

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.

## Discipline

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Material Title: **1-2-3 Magic: Effective Discipline for Children 2-12**  
 Author: Thomas W. Phelan *Books* 1995 175 pages

This book addresses such areas as how to get your kids to stop doing what you don't want them to do, how to get them to start doing what you want them to do, how to handle misbehavior in public, how to deal with six kinds of testing and manipulation, ten steps for building self-esteem.

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Material Title: **1-2-3 Magic: Managing Difficult Behavior in Children 2-12 (DVD)**  
 Author: Thomas W. Phelan DVD *DVDs* 2001 20 minutes

This DVD offers parents ideas for disciplining children without arguing, yelling or spanking. Learn how to: handle misbehavior in public; exercise self-control and be an effective disciplinarian at the same time; avoid the talk-persuade-argue-yell-hit syndrome; get your kids to stop obnoxious behavior; deal with six kinds of testing and manipulation; and more.

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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.

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Material Title: **Anger Control Training for Children and Teens**  
 Author: John Taylor *Books* 1995 (Revised) 38 pages

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

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Material Title: **Behavior Management Using Supportive Controls (DVD)**  
 Author: Vera Fahlberg, M.D. *DVDs* 2003 95 minutes

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

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Material Title: **Best of Questions & Answers with Heather T. Forbes, LCSW, The (6 CDs)**  
 Author: Heather T. Forbes, LCSW *CDs* 2015 7 hours

This 6-disc audio CD set is a compilation of the very best Q&A Heather T. Forbes has done with parents through her online parenting classes over the past several years. This one-of-a-kind audio set contains seven hours of practical, effective, & loving solutions for foster, adopted, and traumatized children. Topics include abandonment, arguing, boundaries vs. consequences, chores, disobedience, emotional age, expectations, grieving, healing, hygiene, lying, medical trauma, medication, older children, opposition, overwhelm, parent anger, parent self-care, prenatal trauma, regulatory issues, relatives, shutting down, sibling rivalry, social issues, stealing, tantrums, texting, toddler issues, transitions, trauma and much more!

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Material Title: **Better Behavior Without Stress**  
 Author: Karen DeBolt, MA *Books* 2010 114 pages

This little parenting book is designed to give parents the tools they need to help their intense child to be happier and more successful without being stressed out all the time themselves. Written in a warm and humorous style without a lot of fluff, this book will help you to calm the chaos in your home.

# Discipline

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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.

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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.

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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."

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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.

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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.

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Material Title: **Bringing Out the Best in Children and Adolescents Acting at Their Worst (Audiotape)**

Author: Thomas Lund

*Audiotapes*

1999 10 tapes

This taping of a presentation at the 1999 New England Educational Institute's annual symposium features Thomas Lund with an intensive course on the gaps between the way troubled children and adolescents behave and how they prefer to view themselves and be viewed by others. Participants will learn to pinpoint these gaps and to use this information to mobilize creative solutions. They will also learn how to motivate rapid change through a simple, powerful concept called "preferred view," the centerpiece of Lund's and Dr. Joseph Eron's Narrative Solutions Approach.

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# Discipline

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

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

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Material Title: **Challenging Behaviors in Young Children: Techniques and Solutions (DVD)**  
Author: DVD *DVDs* 2006 50 min

This insightful DVD gives educators and parents the ability to observe firsthand the techniques used by teachers, in a state of the art preschool and research facility, effectively managing children with challenging behaviors. The esteemed authors from the book, "Challenging Behaviors in Early Childhood Setting; Creating a Place for All Children" offer their expert advice, which is then implemented in the classroom.

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Material Title: **Challenging Child, The: Understanding, Raising, and Enjoying the Five "Difficult" Types of Children**  
Author: Stanley Greenspan *Books* 1995 309 pages

Identifying five "difficult" child personality types - sensitive, withdrawn, defiant, inattentive, and active/aggressive - this guidebook explains development from the child's perspective and offers strategies on how to make such differences positive.

