

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.

Mental Health Issues

Material Title: **Adolescent Suicide: A School-Based Approach to Assessment and Intervention**
 Author: William Kirk and George M. Batsche *Books* 1997 175 pages

This book provides the information required to accurately identify potentially suicidal adolescents and provides the skills necessary for appropriate and effective intervention.

Material Title: **Adoption Resources for Mental Health Professionals**
 Author: Pamela Grabe *Books* 1990 348 pages

This revised edition is a valuable resource for professionals who find their diagnoses, assessment, and counseling of foster children misleading because they employ criteria based on experiences of non-adoptive children. The 23 contributors include professionals with extensive teaching and practical experience in the field.

Material Title: **An Activity-Based Approach to Developing Young Children's Social Emotional Competence**
 Author: Jane Squires and Diane Bricker *Books* 2007 ges + 1 CD

From the creators of ASQ and ASQ:SE, this practical guidebook gives non-mental health professionals exactly what they need: a ready-to-use, start-to-finish linked system for identifying concerns and improving young children's social-emotional health. This book walks readers through the five-step intervention process called Activity-Based Intervention: Social Emotional (ABI:SE).

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-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: **Beneath the Mask: Understanding Adopted Teens**
 Author: Debbie Riley and John Meeks *Books* 2005 207 pages

This book offers parents and professionals a wealth of case histories; and treatment resources and therapy tools. Parents will discover the 6 most common adoption "stuck-spots;" a deeper understanding of identity, abandonment, grief and loss, and relinquishment issues - and how they affect personal and family development; and how therapy may help the adoptive family learn and grow together.

Material Title: **Beneath the Mask: Understanding Adopted Teens (CD)**
 Author: Debbie Riley *CDs* 2007 90 minutes

NACAC Conference presenter Debbie Riley addresses complexities of adolescence for the adopted teen – identity, abandonment, grief and loss, relinquishment – and how adolescence affects personal and family development. Discover six common adoption "stuck-spots," a step-by-step assessment on adoption, clinical intervention strategies, and therapy tools.

Material Title: **Beyond Healing: The Path to Personal Contentment After Trauma**
 Author: David Ziegler *Books* 2009 260

Many individuals have had their dreams and hopes in life shattered by physical or emotional trauma. While healing is critically important, this work explores ways of moving beyond healing in order to experience a truly fulfilling life. It takes a close, critical look at many of our beliefs about human limitations and offers an undeniable message of hope - hope for those individuals who have paid such a high price for past abuse and trauma, and hope for our future and the possibility of reaching both our individual and collective human potential. Beyond Healing is an invaluable guide to anyone who has personally experienced trauma or is attempting to help someone else who has.

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Material Title: **Bipolar Child, The: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder**

Author: Demetri Papolos *Books* 1999 369 pages

This book balances scientific and clinical knowledge with moving personal accounts of experiences of real families. It is a well-organized, practical and authoritative book that will answer parents' tremendous number of questions and help them find hope.

Material Title: **Body Keeps the Score, The**

Author: Van Der Kolk Bessel *Books* 2015 464 pages

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

Material Title: **Bright Futures in Preventative Mental Health (2 DVDs)**

Author: DVD *DVDs* 2007 *irs. 35 min.*

Part 1: Provides an overview of the Bright Futures for Children and Youth in Foster Care. The presenters discuss ways to promote mental health in children and prevent mental illness.

Part 2: Mickey Kander provides a general overview of common mental health diagnosis for children in foster care.

Part 3: A panel of professionals, including a school psychologist, child welfare supervisor, school nurse and Puget Sound ESD Safe Schools, Healthy Student program answers foster parents' questions regarding the mental health issues of the children in their care. The panel is facilitated by Mickey Kander.

Part 4: Tree House: Educational Advocacy for Special Education and 504 Plans. Barbara Hollbrook provides an overview of the curriculum and answers audience members' questions.

**This DVD set is a curriculum developed by the University of Washington to address the mental health of children in care and includes a CD-ROM with handout materials.

