

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.

## Respite Care

Material Title: **Adoption: Making it Last (DVD)**

Author: U.S. Department of Health and Human Services *DVDs* 16 minutes

This DVD provides a realistic look at frustrations and exhaustion adoptive parents frequently experience. It addresses grief and loss, attachment, anger, aggressiveness, and out-of-control behaviors, emphasizing the need for school advocacy, medical referrals, crisis intervention, support groups, respite care, and therapy by adoption-savvy professionals. It validates kids' feelings of anger and confusion over their situations, gives permission to continue to love one's birth family, and reinforces the idea that making the adoption last is the responsibility of all family members.

Material Title: **Adoption: Making It Last (VHS)**

Author: U.S. Department of Health and Human Services *Videotapes* 16 minutes

This video provides a realistic look at frustrations and exhaustion adoptive parents frequently experience. It addresses grief and loss, attachment, anger, aggressiveness, and out-of-control behaviors, emphasizing the need for school advocacy, medical referrals, crisis intervention, support groups, respite care, and therapy by adoption-savvy professionals. It validates kids' feelings of anger and confusion over their situations, gives permission to continue to love one's birth family, and reinforces the idea that making the adoption last is the responsibility of all family members.

Material Title: **Beautiful: A Poetic Celebration of Displaced Children**

Author: Jaiya John *Books* 2014 192 pages

The many fictional voices of displaced children in Beautiful are inspired by youth Jaiya John has worked with over a lifetime. This second edition contains 8 NEW POEMS. Beautiful is much more than a source of inspiration. Its words reveal the majesty and vulnerability of all children. Beautiful is an empowerment anthem for youth, a resource for those who love, care for, and work with these purposeful souls. Child light shines through these pages, asserting the demand of our young for their dignity, while portraying their limitless power to heal, grow, and flourish. A poetic companion to Jaiya John's Reflection Pond, Beautiful is the kind of treasure we polish repeatedly, its truth seeping into our compassion. Struggle and triumph. Solitude and belonging. A journey of sunflowers toward the sun of selfhood. In these pages we find Beauty born.

Material Title: **Daily Relaxer, The**

Author: Matthew McKay *Books* 1997 113 pages

This book, designed to help people deal with the stress in their lives, is divided into five parts: Relax Your Body, Calm Your Mind, Refresh Your Spirit, Relieve Your Worry, and Improve Your Mind. Each part is comprised of seven to ten tension-relieving exercises that you can learn in five minutes and practice right away. Audiotapes to accompany each of the five parts, to be borrowed separately (See Audiotapes under Daily Relaxer).

Material Title: **Daily Relaxer: Calm Your Mind (Audiotape)**

Author: Matthew McKay *Audiotapes* 1997 23 minutes

From the book, The Daily Relaxer (see Books): This tape offers four techniques for turning attention inward, finding a calm center, and surrendering anxious thoughts to moments of peaceful reflection.

Material Title: **Daily Relaxer: Improve Your Mood (Audiotape)**

Author: Matthew McKay *Audiotapes* 1997 24 minutes

From the book, The Daily Relaxer (see Books): This tape offers four techniques for healing sadness, recalling sources of nourishment and pleasure, and connecting with times in the past when you felt calm and confident.

Material Title: **Daily Relaxer: Refresh Your Spirit (Audiotape)**

Author: Matthew McKay *Audiotapes* 1997 23 minutes

From the book, The Daily Relaxer (see Books): This tape offers four techniques for focusing attention inward, imagining a peaceful natural setting, and listening to a nourishing inner voice.

Material Title: **Dare to Love Yourself: Music, Meditations and Affirmations for Emotional Wellness (CD)**

Author: Heather T. Forbes, LCSW *CDs* 2010 15 minutes

This 2-part CD set is designed to be your resource for finding peace and happiness in your life. This unique resource will help you move from a place of pain, frustration, and overwhelm to happiness, harmony, and joy. Included are meditations to help distance yourself from negative emotions, affirmations to move you to the next level of thinking positively and an all new soundtrack created specifically to enhance your experience and healing.

# Respite Care

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Material Title: **DV2000: Relaxation Exercises (Audiotape)**

Author: David Wexler *Audiotapes* 1999 27 minutes

Divided into three portions: "The Quieting Reflex"; "The Brief Quieting Reflex"; and "The Anger Ladder", these relaxation exercises are designed to help men deal with the powerful issues with which they are struggling.

Can be used with the book "Domestic Violence 2000: An Integrated Skills Program for Men".

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Material Title: **DV2000: Relaxation Exercises (CD)**

Author: David Wexler *CD-ROMs* 1999 27 minutes

Divided into three portions: "The Quieting Reflex"; "The Brief Quieting Reflex"; and "The Anger Ladder", these relaxation exercises are designed to help men deal with the powerful issues with which they are struggling. Can be used with the book "Domestic Violence 2000: An Integrated Skills Program for Men".

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Material Title: **Finding Inner Peace when Coping with Special Needs and Difficult Children (CD)**

Author: NACAC Conference 2006 CD *CDs* 2006 90 minutes

Transform chaos into calm by taking care of yourself while coping with difficult and special needs children. Learn ancient principals of mindfulness (how to live in the moment) and how to find peace, even in the face of a screaming child and other turmoil. This workshop is based on A Cry for Light: A Journey into Love, a book about a mother who finds inner peace while seeking help for her emotionally disturbed adopted son.

