

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.

Trauma/Post Traumatic Stress Disorder (PTSD)

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.

Material Title: **Adoption Parenting: Creating a Toolbox, Building Connections**
 Author: Jean MacLeod and Sheena Macrae *Books* 2006 485 pages

Over 100 contributors have helped to weave this tapestry of advice for adoptive parents. It looks at FASD, trauma and PTSD, sensory integration, speech and language delays, and at ways to effectively parent a post-institutionalized child or a child who has experienced trauma. You may not read it all at once, but you'll come back to it again and again as your child's self-awareness develops and your awareness of how to help increases.

Material Title: **Attachment Dance, The (DVD)**
 Author: TCU Institute of Child Development *DVDs* 2008 16 minutes

The attachment relationship between parents and their children is one of the most cherished experiences of our lives. In the *Attachment Dance*, developmental psychologist and Director of the TCU Institute of Child Development, Dr. Karyn Purvis, explores the attachment experiences of neuro-typical children and children with histories of harm. Dr. Purvis explains how to recognize features of the attachment relationship and teaches parents and caregivers how to explore their own attachment styles and facilitate healing for the children in their care. In this lecture, Dr. Purvis aims to deepen understanding of attachment issues, both theoretically and practically, and provide a solid foundation for parents and their children.

Material Title: **Attachment: How Ours Impacts Their (Audio)**
 Author: Robyn Gobbel *DVDs* 2017 83 minutes

When we offer our children experiences in secure attachment, we provide them an optimal foundation for healthy relationships and mental health. This webinar will clearly explain how attachment is directly related to regulation (and dysregulation) in the nervous system, identify common characteristics of the different attachment patterns- while emphasizing that attachment is so much more than behavior, as well as provide a starting point for how you might begin to shift your own attachment patterns.

Material Title: **Attachment: How Ours Impacts Theirs (Video)**
 Author: Robyn Gobbel *DVDs* 2017 83 minutes

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Material Title: **Baby Owl Lost Her Whoo* (Children's Materials)**
 Author: Cindy R. Lee *Children's Books* 2014 30 pages

Do you have a bossy child at home or a child obsessed with control? Professionals know that children become controlling when they are afraid. Parents who don't know this spend all their energy fighting for control and are left feeling frustrated, angry and confused. *Baby Owl Lost Her Whoo* teaches children WHY they need to let go of control. When left to manage on her own, Baby Owl freezes in the cold, eats only sweets and forgets to brush her beak! A book designed to teach concepts developed by Dr. Karyn Purvis, this story cleverly teaches children that parents are indeed in charge. When children know a safe loving adult is in charge, they can let go of control and spend their time laughing, playing and exploring.

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.

Trauma/Post Traumatic Stress Disorder (PTSD)

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.

Material Title: **Beneath the Mask: For Teen Adoptees: Teen and Young Adults Share Their Stories**

Author: C.A.S.E

Children's Books

2018

95 pages

As a follow up to C.A.S.E. CEO and co-author Debbie Riley's signature book Beneath the Mask: Understanding Adopted Teens, written for clinicians and parents of teens, the C.A.S.E. Team has created this new companion workbook specifically for the teens themselves, featuring personal, heartfelt stories written by teen and young adult adoptees who graciously shared their feelings about their own adoption journeys. Filled with engaging exercises, journaling pages and thought-provoking activities, this workbook offers teen adoptees, their parents and the clinicians who support them a valuable resource.

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!

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

Author: Heather T. Forbes and Bryan Post

Books

2006

109 pages

This book is divided into three parts – "The Principles of a New Understanding;" "Seven Behaviors Based in Fear;" and "Parenting Bonus Section." The middle part devotes a chapter each to "Parents Appear Hostile and Angry;" "Lying;" "Stealing;" "Hoarding and Gorging;" "Aggression;" "Defiance;" and "Lack of Eye Content."

Material Title: **Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Severe Behaviors (Volume 2)**

Author: Heather T. Forbes, LCSW

Books

2008

160 pages

Heather T. Forbes, LCSW, offers families a new view to parenting children with difficult and severe behaviors. As a parent herself who experienced challenging days (and years) following the adoption of her two children, she offers a ground-breaking approach to parenting that shows parents a proven way to develop strong and loving relationships with their children. She bridges the gap between academic research and real life when the rubber hits the road parenting. This book is written in an easy to understand and easy to grasp format for anyone working with or parenting children with difficult or severe behaviors. Each chapter gives specific examples of how to implement her parenting principles, empowering parents to make amazing and permanent changes in their homes. All the examples given throughout these chapters are true stories provided by parents who read and implemented her first book, Volume 1. The book ends with a parenting bonus section where more real-life stories from real-life parents with real-life children are given. These examples range in the spectrum of the ages of the children and a variety of behavioral issues. This book offers hope and healing.

Material Title: **Beyond 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.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Black Baby White Hands: A View from the Crib**

Author: Jaiya John

Books

2002

378 pages

July 15, 1968. It is only three months following the assassination of Martin Luther King, Jr., and the nation is burning. Black and White America are locked in the tense grip of massive change. Into this inferno steps an unsuspecting young White couple. Neither significantly knew even a single African American person while growing up. Now, a child will change all of that forever. In this fateful moment, a Black baby becomes perhaps the first in the history of New Mexico to be adopted by a White family. Here is a brazenly honest glimpse into the mind and heart of that child, a true story for the ages that flows like a soulful river—separated from his mother at birth, placed into foster care, adopted, and finally reunited with his biological family in adulthood—an astounding journey of personal discovery. Jaiya John has opened the floodgates on his own childhood with this piercing memoir. *Black Baby White Hands*, a waterfall of jazz splashing over the rocks of love, pain and the honoring of family. Magically, this book finds a way to sing as it cries, and to exude compassion even as it dispels well-entrenched myths. This story is sure to find itself well worn, stained by tears, and brushed by laughter in the lap of parents, adolescents, educators, students and professionals. Here comes the rain and the sunshine, all at once.

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: **Body Remembers, The: The Psychophysiology of Trauma and Trauma Treatment**

Author: Babette Rothschild

Books

2000

173 pages

A tribute to van der Kolk's view of the "body keeps the score," this book is the first to combine, with consistency, theory, research and practice in enabling the traumatized to have hope, recover their balance, and avoid medical maladies resulting from chronic traumatic stress.