Material Title: **Carrie Fisher: Her Battle With BIPOLAR DISORDER**

Author: Psychology Today *Journals/Newsletters* December 2011 5 pages

A cover story on Bipolar Disorder.

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: **DC:0-3 Casebook : A Guide to the Use of Zero to Three's "Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood" in Assessment and Treatment Planning**

Author: Alicia Lieberman, Serena Wieder, and Emily Fenichel *Books* 1997 393 pages

Helps professionals from various disciplines to put DC:0-3's diagnostic system into practice. Twenty-four detailed case reports, documenting work with children, ages 6 months to 4-1/2 years, and their families, show how highly experienced practitioners from a range of disciplines use Zero to Three's DC:0-3.

Material Title: **Diagnosis and Treatment of Feeding Disorders in Infants, Toddlers, and Young Children**

Author: Irene Chatoor, MD *Books* 2009 141 pages

Delays in development, as well as in growth, can occur when a feeding disorder arises. Irene Chatoor, MD, a world-renowned specialist in feeding disorders at Children's National Medical Center in Washington, DC, offers clinical guidelines for comprehensive diagnosis and treatment of feeding disorders in infants and toddlers. Grounded in the latest research and contemporary practice, the author discusses the consequences of early feeding problems and reviews relevant terminology, etiological factors, and how to distinguish serious feeding disorders from transient and milder feeding difficulties. The book also includes Parent Information Outlines about the feeding disorders.

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Material Title: **Diagnostic Conundrums (2 CDs)**

Author: John Sobraske

CDs

8/6/2011

2 hours

Presented by John Sobraske, adoption psychotherapist, New York at the 37th NACAC Conference 2011 in Denver, Colorado. Rather than describing specific diagnoses, this session looks at the issue of diagnosis in general. The speaker will cover the use and misuse of labels, such as bipolar and reactive attachment disorder, and the need to understand how various influences interact (like developmental delays, identity issues, and chemical exposure in utero) and to determine, in individual cases, which factors are salient and which are not. Finally, the session will help parents become expert advocates who maintain a whole picture of their child and resist diagnostic fragmentation by specialists.

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.

Material Title: **Don't Hit My Mommy! A Manual for Child-Parent Psychotherapy With Young Witnesses of Family Violence**

Author: Alicia F. Lieberman and Patricia Van Horn

Books

2005

146 pages

This practical handbook offers treatment guidelines to address the behavioral and mental health problems of young children whose most intimate relationships are disrupted by the experience of violence. Practitioners from a variety of disciplines will gain an understanding of the impact of violence and will discover concrete intervention strategies to address the consequences of this experience for young children.

Material Title: **Early Childhood Mental Health Consultation**

Author: Elena Cohen and Roxane Kaufmann

Books

April 2000

44 pages

This monograph builds upon a two-day roundtable meeting that was funded by the Special Program Development Branch, Center for Mental Health Services, Substance Abuse and Mental Health Services Administration. The meeting brought together key stakeholders from the early education and child care fields with family members, mental health practitioners and administrators, and federal, state, and community agency representatives to share their state-of-the-art thinking on promoting healthy development among infants, toddlers, and preschool-age children, in early childhood settings through mental health consultation. The monograph describes an early childhood mental health perspective, defines types of mental health consultation, and provides examples of the essential features of consultation, including challenges and strategies in the consulting process. A vignette illustrates the nuances of the process, and descriptions of programs implementing early childhood mental health consultation are included.

Material Title: **Empowering Children to Cope With Difficulty and Build Muscles for Mental Health**

Author: Eric Dlugokinski

Books

1997

216 pages

Providing a conceptual understanding and practical suggestions for educating children in skills that can promote their mental health, this text presents principles for effective delivery of suggested intervention techniques. Chapters in the first section of the text focus on helping children to deal with problem situations. The second section provides information to promote emotionally healthy children, including a knowledge of self, a respect for self and others, healthy habit strength, and a balance between work and play. Suggestions are also provided for enhancing intervention efforts and principles proven effective in mental health education.