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Material Title: **Fresh Peace: Daily Blossoming of the Soul - Inspriations**

Author: Jaiya John *Books* 2015 205 pages

Imagine if your every breath filled your soul with undeniable, blissful Peace? Jaiya John, who has shared his deeply resonant messages with hundreds of thousands worldwide, gathers these heart-stirring inspirations, stories, and healing words for those who cherish and yearn for a lasting inner Peace. Stroll through this garden of Sacredness and feel your soul awoken to its own true and flowering fragrance: the unmistakable perfume of Peace. Renew. Refresh. Rediscover the essence of your life.

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Material Title: **Handling Those Dragons in Our Lives: How to Keep Stress from Managing Us (CD)**

Author: Maris Blechner *CDs* 2012 66 minutes

NACAC Conference presenter, Maris Blechner, a long-term successful manager of stress, at home and in the office, looks at how caring and over-stressed people like us can leash those fire-breathing dragons in our lives, and keep them in their place. She shares some theory and lots of practical hints and advice to use in our own lives.

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Material Title: **Instant Calm: Over 100 Easy-To-Use Techniques for Relaxing Mind and Body**

Author: Paul Wilson *Books* 1995 318 pages

Instant Calm is the busy person's guide to finding peace and contentment in a restless world. These shortcuts to calm, are written in entertaining, easy-to-follow language and are gleaned from sources as divergent as ancient civilizations and the discoveries of modern science. The solutions are based on meditation, acupuncture, self-hypnosis, psychotherapy, aromatherapy, exercise, diet, and more.

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Material Title: **Legendary: A Tribute to Those Who Honorably Serve Devalued Children**

Author: Jaiya John *Books* 2014 207 pages

Legendary is Jaiya John's celebration of teachers, social service professionals, advocates, caregivers, counselors, mentors, and the like. Those compassionate souls who honorably serve youth devalued by society due to material poverty, heritage, language, family separation; or challenges with learning, behavior, mental health, or physical ability. Here are poetic stories to awaken your spirit, massage your heart, and remind you of the reasons you do this work. Your service touches lives, and miracles are born. Your grace endures forever. Are you experiencing compassionate fatigue, vicarious trauma, burnout, disillusionment, doubt, lack of appreciation and support, lost direction, fear, emptiness? You deserve relief. Legendary is well water drawn from the very soul of your compassionate endeavor, offered back to you in your own yearning voice. Come here and drink to your replenishment. Regain your spark of purpose. Word by word, renew your wholeness, your humanity, and your vital health. Take a dose daily. Soon, you will be breathing freely again, like the first time you answered your sacred calling.

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Material Title: **Power of the Mind, The: Affirmations for Regulation (2 CDs)**

Author: Heather T. Forbes, LCSW *CDs* 2013 37 minutes

The question for every parent, ultimately becomes, "How do I stay regulated amid dysregulation?" We have the answer! Based on the work of Dr. Art Martin, these affirmations are designed to shift you back into a place of love, acceptance, and forgiveness. These two audio CDs include affirmations such as: Affirmations to Reinstalling Love; Affirmations to Reclaim Personal Power; Affirmations for Regulation; Affirmations to Acknowledge Effective Parenting; Affirmations to Release Anger and Yelling Patterns; Affirmations to Release Reaction to Aggression; and Affirmations to Release Reaction to Lying and Stealing. Musical tracks for relaxation complete this set of CDs. Listen to an affirmation or two - or more - daily and begin to live in a state of regulation. Join Heather T. Forbes, LCSW as she talks you through a powerful and insightful discovery of a new reality.

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## Respite Care

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Material Title: **Relaxation and Stress Reduction Workbook, The**

Author: Martha Davis *Books* 2008 360 pages

This book on stress reduction has chapters on everything from diet, exercise, goal setting, and time management, to biofeedback, meditation, autogenics and self-hypnosis. There is certain to be something here for any reader.

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Material Title: **Relaxation Response, The**

Author: Herbert Benson *Books* 1975 179 pages

Dr. Benson offers this path to better health and reduced fatigue, anxiety and stress through a technique that takes ten to twenty minutes twice a day.

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Material Title: **Respite Care for Adoptive Families (VHS)**

Author: Norma Nelson *Videotapes* October 2008 80 minutes

This ORPARC training may be useful to help both adoptive parents and the professionals who work with them think about the value and nature of respite care for families whose children have special needs. It presents practical advice on identifying existing sources of respite and choosing and training respite providers so that the unique needs of both children and parents are met, and a smooth transition for all parties is achieved.

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Material Title: **You: Breathing Easy: Meditation and Breathing Techniques to Relax, Refresh and Revitalize (2 CDs)**

Author: Michael Roizen, Mehmet C. Oz *CDs* 2005 2 hours

On Disc One, you'll learn how your breathing apparatus works and affects your well-being. You'll discover how to identify stressors and reduce their effects. You'll also learn how to improve your sleeping, and why it's so important to your overall health picture. Disc Two is devoted to tools and practices that will enhance your breathing, help you relax, and de-stress your life.