Material Title: **Boy Who Was Raised As a Dog, The: And Other Stories from a Child Psychiatrist's Notebook**

Author: Bruce D. & Maia Szalav Perry

Books

2006

246 pages

Through these accounts of experiences working with traumatized children, child psychiatrist Perry shows readers how early-life stress and violence affects the developing brain. Recovery requires that the patient be "in charge of key aspects of the therapeutic interaction." He says "lasting, caring connections to others" are irreplaceable in healing; medications and therapy alone cannot do the job. "Relationships are the agents of change and the most powerful therapy is human love."

Material Title: **Brain, The: Effects of Childhood Trauma (DVD)**

Author: Bruce Perry

DVDs

2002

29 minutes

Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that actually change neuron response and cognitive pathways. Children who experience on-going high levels of arousal due to trauma will develop systems in their brains that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems for children, adolescents, and adults in learning ability, mood, bonding, and attachment, and in problem-solving.

Material Title: **Brain, The: Effects of Childhood Trauma (VHS)**

Author: Bruce Perry

Videotapes

2002

29 minutes

Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that actually change neuron response and cognitive pathways. Children who experience on-going high levels of arousal due to trauma will develop systems in their brains that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems for children, adolescents, and adults in learning ability, mood, bonding, and attachment, and in problem-solving. ("Understanding Childhood Trauma" Series Part 3.)

Material Title: **Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment**

Author: Daniel & Jonathan Hughes & Baylin

Books

2012

272 pages

In this groundbreaking exploration of the brain mechanisms behind healthy caregiving, attachment specialist Daniel A. Hughes and veteran clinical psychologist Jonathan Baylin guide readers through the intricate web of neuronal processes, hormones, and chemicals that drive—and sometimes thwart—our caregiving impulses, uncovering the mysteries of the parental brain.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Broken Child: Case Studies of Child Abuse (VHS)**

Author: Videotapes 2000 61 minutes

Each year, approximately one in 25 U.S. children is reported as a victim of prenatal substance abuse, criminal neglect, or physical or emotional violence, and child-protection agencies are overwhelmed by the crisis. Filmed on location in Baltimore, Atlanta, Houston, and Seattle, this program narrated by Susan Sarandon examines the cycle of child abuse. Case studies include children with developmental difficulties caused by maternal drug addiction, post-traumatic stress disorder brought on by scenes of extreme violence in the home, and life-threatening injuries from beatings.

NOTE: This video can be disturbing in places.

Material Title: **Building the Bonds of Attachment (DVD)**

Author: Daniel Hughes DVDs 2006 3 hours

This two-disk DVD, from a workshop on the author's method of Dyadic Developmental Psychotherapy is for parents and professionals who live or work with adopted, foster, or biological children with trauma-attachment disorders. He presents techniques for dealing with the child and the behavior and understanding the difference.

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: **Children Changed by Trauma**

Author: Debra Whiting Alexander Books 1999 198 pages

This book is about helping children find meaning and strength. The author boils down complex concepts and jargon-heavy theory into clear and concise methods of working with children who have survived a trauma. Parents, friends, pastors, counselors, teachers, therapists and others stand to benefit from its lucidity.

Material Title: **Child's Own Story, The: Life Story Work with Traumatized Children**

Author: Richard Rose Books 2005 143 pages

A practice-focused guide to life story work, it shows how this effective tool can be used to help young people recover from abuse and make sense of a disrupted upbringing in multiple homes or families. Though some sections apply more to the system in Great Britain, where it was written, it is a resource for social workers, child psychotherapists, residential care staff, long-term foster parents and other professionals working with traumatized children.

Material Title: **Clinical Handbook/Practical Therapist Manual For Assessing and Treating Adults With Post-Traumatic Stress Disorder (PTSD), A**

Author: Donald Meichenbaum Books 1994 600 pages

This comprehensive training manual for mental health professionals presents almost all that is currently known about the assessment and treatment of PTSD. In over 600 pages, Dr. Meichenbaum not only challenges the reader's understanding of PTSD, but presents numerous case studies to enable the reader to understand the subject even further. Over 1500 references.

Material Title: **Complex PTSD in Children (2 VHS)**

Author: Videotapes 2000 24 minutes

Part I, subtitled "Etiology, Assessment, Advocacy" and Part II, subtitled "Therapeutic Interventions," are aimed at an audience of therapists, but most parents raising a child suffering from PTSD will find many useful and enlightening insights in the conversations of six experienced therapists. The discussions of therapeutic techniques might be particularly helpful to parents who are seeking a therapist for their child.

Material Title: **Complex Trauma and PTSD: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald and Heather T. Forbes, LCSW Federici DVDs 2012 47 minutes

Children who are continually under stress during their early years often accumulate layers and layers of emotional injury. Their post trauma behaviors are fear-based, chaotic, and out of reality. In this interview, Dr. Federici explains how and why parents and professionals need to work at the level of the child's development in order to create safety. Healing then happens through a step-by-step develop-mental process with families being the curative agent.

Trauma/Post Traumatic Stress Disorder (PTSD)

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

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

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

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

Material Title: **Creating Felt Safety (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 74 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Material Title: **Creating Felt Safety (Audio-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2017 52 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Material Title: **Creating Felt Safety (Video-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 74 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Material Title: **Creating Felt Safety (Video-Part 2 of 2)**
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Material Title: **Creating Sexual Safety in Adoption and Foster Care (2 CDs)**
Author: NACAC Conference *CDs* 2011 84 minutes

This material is a recording from the NACAC Conference in August 2011. Presented by Wayne Duehn, School of Social Work, University of Texas at Arlington (retired). In this session, workers will develop knowledge and skills to help parents address the needs of adopted children who have been sexually abused. Discover how to enable parents to create a healing milieu to counteract the negative impact of trauma on a child's psychosocial and cognitive development, and to enhance positive self-esteem. Learn how to help adoptive families become the central ingredient in their children's recovery.

