

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.

## Complex Trauma/Developmental Trauma

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.

Material Title: **Beyond Consequences, Logic, and Control: Tweens (2 CDs)**

Author: Heather T., LCSW and B. Bryan Post Forbes *CDs* 2007 45 minutes

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

## Complex Trauma/Developmental Trauma

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Material Title: **Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption**  
Author: Mike Berry Books 2017 215 pages

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.

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Material Title: **Fawn's Touching Tale: A story for children who have been sexually abused**  
Author: Irene Wineman-Marcus and Agnes Wohl, LCSW, ACSW Children's Books 5/26/18 30

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.

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

It's 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.

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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.

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

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# Complex Trauma/Developmental Trauma

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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.

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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.'

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

Author: Robyn Gobbel

*DVDs*

*66 minutes*

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