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Material Title: **Common Sense Parenting: Correcting Misbehavior (DVD)**  
Author: DVD *DVDs* 2007 30 minutes

This DVD can show you how to stop misbehavior and turn the problem situation into an opportunity to teach your child a better way to behave. The Common Sense Parenting technique of Corrective Teaching stops negative behavior, delivers a consequence, and teaches children a positive alternative behavior.

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

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

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Material Title: **Correcting Without Criticizing: The Encouraging Way to Talk to Children About Their Misbehavior**  
Author: John Taylor *Books* revised 199! 36 pages

This booklet offers advice to parents, teachers, counselors and any other adults who work with children and teens. It offers suggestions on how to improve communication with children, teach decision-making, and implement preventative discipline. Included is a step-by-step model for effective communication and an explanation of the roles parents should avoid.

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Material Title: **Creative Answers to Misbehavior: Getting out of the Ignore-Yell-Punish Cycle**  
Author: John Taylor *Books* 1992 28 pages

This booklet includes 16 "Creative Ways to Confront the Child About Misbehavior" and 13 "Effective Disciplinary Responses to Misbehavior."

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Material Title: **Diagnostic Interviewing of the Misbehaving Child**  
Author: John Taylor *Books* 1989 42 pages

This booklet is intended as a guide for school counselors and mental health professionals to use in analyzing misbehavior patterns in children. Included is a section on ways to gather pertinent information from parents, a description of pathological patterns that can occur between parents, a variety of interviewing strategies to use with children, and suggestions for assessing the relationships between children and adults and children with each other.

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Material Title: **Difficult Child, The: Expanded and Revised**  
Author: Stanley Turecki and Leslie Tonner *Books* revised 200! 282 pages

Based on his experience with thousands of families, Dr. Turecki's step-by-step approach shows you how to identify your child's temperament, using a ten-point checklist to pinpoint specific difficulties, manage typical conflicts with kindness and firmness, make discipline more effective so you punish much less, get support from schools, doctors and other parents, and more.

# Discipline

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Material Title: **Disciplina Sin Lagrimas**

Author: Daniel Siegel

*Libros en español*

2015

280 pages

Los expertos pioneros Tina Payne Bryson y Daniel J. Siegel, autor best seller del New York Times, explora lo ultimo en desafios de crianza: la disciplina. Destaca la fascinante relacion entre el desarrollo neurologico de los ninos y la forma en que un padre reacciona al mal comportamiento. Este libro proporciona una ruta eficaz y compasiva para hacer frente a las rabietas, tensiones y lagrimas, sin causar una escena. / Highlighting the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, No-Drama Discipline provides an effective, compassionate road map for dealing with tantrums, tensions, and tears, without causing a scene.

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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.

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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.

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Material Title: **Discipline: Teaching Limits with Love (DVD)**

Author: DVD

*DVDs*

2008

30 Min

In this DVD from the "I Am Your Child Video Series," Dr. T. Berry Brazelton shows parents that setting limits is not punishment, but a loving way to teach a child how to control his or her own behavior.

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Material Title: **Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation**

Author: Becky A. Bailey, Ph.D

*Books*

2000

269 pages

You love your children, but if you're like most parents, you don't always love their behavior. But how can you guide them without resorting to less-than-optimal behavior yourself?

Focusing on self-control and confidence-building for both parent and child, Dr. Bailey teaches a series of linked skills to help families move from turmoil to tranquility. Learn how to stop policing and pleading and become the parent you want to be.

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Material Title: **Effective Discipline**

Author: ORPARC Staff

*Information Packets*

2006

20 pages

This guide to working with behavior problems has sections on setting short and long range goals; parenting styles; prevention strategies; understanding the behaviors of traumatized children; and techniques that work, including natural and logical consequences, contracts, and more.