Material Title: **Crianza Basada en la Confianza: Cómo crear cambios duraderos en la conducta de su hijo (dos videos DVD)**
Author: TCU Institute of Child Development *DVDs* 2014 4 horas

Esta serie está compuesta en dos videos DVD y ofrece una riqueza de sabiduría acerca de los comportamientos asociados con el trauma. Los doctores Purvis y Cross instruyen a las familias y cuidadores usando experiencias de la vida real para resolver los problemas y muestran unas habilidades y estrategias prácticas al aplicar los principios de la intervención relacional basada en la confianza ("TBRI" por sus siglas en inglés). Los padres en todo el mundo elogian al sistema de TBRI por haberles dado una esperanza en momentos de crisis y soluciones prácticas que pueden beneficiar a la toda la familia. [Original English version of this DVD set is entitled "Trust-Based Parenting: Creating Lasting Changes in Your Child's Behavior" (2 DVDs).]

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Dare to Love: The Art of Merging Science & Love Into Parenting Children with Difficult Behaviors**
Author: Heather T. Forbes, LCSW *Books* 2009 134 pages

Emerging science has helped us to understand children better from a neurological and behavioral standpoint. Yet, all the academic research coupled with the best diagnoses for children can still leave parents feeling completely powerless. In her book, *Dare to Love*, Heather Forbes, LCSW, describes in detail, through a series of questions and answers, how to merge science into everyday parenting. This book gives practical, effective, and loving solutions for any parent struggling with his or her child. It will leave you feeling empowered, hopeful, and excited to be a parent again!

Material Title: **Developing Mind, The: How Relationships and the Brain Interact to Shape Who We Are**
Author: Daniel J. Siegel, M.D. *Books* 1999 337 pages

This book, for clinicians, educators, researchers, and anyone interested in human experience, goes beyond the nature and nurture divisions that have constrained much of our thinking about development. Siegel explores the role of interpersonal relationships in forging key connections in the brain. He presents a new way of thinking about the emergence of the human mind and the process by which each of us becomes a feeling, thinking, remembering individual.

Material Title: **Developmental Disabilities: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 44 minutes

Explore the differences between attachment disorder and developmental disabilities. In this DVD, Dr. Federici explains how a child's development can be altered through traumatic experiences leading to an alteration in the brain that can manifest into psychological, regulatory, social, and learning problems. Trauma goes much deeper than attachment. This discussion will give you a thorough understanding of the entire developmental spectrum for our children.

Material Title: **Domestic Violence and Childhood Trauma (DVD)**
Author: Bruce Perry *DVDs* 2002 29 minutes

This video examines how abused children often become involved later in destructive and problematic adult relationships. In some cases the adult who was abused in childhood becomes a victim again in adult relationships, in other cases they may become the perpetrator of domestic violence. Three personal stories are presented.

Material Title: **Domestic Violence and Childhood Trauma (VHS)**
Author: Bruce Perry *Videotapes* 2002 29 minutes

This video examines how abused children often become involved later in destructive and problematic adult relationships. In some cases the adult who was abused in childhood becomes a victim again in adult relationships, in other cases they may become the perpetrator of domestic violence. Three personal stories are presented. ("Understanding Childhood Trauma" series Part 6)

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: **Education and Trauma: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes *DVDs* 2012 42 minutes

Trauma can have an impact on the brain, compromising a child's focus, memory, and ability to retain, retrieve, and organize information. It can negatively impact a child's memory, speech, language, problem solving skills, and informational processing. In this series, Dr. Federici discusses how to best educate children who may present with typical behavioral or learning issues but need to be addressed from a trauma perspective in order to reach their full learning potential.

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!

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Elephant with Small Ears, The* (Children's Materials)**

Author: Cindy R. Lee, LCSW, LADC *Children's Books* 2016 32 pages

Elly's ears won't grow because she is so scared! Little elephants with small ears can get into all kinds of trouble when they can't hear their parents instructions. Find out how Elly's parents learn to help her feel safe so her ears can grow. The Elephant with Small Ears teaches the concept of "listening and minding" to your child while reminding parents about the importance of connecting with children to help them feel safe. Reading The Elephant with Small Ears with your child will help you and your child understand the importance of how traditional parenting techniques are not effective with children from hard places.

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.

Material Title: **Facilitating Behavioral Change (DVD)**

Author: TCU Institute of Child Development *DVDs* 2008 25 minutes

One of the most commonly asked questions for the staff at the TCU Institute of Child Development is how to deal with "problem behaviors." Tragically, children with history of abuse, neglect, or trauma are more likely to display these behaviors that are driven by fear. In Facilitating Behavioral Change, Dr. Karyn Purvis, a developmental psychologist and Director of the TCU Institute of Child Development, explores the concepts of Connecting and Correcting Principles, key elements in the Trust-Based Relational Intervention (TBRI-SM), the unique approach developed by Dr. Purvis and her team. This lecture provides practical insights and tips on how to use TBRI-SM tactics in real-life situations.

Material Title: **Family, The: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 47 minutes

Children belong in families because families are the curative factor. Dr. Federici explains that for children from traumatic backgrounds, families become the definitive and key element; the family is the treatment for the child. He discusses how a family intervention program, with a holistic and reality-based approach, can be used to reconstruct traumatized children and reintegrate them back into the family system successfully.

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

Author: Irene Wineman-Marcus and Agnes Wohl, LCSW, ACSW *Children's Books* 5/26/18 30

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

Material Title: **First Steps for Strengthening Adoptive Families (DVD)**

Author: DVD *DVDs* 2006 20 minutes.

This DVD can be viewed independently by parents, or as part of a pre-adoptive or post-adoptive curriculum to educate parents, or to educate adoption staff about the important role of attachment, attunement and regulation in strengthening adoptive families. Whether a child was adopted abroad or domestically, early in life or as an older child, recently or several years ago, this DVD can help parents strengthen connections with their adopted child.

Study Guide available. Please request Guide when requesting DVD.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **First Steps for Strengthening Adoptive Families: Tools and Techniques for Meeting the Needs of Your Adopted Child Study Guide**

Author: Melissa and Todd Nichols *Books* 2007 53 pages

The First Steps Study Guide is designed in workbook format and supplements learning from the DVD. The guide contains an outline of the information on the DVD, as well as new information. There's room to take notes while viewing the DVD, and all new exercises not included in the DVD. (description is from publisher at www.familyattachment.com)

Material Title: **Ghosts from the Nursery**

Author: Robin Karr-Morse *Books* 1997 298 pages

This book offers startling new evidence that violent behavior is fundamentally linked to abuse and neglect in the first two years of life. Using case histories of "children who kill," along with the latest in brain development research, the authors show how infancy is the stage during which foundations for trust, empathy, conscience and lifelong learning and thinking are laid down or during which a predisposition to violent behavior is "hardwired" into the brain.