Material Title: **Family Dynamics in Individual Psychotherapy**

Author: Ellen F. Wachtel

Books

1986

243 pages

Addressed to clinicians who do insight-oriented therapy, to family therapists who wish to work with individuals, and to students in these fields, this volume presents specific family systems methods that can be adapted to more traditional psychotherapy, and a theoretical perspective that reconciles family systems approaches with individual psychodynamics.

Material Title: **Family Influences on Childhood Behavior and Development: Evidence-Based Prevention and Treatment Approaches**

Author: Thomas Gullotta and Gary M. Blau

Books

2008

327 pages

This collection of 13 essays intended for clinicians examines factors associated with families in distress and factors that promote healthy coping skills and resilience. The first 5 chapters explore what family means today, circumstances that can make family life challenging or painful, and how prevention and treatment approaches can help. The next 8 chapters focus on potentially distressing events, including adoption, divorce, stepfamilies, lesbian and gay families, foster care, parents with mental illnesses, physical abuse, and sexual abuse.

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Material Title: **Feelings Book: The Care & Keeping of your Emotions, The**
Author: Lynda Madison *Children's Books* 2013 104 pages

This invaluable companion to *The Care & Keeping of You* received its own fresh update! The *Feelings Book* will help you understand your emotions, and deal with them in positive ways. You'll get tips on how to express your feelings and stay in control, plus get sensitive advice on handling fear, anxiety, jealousy, and grief. Learn how to stay in the driver's seat of your own emotions!

Material Title: **Fire-Setting: Foster Parent College (DVD)**
Author: DVD *DVDs* 2003 2 Hrs

In this DVD course, Rick Delaney gives parents a clear understanding of four types of fire-setting problems with children – silent but deadly, impulsive, disturbed, and accidental or curious – and presents some unique and effective ways parents can respond.

Material Title: **Foster Care Therapist Handbook**
Author: Robert E. Lee and Jason B. Whiting *Books* 2008 480 pages

Divided into three parts, "The Culture and Environment of Foster Care," "Family Therapy Approaches," and "Important 'Other' Issues," this book, through 21 essays by experts in the field, focuses on the "relational therapy approach" which considers the whole relational environment for each child and endeavors to get all parts of it to work together for the child's sake.

Material Title: **Freeing Your Child from Anxiety**
Author: Tamar E. Chansky *Books* 2004 298 pages

This book offers practical solutions to overcome your child's fears, worries, and phobias. It examines all manifestations of childhood fears, including social anxiety disorder, Tourette's syndrome, hair-pulling, and obsessive-compulsive disorder. It guides you through a program to help your child back to emotional safety.

Material Title: **Functional Emotional Assessment Scale (FEAS) for Infancy and Early Childhood, The: Clinical and Research Applications**
Author: Stanley I. Greenspan, Georgia DeGangi, and Serena Wieder *Books* 2001 427 pages

The Functional Emotional Assessment Scale by Stanley Greenspan, Georgia DeGangi, & Serena Wieder enables clinicians, educators, and researchers to observe and measure emotional and social functioning in infants, young children, and their families. Historically, the complexity of emotional functioning has been difficult to measure and assess. The FEAS meets this longstanding need of the field. The FEAS conceptualizes, operationalizes, and measures in a reliable and valid manner.

Material Title: **Handbook of Infant, Toddler, and Preschool Mental Health Assessment**
Author: Rebecca Del Carmen-Wiggins and Alice Carter *Books* 2004 538 pages

This book brings together, for the first time, leading clinical researchers to provide empirically based recommendations for assessment of social-emotional and behavior problems and disorders in the earliest years. Each author presents state-of-the-art information on scientifically valid, developmentally based clinical assessments and makes recommendations based on the integration of developmental theory, empirical findings, and clinical experience. The editors of this exciting new work have assembled an extraordinary collection of chapters that thoroughly discuss the conceptualizations of dysfunction in infants and young children, current and new diagnostic criteria, and such specific disorders as sensory modulation dysfunction, sleep disorders, eating and feeding disorders, autistic spectrum disorders, anxiety disorders, posttraumatic stress disorder, and ADHD. Chapters further highlight the importance of incorporating contextual factors such as parent-child relationship functioning and cultural background into the assessment process to increase the validity of findings.