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Material Title: **Effective Discipline Strategies: The Answers to ADD (Audiotape)**

Author: John Taylor

*Audiotapes*

This tape is one of the many in John F. Taylor's "The Answers to A.D.D." audio/video series. Highlights of this tape include: arranging suitable consequences; improving decision making skills; maintaining love and leadership; confronting the child successfully; preventing arguments and power struggles; avoiding the remind-nag-yell-punish cycle; and more.

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Material Title: **Effective Strategies for Severe Behaviors in Adopted and Foster Children (3 DVDs)**

Author: Bryan Post and Gizane Indart, PsyD, LPC

*DVDs*

4 hours

Bryan Post and Dr. Gizane Indart provide clear cut understanding of the root of severe behaviors most frequently identified by parents and caregivers as troublesome and specific step by step strategies to eliminating these behaviors and creating healing and peace in your home. Learn why even adoption at birth is traumatic. Gain life changing insights to why your children act out, and what you can do to help them succeed. Leave fear-based parenting behind you!

# Discipline

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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.

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Material Title: **Encouraging the Discouraged Child: Boosting Your Child's Self-Confidence**

Author: John Taylor *Books* 1995 (revised) 35 pages

This booklet, a guide for parents, teachers and counselors, offers ideas on developing and maintaining self-esteem in children, boosting self-confidence by teaching children how to handle mistakes, and avoiding perfectionism.

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Material Title: **Explosive Child, The (Audiotape)**

Author: Ross W. Greene *Audiotapes* 1998 3 hours

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

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Material Title: **Explosive Child, The: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children**

Author: Ross W. Greene *Books* 2005 275 pages

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

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Material Title: **From Defiance to Cooperation: Real Solutions for Transforming the Angry, Defiant, Discouraged Child**

Author: John Taylor *Books* 2001 196 pages

If your child has been diagnosed with Oppositional Defiant Disorder (ODD), or is resentful and constantly in trouble at school, Dr Taylor offers specific, sensible and easy-to-implement suggestions for improving life with this child. Parents, teachers and others who deal with difficult children or young adults, will learn to: Understand why an oppositional attitude exists; Open up safer avenues for children to express needs and wants; Enhance communication, avoid common mistakes, and reduce undesirable behavior; Teach conscience-based self-control; and more.

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Material Title: **Helping Children of Divorce and Adopted Children with Emotional Problems (2 VHS)**

Author: Michael Katz *Videotapes* 4 hours

In this two-tape program, Dr Katz describes behaviors that frequently occur, explains how emotional problems develop and how they produce behavioral problems, demonstrates appropriate responses and positive interventions that help children form healthy attachments, teaches specific ways to help children learn positive behaviors and responses to an often frustrating world, and shows how to reinforce verbal ideas with concrete, real life, experiences.

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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.

# Discipline

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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.

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Material Title: **Listening for Feelings**

Author: John F. Taylor *Books* 1990 27 pages

This booklet gives parents techniques for helping children express their genuine feelings. It emphasizes the importance of honest, open communication between parents and their children. It shows parents how to: teach children healthy ways to assert themselves; provide a genuine childhood; and let children experience positive personal power.

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

Author: Ross W. Greene *Books* 2008 286

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

Includes:

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

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

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Material Title: **Managing Difficult Behaviors for Traumatized Children (Audiotape)**

Author: Renee Daniel Hershey *Audiotapes* *gust* 20, 19 5 hours

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

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Material Title: **More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self-Esteem (VHS)**

Author: Thomas W. Phelan Video *Videotapes* 2000 20 minutes

This video shows parents how to encourage good behavior. Points of focus include 3 parental qualities that foster competence in kids; how to encourage and respect your child's growing independence; 10 strategies for building self-esteem; making mealtimes more enjoyable; getting kids to pick up after themselves; how to avoid homework civil wars; family meetings; and more.