Material Title: **Ghosts from the Nursery: Tracing the Roots of Violence**

Author: Robin Karr-Morse and Meredith S. Wiley *Books* 2013 326 pages

When this book was published in 1997, it was lauded for providing scientific evidence that violence can originate in the womb and become entrenched in a child's brain by preschool. This revised edition continues to shift the conversation among parents and policy makers toward more preventative measures, incorporating significant advances in the field of neurobiological research over the past decade.

Material Title: **Gingerbread Girl, The**

Author: Joanna & Heather Forbes *Children's Books* 2017 59 pages

Full of pizzazz and adventure, The Gingerbread Girl takes children on an explorative journey of emotions, survival challenges, and determination. Written from a trauma perspective, unlike the traditional Gingerbread Boy story, it has a different ending (SPOILER ALERT) that shows how even in the most challenging of situations, you can still remain in a place of personal power and confidence.

The Gingerbread Girl includes an in-depth social/emotional discussion guide written by Heather T. Forbes, LCSW. It is designed to be an example of how any traditional storybook can be used as a social/emotional learning experience for children. When we teach young children how to identify their emotional responses, they become better equipped to handle adversity and develop better self-regulatory skills that will serve them to remain in a place of power and control of their own actions.

Material Title: **Handbook For Treatment of Attachment-Trauma Problems in Children**

Author: Beverly James *Books* 1994 268 pages

An honest and practical guide for parents and professionals to the problems faced by traumatized kids who may never have had a stable, caring relationship in their lives.

Material Title: **Handbook of Social Work in Child and Adolescent Sexual Abuse**

Author: Carolyn Hilarski *Books* 2008 270 pages

This collection of essays for professionals encompasses the spectrum of child and adolescent sexual abuse. It offers practical, up-to-date, and compassionate methods for supporting and treating those immediately affected, and it provides the latest information on assessment, management, prevention, and policy.

Material Title: **Healing Days: A Guide for Kids Who Have Experienced Trauma* (Children's Materials)**

Author: Susan Farber Straus *Children's Books* 2013 32 pages

Healing Days is a sensitive and reassuring story intended for children who have experienced trauma and covers feelings, thoughts, and behaviors that many kids have after a bad and scary thing happens. A useful book to read with a parent or therapist, Healing Days emphasizes that children are not to blame for what happened, and that they can get help and look forward to a happy future. Kids will begin to understand their response to the trauma and learn some strategies for feeling safer, more relaxed, and more confident.

Material Title: **Healing Power of Play, The: Working with Abused Children**

Author: Eliana Gil *Books* 1991 196 pages

This book, for professionals working with abused children, examines Play Therapy and abused children from the perspective of Gil's work with five specific cases. She offers the backgrounds of these cases and describes her work with the children in each example.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Healing Research (DVD)**

Author: TCU Institute of Child Development

DVDs

2007 28 minutes

For decades, scientists have studied how children's brains and behaviors are impacted by prenatal exposure to drugs and alcohol, trauma, abuse, and neglect. In this nearly 90-minute lecture, Dr. Karyn Purvis, developmental psychologist and Director of the TCU Institute of Child Development, reviews a wide range of research that gives insight into developmental deficits that drive many behaviors of at-risk children. Dr. Purvis explains the science in easy-to-understand terms to help parents and caregivers understand how psychological changes in children can be induced by early harm. Dr. Purvis helps parents and caregivers see the "real child" beneath their child's behavior.

There are occasional references to God and quotations from The Bible.

Material Title: **Healing trauma: attachment, mind, body, and brain**

Author: Marion F., Daniel J. Siegel Solomon

Books

2003 357 pages

"Healing Trauma" provides readers with a broad, but detailed, framework in which to understand, evaluate, and treat trauma in the context of recent neurobiological understanding about trauma and traumatic attachments. In this book, Daniel Siegel and Marion Solomon have gathered together the work of the foremost researchers, clinicians, and theoreticians working within this new paradigm of trauma treatment to present a comprehensive discussion of trauma and healing, one that involves biological, developmental, and social components.

Each of the eight chapters in this book provides up-to-date information on the research, clinical practice, and theory of trauma. The first four chapters form a conceptual unit with a focus on the developmental origins of the factors that have been determined to place individuals at risk for suffering long-term sequelae of trauma. Beginning with Daniel Siegel's chapter describing the implications of interpersonal neurobiology for developmental theory, these chapters pay particular attention to the attachment relationship and propose how the nature of that critical bond forms the basis for resilience or vulnerability. In this vein, Erik Hesse, Mary Main, Kelley Yost Abrams, and Anne Rifkin explore the "second generation" effects of trauma while Allan Schore considers the connection between early relational trauma in children and the formation of disorganized attachments. Bessel van der Kolk's chapter considering the current implications of research and theory of PTSD concludes this conceptual unit.

The second four chapters draw upon the resources from developmental research and theory outlined in Chapters 1 through 4, and go on to consider various and complementary approaches to treatment. Francine Shapiro and Lousie Masxfield develop the effective EMDR model of treatment with suboptimal attachment relations. In subsequent chapters, Diana Fosha outlines and provides rich case examples of accelerated experiential-dynamic psychotherapy (AEDP) and Robert Neborsky describes his work with short-term intensive dynamic psychotherapy in which defense mechanisms (often arising from suboptimal attachment) are revealed and reprocessed. Marion Solomon provides the final chapter in which she exhibits a model for couples therapy premised on the repair of disrupted attachment relations at both a neurobiological and social level.

Emerging from the integration of developmental, neurobiological, and social perspectives, "Healing Trauma" provides a collection of essays that will be accessible and valuable to a wide variety of practitioners in the medical and psychological healing professions.