Given the comprehensiveness of this groundbreaking volume in reviewing conceptual, methodological, and research advances on early identification, diagnosis, and clinical assessment of disorders in this young age group, it will be an ideal resource for teachers, researchers, and a wide variety of clinicians including child psychologists, child psychiatrists, early intervention providers, early special educators, social workers, family physicians, and pediatricians.

Material Title: **Handbook of Training and Practice in Infant and Preschool Mental Health, The**
Author: Karen Moran Finello *Books* 2005 512 pages

This comprehensive and highly useful guide offers students and practicing clinicians who work with infant and preschool populations a much-needed resource for developing and honing their professional skills and clinical experiences. The book contains vital information about general training issues and highlights the skills that are needed to be considered a competent professional. Written by top experts in the field from a wide range of disciplines, the authors address basic areas of training and practice with very young children, including observation, assessment, diagnosis, dyadic therapy, and reflective supervision, in addition to unique areas of clinical work such as reunification and adoption evaluations. The book also offers examples of innovative models of training and practice for the delivery of services in nontraditional settings such as homes, day care centers, and preschools, and special strategies for delivering clinical services and providing supervision in rural and remote settings, including the use of technology.

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

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

Material Title: **Infant Mental Health Services: Supporting Competencies/Reducing Risks**
Author: Deborah Weatherston and Betty Tableman *Books* 2002 317 pages

This book is a manual for infant mental health service specialists. Chapters include: Identification, Referral and Enrollment, Arrangements for Services, Assessment and Service Planning, Intervention Strategies, Termination or Transfer of Services, Special Circumstances, Issues of the Mental Health Specialist, Administrators and Organizations.

Material Title: **Interpersonal Psychotherapy for Depressed Adolescents**
Author: Laura Mufson *Books* 218 pages

Fully revised and expanded, the second edition of this popular treatment manual incorporates a decade's worth of scientific and practical advances. Provided are step-by-step guidelines for conducting the authors' evidence-based brief intervention, together with up-to-date information on conceptual and empirical underpinnings. Readers learn how to educate adolescents and their families about depression, work with associated relationship difficulties, and help clients manage their symptoms while developing more effective communication and interpersonal problem-solving skills. Invaluable advice is also given on handling the many challenges and crises that may arise in work with teens. Including many additional clinical vignettes and more detailed instructions throughout, the second edition features two new chapters elucidating specific therapeutic techniques and presenting an extended case example. Helpful session checklists and sample assessment tools are provided in the appendices.

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

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

Material Title: **Managing Multiple Diagnoses: Strategies to Differentiate, Identify, and Intervene Effectively (2 CDs)**
Author: CD *CDs* 2008 90 minutes

Parents and professionals frequently find themselves perplexed by the number of diagnoses their children have. How do we treat each one, what is primary? What about FASD/RAD? What do we do with a depressed child who is oppositional? This workshop, recorded at the 2008 NACAC Conference in Ottawa, offers a basic understanding of how these labels are viewed, medicated, and managed from a practical perspective.

Material Title: **Mental Health Challenge of Special Needs Adoption, The: A Resource Book for Professionals Working with Adoptive Families**
Author: Children's Psychiatric Day Treatment Center, Orego *Books* 1987 111 pages

This 1987 collection of studies related to post adoption mental health services is intended to aid therapists, counselors, psychiatrists, psychologists and social workers in understanding the differences in children who have experienced adoption.