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Material Title: **No-Cry Discipline Solution, The: Gentle Ways to Encourage Good Behavior Without Whining, Tantrums, and Tears**

Author: Elizabeth Pantley *Books* 2007 304 pages

While this book does not focus on children with special needs, and your child may require a much more therapeutically focused approach, there may still be usable tidbits here especially in the sections on taking care of yourself. The first 3 parts of this book for parents of two to eight-year-olds, present "Essential Parenting Attitudes;" "Parenting Skills and Tools;" and "Staying Calm and Avoiding Anger." Part 4 offers "Specific Solutions for Everyday Problems" - 33 of them, including baby talk; bossiness; car problems; doesn't come when called; hitting, kicking, and hair pulling; playtime behavior; sleep issues; and much more.

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Material Title: **No-Drama Discipline Workbook: Exercises, Activities, and Practical Strategies to Calm the Chaos and Nurture Developing Minds**

Author: Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D. *Books* 2016 135 pages

The goal of this guide is simple: discipline less on "autopilot" by developing a set of principles and strategies based on your own family dynamics. These stories, reflections, and exercises will help you think more deeply about the way you communicate with your kids and provide opportunities for peaceful and nurturing conflict resolution.



# Discipline

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Material Title: **No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind**

Author: Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D. *Books* 2014 255 pages

This book highlights the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, No-Drama Discipline provides an effective, compassionate road map for dealing with tantrums, tensions, and tears - without causing a scene. The authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth.

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Material Title: **Off Road Parenting: Practical Solutions for Difficult Behavior**

Author: Caesar Pacifici, Patricia Chamberlain, & Lee White *Books* 2002 *plus a DVD*

The book and DVD work together, chapter by chapter, to help parents discover how to get their family back on a positive track. Spiced with Stone Soup cartoons, Off Road Parenting guides the reader to positive and caring solutions with clear and simple language.

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Material Title: **Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors**

Author: Pat Harvey *Books* 2009 207 pages

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

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Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys**

Author: Gregory C Keck *Books* 2009 240 pages

In his newest release, Dr. Gregory C. Keck offers new insights and parenting strategies relative to adolescents, especially adopted adolescents. Parents will find humor and relief as they realize their role in their child's journey in the adoption process.

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Material Title: **Parenting Adopted Teenagers: Advice for the Adolescent Years**

Author: Rachel Staff *Books* 2015 256 pages

Full of valuable, grounded advice, this guide will help parents to understand the impact of early trauma on a child's development and the specific nature of the changes that occur during adolescence. With tips for coping with common problems, it combines first-hand accounts from professionals, parents and teenagers themselves. It also covers essential topics such as: family and peer relationships, developing healthy intimate relationships, emerging identity issues, and contacting birth family.

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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.

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Material Title: **Parenting the Explosive Child (VHS)**

Author: Ross Greene *Videotapes* 2004 2 hours

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

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Material Title: **Playful Interaction: Unlocking the Mysteries of Nurturing Human Relationships (DVD)**

Author: TCU Institute of Child Development *DVDs* 2009 : 6 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.

# Discipline

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Material Title: **Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems**  
Author: Jane Nelsen *Books* 2007 317 pages

This revised and expanded handbook is divided into two parts. Part One: Basic Positive Discipline Parenting Tools offers thirty pages of basic parenting tips, ideas and strategies. Part Two: Positive Discipline Solutions from A to Z offers 285 pages of specific ideas for dealing with an array of problem areas listed in alphabetical order.

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

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

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Material Title: **Raising 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).

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Material Title: **Raising Kids without Raising Cane: A Guide to Managing Young Children's Behavior in Helpful and Healthy Ways**  
Author: Gary Drenfield *Books* 1993 60 pages

This booklet for parents of kids age 2 to 6 is not adoption or special needs oriented, but it offers practical ideas and a gentle philosophy in a straight forward manner in 60 small pages.

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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.

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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.