Material Title: **Healthy Touch (DVD)**

Author: TCU Institute of Child Development

DVDs

2008 51 minutes

Touch is a universal language - more dynamic and powerful than any other form of communication. More than an integral part of everyday life; touch is essential to our very existence. The Healthy Touch DVD explores the importance of touch, particularly as a tool for promoting healing and developing deeper connections between parents of children. It features child development experts, Dr. Karyn Purvis and Dr. David Cross, founders of the TCU Institute of Child Development, and renowned researcher, Dr. Tiffany Field, Director of the Touch Research Institute at the University of Miami Miller School of Medicine, among other renowned experts. This nearly 50-minute video also explores research about touch and offers practical ways to add healthy touch in our lives on a daily basis.

Material Title: **Help for Billy**

Author: Heather T. Forbes, LCSW

Books

2012 198 pages

"Help for Billy" is a pragmatic manual to help guide families and educators who are struggling with traumatized children. Based on the concept of the neuroscience of emotions and behavior, Heather Forbes provides detailed, comprehensive, and logical strategies for teachers and parents. This easy to read book, with tables, outlines and lists, clears the way for a better understanding of the true nature regarding traumatic experiences affecting the brain and learning. It is a must read for anyone working with a child in the classroom.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Help for Billy Live: Creating Trauma-Informed Schools (DVD)**

Author: Heather Forbes, LCSW

DVDs

2016 32 minutes

In this 4-disc collection, Heather guides viewers through her trauma-informed model and brings her book, Help For Billy, to life through roleplays, video clips, anecdotes from her years of professional experience, and open Q&A from the audience. Her multi-media presentation along with her light and humorous presentation style makes this DVD not only educational to watch but fun and entertaining.

Heather's trauma-informed approach to meeting the educational needs of our most challenging students (who Heather affectionately refers to the "Billys" of the classroom) will help you understand why students do the things they do from a developmental trauma perspective. Yet more importantly, you will be given the tools you need in order to help the Billys of your school or classroom work through their trauma in a safe, communicative, and caring way so they can reach their full academic potential. This DVD set will restore your hope that there is a way to help your trauma-impacted students. It will also equip and empower you to become your very best when facing the challenges the "Billys" of your classroom present to you on a daily basis.

Material Title: **Helping Children Heal from Trauma: What Parents and Caregivers Need to Know (CD)**

Author: Sue Badeau

CDs

8/5/2011 15 minutes

Presented by Sue Beadeau, Casey Family Programs, Pennsylvania at the 37th NACAC Conference 2011 in Denver, Colorado. Every child entering foster care has experienced some amount of trauma—if nothing else, removal from home and placement into care. Parenting a traumatized child can be challenging and stressful. The better a parent is equipped to cope with the emotional, behavioral, and verbal responses of children and youth to placement in foster care, the greater the child or youth's opportunity to heal. The presenter will engage participants in a discussion of the strengths and challenges of traumatized foster children and will share strategies for helping professionals and parents become more trauma-informed.

Material Title: **Helping Kids Calm: Using the Body and Relationship to Support Regulation (Audio)**

Author: Robyn Gobbel

DVDs

2017 96 minutes

This webinar will focus on supporting regulation in your child both thru your relationship and thru supporting the needs of their body (especially sensory needs or difficulties). While this webinar focuses on parenting children with a history of complex trauma, the topics will apply to parenting any child- especially those who have a sensory processing system.

Material Title: **Helping Kids Calm: Using the Body and Relationship to Support Regulation (Video)**

Author: Robyn Gobbel

DVDs

2017 96 minutes

This webinar will focus on supporting regulation in your child both thru your relationship and thru supporting the needs of their body (especially sensory needs or difficulties). While this webinar focuses on parenting children with a history of complex trauma, the topics will apply to parenting any child- especially those who have a sensory processing system.

Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 1 of 2)**

Author: Robyn Gobbel

DVDs

2016 83 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 2 of 2)**

Author: Robyn Gobbel

DVDs

2016 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

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Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 1 of 1)**
Author: Robyn Gobbel *DVDs* 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2016 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **I Can't Get over It: A Handbook for Trauma Survivors**
Author: Aphrodite Matsakis *Books* 1996 355 pages

Written for people with post-traumatic stress disorder (PTSD) and their families, this book guides trauma survivors through the healing process one step at a time. It helps readers cope with memories and emotions, explains secondary wounding, and identifies the triggers that reactivate traumatic stress.

Material Title: **Identifying and Responding to Trauma: Ages 0 to 5 Years Old (DVD)**
Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Trauma in the life of children from birth to five years of age has a profound impact which intensifies the need for early identification and intervention. Young children are either pre-verbal or inexperienced with verbal language and are unable to adequately express their thoughts and feelings or describe threatening life events. In order to understand a child's behavior and plan for care and intervention it is necessary for the caregiver, teacher, or health care provider to determine the child's history and emotional state from other sources.

Material Title: **Identifying and Responding to Trauma: Ages 0 to 5 Years Old (VHS)**
Author: Bruce Perry *Videotapes* 2002 29 minutes

Trauma in the life of children from birth to five years of age has a profound impact which intensifies the need for early identification and intervention. Young children are either pre-verbal or inexperienced with verbal language and are unable to adequately express their thoughts and feelings or describe threatening life events. In order to understand a child's behavior and plan for care and intervention it is necessary for the caregiver, teacher, or health care provider to determine the child's history and emotional state from other sources. ("Understanding Childhood Trauma" Series Part 4.)

Material Title: **Identifying and Responding to Trauma: Ages Six to Adolescence (DVD)**
Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Misdiagnosed characteristics of trauma are typically gender related, with boys who are hyperactive and act out and girls who dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems for adolescents also include learning difficulties, test anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behavior. This video emphasizes the role of school and community in healing from trauma.

Material Title: **Identifying and Responding to Trauma: Ages Six to Adolescence (VHS)**
Author: Bruce Perry *Videotapes* 2002 29 minutes

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Material Title: **Innovative Therapeutic Life Story Work: Developing Trauma-Informed Practice for Working with Children, Adolescents and Young Adults**
Author: Richard Rose *Books* 2017 322 pages

This edited volume explores different innovative ways of carrying out life story work, a method which helps traumatized children question and resolve issues from their past. Using the experience of practitioners based in a range of settings -- including schools, intensive services, youth justice and post-adoption support -- it highlights the versatility of this work and provides a useful overview of the latest developments in the field.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma**

Author: Debra, Cathy Schweitzer and Stefanie Armstron Wesselmann *Books* 2014 130 pages

Children traumatized in their attachment relationships by abuse and neglect, hospitalizations, or out-of-home placements experience intense hurt, fear, and mistrust. The deep emotional pain often manifests as defiance and aggression, even after the environment has change through adoption, foster care, guardianship, or resolution of issues in the home. A treatment that integrates EMDR and family therapy provides hope and healing for hurt children and their families. This practical guide provides specialized parenting strategies to support the treatment, designed to help heal the past, integrate the emotional and logical regions of the child's brain, and nurture a healthy, happier child.