Material Title: **Mental Health Law in Oregon**
Author: Disability Rights Oregon *Information Packets* 2012 71 pages

This guide was written to provide information about the rights and protections that individuals with mental illness have under the law in Oregon, and includes citations to Oregon Revised Statutes (ORS) and Oregon Administrative Rules (OAR).

Material Title: **Microscope with a Wide-Angle Lens, The: A Complete Look at Your Adopted Child Using a Bio-Psycho-Social Model (2 CDs)**
Author: James Kagan and Richard Delaney *CDs* 852011 28 minutes

Presented by James Kagan, pediatrician/psychiatrist, Colorado and Richard Delaney of Hawaii Behavioral Health, Texas at the 37th NACAC Conference 2011 in Denver, Colorado. This workshop will address how the bio-psycho-social assessment of troubled adopted children and youth permits adoptive parents to be better advocates, more informed treatment team members in working with helping professionals, and more knowledgeable observers and caregivers of their children.

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Material Title: **Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time, The (The Instant Help Solutions Series)**

Author: Dzung X. Vo MD FAAP *Books* 2015 248 pages

The Mindful Teen offers a unique program based in mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT) to help you deal with stress. The simple, practical, and easy-to-remember tips in this book can be used every day to help you handle any difficult situation more effectively—whether it's taking a test at school, having a disagreement with your parents, or a problem you are having with friends.

Material Title: **Mindsight: The New Science of Personal Transformation**

Author: Daniel J. Siegel, MD *Books* 2010 261 pages

From anxiety to depression and feelings of shame and inadequacy, from mood swings to addictions, OCD, and traumatic memories, most of us have a mental "trap" that causes recurring conflict in our lives and relationships. Daniel J. Siegel, M.D., a clinical professor of psychiatry at the UCLA School of Medicine and co-director of the UCLA Mindful Awareness Research Center, shows us how to use mindsight to escape these traps. Through his synthesis of a broad range of scientific research with applications to everyday life, Dr. Siegel has developed novel approaches that have helped hundreds of patients free themselves from obstacles blocking their happiness. By cultivating mindsight, all of us can effect positive, lasting changes in our brains—and our lives.

Material Title: **Model Post Adoption Service Programs (2 CDs)**

Author: NACAC Conference 2006 CD *CDs* 2006 3 hours

Panelists representing four states with effective post-adoption programs discuss the services they offer families. Each program model will be discussed, including successes, challenges and lessons learned. The presenters will also explore adoptive families' needs and which services have the most value for families.

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: **Neurobehavioral and Social-Emotional Development of Infants and Children, The**

Author: Ed Tronick *Books* 2007 571 pages

Tronick has gathered together his most influential writings in a single, essential volume. Organized into five parts—(I) Neurobehavior, (II) Culture, (III) Infant Social-Emotional Interaction, (IV) Perturbations: Natural and Experimental, and (V) Dyadic Expansion of Consciousness and Meaning Making—this book represents his major ideas and studies regarding infant-adult interactions, developmental processes, and mutual regulation.

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: **Neurochemistry of Fear, The (2 DVDs)**

Author: TCU Institute of Child Development *DVDs* 2008 20 minutes

The fundamental goal of this seminar is to empower parents and professionals to become healers in the lives of at-risk children and to discuss interventions developed through our work with families of at-risk children. Tragically, children who have been harmed, neglected, and/or abused are at significantly increased risk for behavioral disorders, relationship failures, and early onset mental illness. In this 2-disc DVD, developmental psychologist and Director of the TCU Institute of Child Development, Dr. Karyn Purvis, presents specific skills and insights garnered from research with at-risk children on how to disarm fear responses that drive their aberrant behavior. Dr. Purvis explains concepts to help caregivers and parents understand a child's brain chemistry and how neurotransmitter testing can be used to enhance therapeutic approaches.

Material Title: **New Hope for Children and Teens with Bipolar Disorder**

Author: Boris Birmaher *Books* 2004 290 pages

This guidebook for parents addresses such areas as assessment, causes, biological treatments, psychological treatments, coexisting psychological disorders, recognizing and responding to suicidal behavior, managing your child's behavior problems, solving your child's academic problems, and handling health insurance.