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Material Title: **Transforming the Difficult Child: The Nurtured Heart Approach**  
Author: Howard Glasser and Jennifer Easley *Books* 1999 252 pages

This book, updated in 2002, is intended to give parents an understanding of how a challenging child responds to normal ways of parenting and why traditional methods can actually make the situation worse. It provides strategies designed to turn the difficult child around to being a cooperative child who uses his or her intensity in positive and creative ways.



# Discipline

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Material Title: **Trauma, Brain & Relationship: Helping Children Heal (DVD)**  
Author: Drs. Bruce Perry, Constance Lillas, Daniel J. Siegel et al *DVDs* 2004 26 minutes

Trauma profoundly affects the way children think, feel and act and is far more prevalent than we formerly thought. Trauma's aftermath affects children's abilities mentally, emotionally, and situationally. Trauma is the source of chronic learning and attention problems, emotional and social difficulties and physical ills. It is also a condition that is readily repaired in young children. This engaging documentary features leading-edge mental health professionals who introduce revolutionary new discoveries that help identify, prevent, and heal trauma in children.

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Material Title: **Treating Explosive Kids: The Collaborative Problem-Solving Approach**  
Author: Ross W. Greene and J. Stuart Ablon *Books* 2005 246 pages

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

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Material Title: **Troubled Transplants: Unconventional strategies for helping disturbed foster and adoptive children**  
Author: Richard Delaney *Books* 1997 158 pages

This book provides insights into the negative impact of the disturbed child on the foster or adoptive family and presents practical-if unconventional-treatment strategies for addressing the puzzling, exhausting problems of today's foster and adoptive children.

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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.

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Material Title: **Trying Differently Rather Than Harder**  
Author: Diane Malbin *Books* 1999 70 pages

This booklet is divided into five sections entitled, "What is Fetal Alcohol Syndrome?"; "Reframing Perceptions from 'Won't' to 'Can't'"; "Application" (which helps parents consider how to proceed in light of their "reframed perceptions"); "Examples of Behavioral Characteristics and Effective Adaptations"; and "Comments, Questions and Resources," respectively.

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Material Title: **Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason**  
Author: Alfie Kohn *Books* 2006 272 pages

Kohn questions why parenting literature focuses on compliance and quick fixes, and points out that docility and short-term obedience are not what most parents desire of their children in the long run. He insists that "controlling parents" are actually conveying to their kids that they love them conditionally—that is, only when they achieve or behave. Kohn suggests parents help kids solve problems; provide them with choices; and use reason, humor and, as a last resort, a restorative time away (not a punitive time-out).

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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.

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Material Title: **Understanding Misbehavior: Using Misbehavior as a Guide to Children's and Adolescents' Needs**  
Author: John F. Taylor *Books* 2002 36 pages

Taylor suggests that children misbehave to meet their needs, namely "seeking undue attention and service," "displaying power," "seeking revenge," "avoiding responsibility and participation," or "exploring personal limits (intrapersonal)." This book shows parents or professionals how to identify the goal of the misbehavior and then respond with effective remediation.

# Discipline

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

Author: DVD *DVDs* 1997 34 min

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

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Material Title: **When the Chips Are Down: Strategies for Improving Children's Behavior (VHS)**

Author: Video *Videotapes* 1997 62 minutes

Richard Lavoie, addressing an audience of parents and teachers at Georgetown University, offers his philosophies and techniques for working positively with children and setting standards they will follow in school and home settings. The video comes with a booklet that summarizes his points.

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\*English SDH subtitles available

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Material Title: **Why Can't My Child Behave? Why Can't She Cope? Why Can't He Learn?**

Author: Jane Hersey *Books* 1996 380 pages

Written by a family physician, this book tackles child behavior (and misbehavior) through the perspective of diet and nutrition. It shows how certain foods and chemicals in foods affect your child's behavior and offers sound advice on creating a more wholesome diet, and thus a more balanced child. This book will show what you can do to help your child and yourself – today!