Material Title: **Introductory Overview: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 44 minutes

In this introductory overview of complex trauma, Dr. Federici eloquently brings simplicity to the understanding of children from every end of the trauma spectrum. Federici gives insight on how to create an intervention program with simplicity and accuracy. This interview between these two professionals explores and sheds light on how developmental issues are the root of the problem underlying a child's negative behaviors.

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.

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.

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.

Material Title: **Lost Boys: Why Our Sons Turn Violent and How We Can Save Them**

Author: James Garbarino *Books* 1999 238 pages

Lost Boys takes the reader into a dark world where some young children, not all of them urban and impoverished, grow up to become killers. Garbarino gives us insight into how we might learn from the sorrows of these young lives, to help parents, educators and policymakers prevent other children from succumbing to the deadly social environment that led these boys astray.

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.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Medication Madness: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 46 minutes

There is no magic pill to resolve trauma for anyone, especially for our children. Dr. Federici explains why simply medicating symptoms is ineffective and how we have not only medicated our children to toxic levels but how we have endangered them with toxic combinations of medications. Learn more about how medications can be used at conservative levels in order to help bring children back to being functional in a family to foster greater levels of healing.

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: **Moving Forward: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012

When children reach the later teenage years, many times they are not emotionally or developmentally ready for the challenges of independence. In this DVD, Dr. Federici discusses legal and financial options families have in order to stage their children through a slower and more gradual approach into adulthood. This volume sheds light on how to create the balance children with trauma histories need, without overwhelming them, to move them forward successfully.

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: **Nurturing Adoptions: Creating Resilience after Neglect and Trauma**

Author: Deborah Gray *Books* 2012 457 pages

This state of the art guide for parents and professionals helping children affected by neglect and trauma demonstrates not only the effects on brain and emotional development of neglect and trauma and how to recognize them, but also approaches at home and at school that encourage these children to flourish. Although its focus is weighted toward the professional, this book is an excellent companion piece to Gray's other book, *Attaching in Adoption*, and it should be a source of enlightenment for parents as well.

Material Title: **Once I Was Very Very Scared**

Author: Chandra Ghosh Ippen *Children's Books* 2017 64 pages

A little squirrel announces that he was once very, very, scared and finds out that he is not alone. Lots of little animals went through scary experiences, but they react in different ways. Turtle hides and gets a tummy ache, monkey clings, dog barks, and elephant doesn't like to talk about it. They need help, and they get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings. This story was written to help children and grown-ups understand how stress can affect children and ways to help them.

Material Title: **One Kid At a Time: A Single Dad, A Boy in Foster Care, And an Adoption**

Author: Jake Dekker *Books* 248 pages

This true, heartwarming story reveals that miracles occur in everyday life. Danny had no chance. His mother abandoned him. His father in prison didn't know him. His grandmother beat him so badly that the doctors couldn't count the bruises. He lived nonstop days of unending anxiety, loneliness and terror. Ordered into foster care, the system isolated, drugged and betrayed him. Jake lived the good life. Warm friendships, plenty of money and freedom to do what he enjoyed. From the outside he had the perfect existence. But inside he longed for a child.

Trauma/Post Traumatic Stress Disorder (PTSD)

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.

Material Title: **Parenting in the Eye of the Storm: The Adoptive Parent's Guide to Navigating the Teen Years**

Author: Katie Naftzger and Adam Pertman *Books* 2017 151 pages

This guide describes the essential skills you need to help your adopted teen confidently face the challenges of growing up and outlines four key goals for adoptive parents: To move from rescuing to responding; To set adoption-sensitive limits and ground rules; To have connecting conversations; and To help your teen envision their future. Parenting in the Eye of the Storm contains invaluable insights for adoptive parents and simple strategies you can use to prepare your adopted teen for the journey ahead and strengthen the family bond in the process.

Material Title: **Parenting the Hurt Child: Helping Adoptive Families Heal and Grow**

Author: Gregory Keck and Regina Kupecky *Books* 2009 258 pages

From insights gathered through years of working with adopted kids who have experienced early trauma, Keck and Kupecky, co-authors of "Adopting the Hurt Child," explain how to manage a hurting child with wisdom and resolve, and how to preserve your own stability in the process.

Material Title: **Parenting the Traumatized Child (DVD)**

Author: DVD *DVDs* 45 minutes

Parenting the Traumatized Child examines the particular challenges foster and adoptive parents face in building trusting relationships with severely traumatized children.

Part of The Traumatized Child series. Therapists describe how traumatized children understand the world and interact with others differently from other children, and how adults can respond most effectively. Their observations are reinforced by the accounts of parents, teachers, and former foster children.

Material Title: **Parent's Guide to Identifying and Responding to Childhood Trauma, A (DVD)**

Author: Dr. Bruce Perry *DVDs* 2002 44 minutes

The 2001 terrorist attacks rank high on the trauma scale, but there are other kinds of childhood trauma. This video helps parents identify and respond to trauma from parental divorce, the death of a parent or sibling, a life threatening accident or illness, extreme school violence, and natural catastrophic disasters, such as earthquakes, tornados and floods, as well as terrorist attacks. The suddenness of the event, the fear produced, the confusion, and the lack of coping skills make these events traumatic for many children. It is important for parents to know what to do in identifying reactions to these events in their children and the appropriate responses to take. This video features Dr. Bruce D. Perry a pioneer in the research focused on traumatized children. Dr. Perry's work includes examining the long-term cognitive, behavioral, emotional, social, and psychological effects of trauma in children, adolescents and adults.