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Material Title: **One Small Boat: The Story of a Little Girl, Lost Then Found**
Author: Kathy Harrison *Books* 2006 224 pages

From the author of Another Place at the Table, this book focuses on five-year-old Daisy, one of the numerous children the Harrisons have taken in over the years. It is a story of real people, warts and all, who struggle to bring a safe haven to children who have endured extraordinary hardships and of the realities of the systems in place to protect them.

Material Title: **Pediatric Disorders of Regulation in Affect and Behavior: A Therapist's Guide to Assessment and Treatment**
Author: Georgia DeGangi *Books* 2000 334 pages

This book, designed for mental health professionals and occupational therapists working with infants and children, describes in detail, specific treatment approaches for problems of mood regulation, sensory processing, attention, sleep, feeding, and play and social interactions. Comprehensive case presentations are included in each chapter to demonstrate this innovative and integrated treatment approach.

Material Title: **Pediatric Disorders of Regulation in Affect and Behavior: A Therapist's Guide to Assessment and Treatment**
Author: Georgia DeGangi *Books* 2000 371 pages

This book represents state of the art coverage of the latest theory, research and treatment strategies for infants and children with problems of regulation. Designed for mental health professionals and occupational therapists working with infants and children, this comprehensive book provides the most recent advances in addressing disorders of self-regulation. Screening and assessment procedures are described in detail to help the reader evaluate self-regulation, attention, sensory processing, and parent-child interactions in infants and children. This book is the first of its kind to integrate treatment approaches from the fields of infant/child mental health and sensory integration.

Material Title: **Play in Family Therapy**
Author: Eliana Gil *Books* 1994 209 pages

Part one of this book for therapists is entitled "The History of and Rationale for Family Play Therapy." Part Two is entitled, "The application of Play Therapy Techniques and Clinical Examples," and it includes chapters on puppet interviews, family art therapy, story-telling techniques, and additional play techniques.

Material Title: **Promoting Successful Adoptions: Practice With Troubled Families**
Author: Susan Livingston Smith and Jeanne Howard *Books* 1999 254 pages

This book, written for social workers and other professionals, focuses on adoptive families after finalization. The authors incorporate the findings of their own unique research project on troubled adoptive families with other empirical research, theory, and practice knowledge. Using case examples, detailed case histories, and various practice strategies, the authors offer a clear and well-documented overview of the topic.

Material Title: **PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma, The**
Author: Libbi Palmer *Books* 2012 160 pages

If you have traumatic memories from an extremely upsetting, stressful, or painful experience in your life, you are not alone. In fact, many young people have been exposed to traumatic events. As a result, you might have lingering flashbacks, trouble sleeping, or a constant feeling that you are in danger. These are common symptoms of post-traumatic stress disorder (PTSD).

Material Title: **Raising a Moody Child: How to Cope with Depression and Bipolar Disorder**
Author: Mary Fristad and Jill Arnold *Books* 2003 246 pages

Bipolar illness and depression can derail a child's normal development at any age. With sage advice to parents (and kids) that "it's not your fault, but it's your challenge," the authors provide a roadmap and a toolkit of strategies for families facing these complicated, heritable, and treatable medical disorders.

Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 1 (DVD)**
Author: DVD *DVDs* 2010 *irs. 30 min.*

Disk 1 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "Turbulence and Instrument Calibration: Early Childhood Mental Health & Development in Adoption," presented by Kristie Baber, MSW, LICSW; "Sleep and Adoption" presented by Julian Davies, MD.

Material Title: **Raising Your Spirited Child**
Author: Mary Kurcinka *Books* 1991

Spirited kids are, in fact, simply "more"--by temperament, they are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. Distinguished here from hyperactive children, Mary Sheedy Kurcinka offers parents emotional support and proven strategies for handling their spirited child.

