide and there is an introductory chapter which discusses the science and the scientific culture in which polyvagal theory was originally developed. Publication of this work enables Stephen Porges to expand the meaning and clinical relevance of this groundbreaking theory.

<table>
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<tr>
<th>Material Title</th>
<th>Polyvagal Theory in Therapy, The: Engaging the Rhythm of Regulation</th>
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<tr>
<td>Author</td>
<td>Deb Dana</td>
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<tr>
<td>Publisher</td>
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</tr>
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The polyvagal theory presented in client-friendly language.

This book offers therapists an integrated approach to adding a polyvagal foundation to their work with clients. With clear explanations of the organizing principles of Polyvagal Theory, this complex theory is translated into clinician and client-friendly language. Using a unique autonomic mapping process along with worksheets designed to effectively track autonomic response patterns, this book presents practical ways to work with clients’ experiences of connection. Through exercises that have been specifically created to engage the regulating capacities of the ventral vagal system, therapists are given tools to help clients reshape their autonomic nervous systems.

Adding a polyvagal perspective to clinical practice draws the autonomic nervous system directly into the work of therapy, helping clients re-pattern their nervous systems, build capacities for regulation, and create autonomic pathways of safety and connection. With chapters that build confidence in understanding Polyvagal Theory, chapters that introduce worksheets for mapping, tracking, and practices for re-patterning, as well as a series of autonomic meditations, this book offers therapists a guide to practicing polyvagal-informed therapy.

The Polyvagal Theory in Therapy is essential reading for therapists who work with trauma and those who seek an easy and accessible way of understanding the significance that Polyvagal Theory has to clinical work.
Finally, a parenting book which demystifies the latest thinking on neurobiology, physiology and trauma and explains what the research means for the everyday life of parents of children who hurt.

As experts on adoption and fostering who are adoptive parents themselves, Caroline Archer and Christine Gordon explain how this knowledge can help parents to better understand and care for their child. They explain why conventional parenting techniques are often not helpful for the child who has experienced early trauma and explore why therapeutic reparenting is the only way to help repair the unhealthy neurobiological and behavioural patterns which affect the child’s development. They do not shy away from how difficult reparenting is, acknowledging how hard it can be to recognise our own fallibility as parents and to change our own parenting patterns. The authors also offer hard-won advice on a range of common parenting flashpoints - from defusing arguments and aggression to negotiating bedtimes and breaks in routine, and making sure that special occasions are remembered for all the right reasons.

Reparenting the Child Who Hurts is a humane, no-nonsense survival guide for any parent caring for a child with developmental trauma or attachment difficulties, and will also provide information and insights for social workers, teachers, counsellors and other professionals involved in supporting adoptive and foster families.

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.

This book provides a model of care for traumatized children and young people, based on theory and practice experience pioneered at the Lighthouse Foundation, Australia. The authors explain the impact of trauma on child development, drawing on psychodynamic, attachment and neurobiological trauma theories. The practical aspects of undertaking therapeutic care are then outlined, covering everything from forming therapeutic relationships to the importance of the home environment and daily routines. The book considers the totality of the child’s experience at the individual, group, organization and community levels and argues that attention to all of these is essential if the child is to achieve wellness. Case material from both children and carers are used throughout to illustrate both the impact of trauma and how children have been helped to recovery through therapeutic care.

This book will provide anyone caring for traumatized children and young people in a residential setting with both the understanding and the practical knowledge to help children recover. It will be essential reading for managers and decision-makers responsible for looked after children, child care workers such as residential and foster carers, youth workers, social workers, mental health workers and child welfare academics.
Like a treasure chest, this resource overflows with valuable resources - information, ideas and techniques to inspire and support those working with children who have experienced relational and developmental trauma.

Drawing on a range of therapeutic models including systemic, psychodynamic, trauma, sensory, neurobiological, neurocognitive, attachment, cognitive behavioural, and creative ideas, Dr Karen Treisman explains how we understand trauma and its impact on children, teens and their families. She details how it can be seen in symptoms such as nightmares, sleeping difficulties, emotional dysregulation, rage, and outbursts.

Theory and strategies are accompanied by a treasure trove of practical, creative, and ready-to-use resources including over 100 illustrated worksheets and handouts, top tips, recommended sample questions, and photographed examples.