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Material Title: **Residential Treatment: A Tapestry of Many Therapies**
Author: Vera Fahlberg *Books* 1990 304 pages

This book clearly identifies a framework for professionals and parents considering any residential placement for a child whether the child is with his birth family, foster family, or adoptive family.

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: **Therapeutic Communication With Children: The Mutual Storytelling Technique**
Author: Richard Gardner *Books* 1971 970 pages

Learn the techniques to use in storytelling to do therapy with children. Meticulous examples and research in working with children.

Material Title: **Therapeutic Communication: Knowing What to Say When**
Author: Paul Wachtel *Books* 1993 292 pages

This textbook for psychologists, therapists and counselors examines what therapists can say at specific moments to contribute to the process of healing and change. It shows why some communication in therapy may be particularly effective, while others addressing essentially the same content may actually be countertherapeutic.

Material Title: **Therapeutic Metaphors for Children and the Child Within**
Author: Joyce Mills *Books* 1986 261 pages

For clinicians, presents a method of applying Erikson's metaphoric interpersonal technique for child therapy. Incorporates theory, technique, and examples to give the reader a full sense of the 'second generation' Eriksonian method of therapy with children of all ages.

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: **Treating Traumatized Children: New Insights and Creative Interventions**
Author: Beverly James *Books* 1989 223 pages

This book offers innovative, insightful, and compassionate approaches to helping children work through their traumatic experiences regardless of the nature of the event.

Material Title: **Treating Troubled Children and Their Families**
Author: Ellen F. Wachtel *Books* 1994 282 pages

Drawing on clinical insights from family systems thinking, psychodynamic play therapy, and cognitive-behavioral perspectives, this work presents an innovative approach to therapeutic work with young children and their families. This book is aimed at clinical and family therapists.

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.

Material Title: **Ups and Downs of Raising a Bipolar Child, The: A Survival Guide for Parents**
Author: Judith & Candida Lederman & Fink *Books* 2003 320 pages

Bipolar disorder has recently been identified as one of the most misunderstood and underdiagnosed conditions affecting children -- and it is dramatically on the rise. The Ups and Downs of Raising a Bipolar Child gives parents the sound advice and expert information they need to cope with this challenging diagnosis, and shows how to provide essential care and support for a bipolar child as well as for the rest of the family.

Mental Health Issues

Material Title: **Using Self Psychology in Child Psychotherapy: The Restoration of the Child**

Author: Jule Miller *Books* 1996 358 pages

Emphasizing the fragility of the developing self and the need for empathic parenting figures, Dr. Miller extends the psychodynamic theories of Heinz Kohut to child psychotherapy. Miller describes the powerful creative forces that push toward healthy self-development and brings Kohut's theory of the self to the treatment of children and adolescents, enabling parents and therapists to apply healing to the child's "self" while it is still in the process of forming.

Material Title: **Visiting Feelings**

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

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

Material Title: **What's Going on in There? How the Brain and Mind Develop in the First Five Years of Life**

Author: Lise Eliot, Ph.D. *Books* 1999 533 pages

Drawing upon the exploding research in this field as well as the stories of real children, *What's Going On in There?* is a lively and thought-provoking book that charts the brain's development from conception through the critical first five years. In examining the many factors that play crucial roles in that process, *What's Going On in There?* explores the evolution of the senses, motor skills, social and emotional behaviors, and mental functions such as attention, language, memory, reasoning, and intelligence.

Material Title: **Why Isn't Johnny Crying? Coping with Depression in Children**

Author: Donald H. Jr. McKnew *Books* 1983 167 pages

The authors have identified and classified the problems associated with depression in young people and have outlined approaches to help treat and relieve even hopeless feelings.

Material Title: **Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents**

Author: Violet Oaklander, Ph.D. *Professional Materials* 1979 324 pages

With over 300 pages of methods, materials, techniques for working with children and adolescents, transcripts, case examples and discussion, this book more than fills a void in the child therapy literature. Counselors and therapists, in schools, mental health centers and private practice embrace this book.