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Material Title: **Parent's Guide to Identifying and Responding to Childhood Trauma, A (VHS)**

Author: Bruce Perry *Videotapes* 2002 44 minutes

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Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Penguin and the Fine-Looking Fish, The* (Children's Materials)**

Author: Cindy R. Lee *Children's Books* 2015 38 pages

Sweet little penguin was separated from all that was familiar to him. This left him sad and confused. He began to be disrespectful to all those around him because his heart was filled with hurt. In this tender book, Penguin goes in search of a pet to love and love him back. He befriends a beautiful fish who takes him on a journey of healing as he discovers what it means to show respect to himself and others. Penguin and the Fine-Looking Fish will help teach your children the importance of showing respect and gets to the heart of why this concept is vital to engaging in healthy relationships.

Material Title: **Play Therapy for Severe Psychological Trauma (VHS)**

Author: Eliana Gil *Videotapes* 1998 40 minutes

This tape shows the nature of trauma, how to recognize it clinically and manage its powerful effects on children's development. With reenactments, actual play therapy footage, and detailed discussion of symptoms of PTSD, Dr. Gil helps viewers understand what dissociation looks like in children's art work, why it occurs and how it can be treated, and how play therapy can help.

This video comes with a booklet of the same name.

Material Title: **Psychological Trauma**

Author: Bessel A. van der Kolk *Books* 1987 232 pages

The chapters in this book for professionals, written by van der Kolk and usually one or more of seven distinguished additional contributors, each deal with a specific aspect of the psychological and/or physiological effects of trauma. Each chapter, though written for its context within this book, also stands alone as an essay on its particular area of focus.

Material Title: **Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment**

Author: Alicia F. Lieberman and Patricia Van Horn *Books* 2008 366 pages

This eloquent book presents an empirically supported treatment that engages parents as the most powerful agents of their young children's healthy development. Child-parent psychotherapy promotes the child's emotional health and builds the parent's capacity to nurture and protect, particularly when stress and trauma have disrupted the quality of the parent-child relationship. The book provides a comprehensive theoretical framework together with practical strategies for combining play, developmental guidance, trauma-focused interventions, and concrete assistance with problems of living. Filled with evocative, "how-to-do-it" examples, it is grounded in extensive clinical experience and important research on early development, attachment, neurobiology, and trauma.

Material Title: **PTSD and Secondary PTSD (VHS)**

Author: *Videotapes* 1998 2 hours

Trauma impacts not only the traumatized child, but also those working with the child. This videotape of a training session attempts to provide a working model for parents and professionals who work with traumatized children.

Material Title: **PTSD Expressive Strategies (VHS)**

Author: *Videotapes* 2001 2 hours

This training emphasizes the value of art as an effective non-verbal form of communication for traumatized children, a position that is supported by current research on brain functioning and traumatic memory. Art, Dance, and Music therapists share fundamentals of each expressive treatment modality. This training was designed to deepen adoptive parents' understanding of PTSD in children and to demonstrate ways to promote healing through creative activities.

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: **Raily el Valiente**

Author: Jessica Sinarski *Children's Books* 2018 48 pages

Únete a nuestro héroe, el osito Raily, en la aventura de su vida donde aprende a ser valiente como un osito. Siempre ha sido valiente e inteligente, pero su viaje con criaturas buenas y grandes le ayudarán a abrir su corazón de maneras nuevas. ¡Este osito genial está listo para enfrentarse al desafío!

Trauma/Post Traumatic Stress Disorder (PTSD)

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.

Material Title: **Raising Resilient Rascals 2008: Disc 4 (DVD)**
Author: DVD *DVDs* 2008 3 hours

This disk includes the following presentations from the 2008 conference: "Safe Now! Five Faves for Families Helping Anxious Children" with Deborah Gray; "Om a Little Teapot: techniques for Relaxation and Self-regulation" with Julian Davies; and a Cases Panel with Deborah Gray, Julia Bledsoe, Cynthia Kertesz and others.

Material Title: **Redo Roo, The* (Children's Materials)**
Author: Cindy R. Lee, LCSW, LADC *Children's Books* 2015 34 pages

Sweet little Roo is full of energy and excitement which is more than fine when he is playing outside. But, when Roo is asked to sit still, be quiet and keep his hands to himself at school he runs into some not-so-fun trouble. Discover how Roo's teachers find creative solutions to helping Roo succeed in an environment that was not built for his energetic level of exploration. Reading The Redo Roo will help you and your child replace, time-outs, lectures and consequences with the "redo" parenting technique and help empower you to succeed.

Material Title: **Reflection Pond: Nurturing Wholeness in Displaced Children**
Author: Jaiya John *Books* 2007 228 pages

Jaiya John has shared time with thousands of uprooted children through his global work. Reflection Pond is a compassionate guide, a looking glass for what these youth have whispered into his spirit. They have shared their need for reflection ponds: people, places, and experiences through which their own beauty and purpose are reflected back to them. In sensitive prose, Jaiya John draws from the natural world around us to unveil the magical inner life of children and youth. Here is a revelatory positioning of the human mirror. In its face we glimpse magnificence.

Material Title: **Riley the Brave**
Author: Jessica Sinarski *Books* 2018 40 pages

Riley the Brave is the story of a little bear with big feelings. Join this super-cool cub as he faces his fears with the animals who love him. Includes educational afterword for caring adults.
"Big critters" can help the "cubs" in their lives as they read and re-read this playful and poignant children's book.

Material Title: **Safe Place for Caleb, A: An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma**
Author: Kathleen & Paul Chara *Children's Books* Jan 1970 128 pages

A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults.

The first half of the book is an interactive story that follows the experiences of Caleb, a young boy who relates his difficulties and frustrations in forming and sustaining healthy relationships. He learns strategies for coping with attachment issues during his journey to the Safe Tree House, where he is introduced to the four "attachment healing keys". These act as therapeutic tools to unlock difficulties with attachment, and are presented using text and illustrations that are easily accessible for readers of all ages, even for young children.

The second half of the book presents a summary of current scientific thought on attachment styles and disorders, and provides a wide array of assessment tools, photocopiable material and healing techniques to address attachment difficulties. Lists of helpful organizations and relevant reading materials are also presented.

Based on established psychological principles, the book is a unique and imaginative guide for professionals, parents, caregivers, and people of all ages who are dealing with attachment issues.

Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Audio)**
Author: Robyn Gobbel *DVDs* 2016 76 minutes

This one hour webinar will give you an overview of the powerful work of Dr. Kristin Neff, the world's leading researcher on self-compassion. I'll give you a quick overview while also speaking directly to how self-compassion can help parents like you-parents in the trenches, barely keeping their head above water as they work to care for a child who has been impacted by trauma. One awesome thing about self-compassion is that there are lots of resources you can access after the webinar to help you grow and solidify a self-compassion practice.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Video)**

Author: Robyn Gobbel *DVDs* 2016 76 minutes

This one hour webinar will give you an overview of the powerful work of Dr. Kristin Neff, the world's leading researcher on self-compassion. I'll give you a quick overview while also speaking directly to how self-compassion can help parents like you—parents in the trenches, barely keeping their head above water as they work to care for a child who has been impacted by trauma. One awesome thing about self-compassion is that there are lots of resources you can access after the webinar to help you grow and solidify a self-compassion practice.

Material Title: **Significant Event Childhood Trauma (DVD)**

Author: Bruce Perry *DVDs* 2002 29 minutes

Sometimes a single significant event can cause trauma in the life of a child. Such events include the death of a parent or sibling, parental divorce, violence, and natural disasters. If not addressed, significant-event childhood trauma will negatively affect normal and healthy childhood development. Typical effects of trauma are the alarm state, re-experiencing, emotional memory, avoidance, and dissociation. Effective intervention involves openness and honesty, nurturing, and the frank discussion of details.

Program segments include Significant Event Trauma Effects, Targeting Resources, In the Classroom, Divorce, Single Parents, Addiction, Violence, and Intervention. Over time and with compassionate care and intervention, children can recover from a traumatic childhood event and be better prepared for similar losses and other trauma later in life.

Material Title: **Significant Event Childhood Trauma (VHS)**

Author: Bruce Perry *Videotapes* 2002 29 minutes

Sometimes a single significant event can cause trauma in the life of a child. Such events include the death of a parent or sibling, parental divorce, violence, and natural disasters. If not addressed, significant-event childhood trauma will negatively affect normal and healthy childhood development. Effective intervention involves openness and honesty, nurturing, and the frank discussion of details. Program segments include Significant Event Trauma Effects, Targeting Resources, In the Classroom, Divorce, Single Parents, Addiction, Violence, and Intervention. Over time and with compassionate care and intervention, children can recover from a traumatic childhood event and be better prepared for similar losses and other trauma later in life. ("Understanding Childhood Trauma" Series Part 2.)

Material Title: **Simple Guide to Child Trauma, The**

Author: Betsy de Thierry *Books* 2017 80 pages

- What is trauma?
- How does it affect children?
- How can adults help?

Providing straightforward answers to these complex questions, The Simple Guide to Child Trauma is the perfect starting point for any adult caring for or working with a child who has experienced trauma. It will help them to understand more about a child's emotional and behavioural responses following trauma and provides welcome strategies to aid recovery. Reassuring advice will also rejuvenate adults' abilities to face the challenges of supporting children.

Material Title: **Six Core Strengths for Healthy Childhood Development, The (DVD)**

Author: Bruce Perry *DVDs* 2004 20 minutes

This seven-part program features Bruce D. Perry, M.D., Ph.D. The first part is an overview and definition of the six core strengths discussed. Each subsequent part focuses on a key skill (and ways to help children acquire that skill) critical to healthy child development: Attachment, Self Regulation, Affiliation, Attunement, Tolerance and Respect.

Material Title: **TBRI: An Overview (DVD)**

Author: TCU Institute of Child Development *DVDs* 2014 37 minutes

This short video explains the principles and concepts behind Trust-Based Relational Intervention®, a proven method for enriching the lives of at-risk, vulnerable children, adolescents, and their families. Trauma can impair language, sensory processing, and coping skills, and can lead to perplexing behaviors that are often mistaken for aggression or mental illness. This video features world-renowned experts who share research that documents how consistently positive experiences with loving caregivers can re-wire a child's brain for lasting change.

Material Title: **Teenagers: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012

Trauma does not just "go away" and when many children reach their teenage years, a resurgence of their early traumatic experiences unfolds. Dr. Federici gives insight in this DVD discussion of how many teenagers reprocess the anger and aggression that was left dormant, resulting in an intensity of acting out behaviors (drug use, defiance, dramatic reactivity and sexual promiscuity). This DVD will give you a deeper understanding of how to help teens during these difficult years.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Terrible Thing Happened, A: A story for children who have witnessed violence or trauma* (Children's Materials)**

Author: Margaret Holmes *Children's Books* 2000 28 pages

This gently told and tenderly illustrated story of a young raccoon who sees something terrible, is for children ages 4-8 who have witnessed any kind of violent or traumatic episode. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers suggestions for helping traumatized children, including a list of sources that focus on specific events.

Material Title: **Therapeutic Parenting for Traumatized Children**

Author: Denise L. Best, LMHC *Books* 2009 60 pages

Therapeutic parenting can be the cornerstone of treatment, and in healing traumatized children. Gain new insight into why traumatized children do what they do, and what to do about it. This manual is for parents who are still trying to find something (anything!) that works for the difficult behaviors attachment-traumatized children exhibit.

Material Title: **Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play (Second Edition)**

Author: Ann M. Jernberg and Phyllis B. Booth *Books* 1999 384 pages

This book shows parents how to use play to communicate love and authority and to engage their children in interactions that develop competence, self-esteem and trust. Booth's revised Edition, integrates Jernberg's innovative approach with recent research on attachment and the effect of stress and trauma on child development.

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: **Too Scared to Cry: Psychic Trauma in Childhood**

Author: Lenore Terr *Books* 1990 340 pages

Child psychologist, Lenore Terr presents tales of terror, related to her by young victims of severe childhood trauma, in a way that is at once fascinating and educational. She shows how this trauma has affected not only the children, but all of us.

Material Title: **Trauma and Healing (DVD)**

Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Adults who have suffered trauma in childhood often have difficulty expressing anger. This program features trauma expert Jane Middleton-Moz, who states that "Anger can be like a balloon. You keep blowing it up until it finally pops, and then only look at the result of the popping. But we also have to look at the blowing up process, which is often the pain and rage caused by childhood trauma."

This program also features interviews with Vickie, Cynthia, and Curtis, adults recovering from childhood trauma. Curtis, for example, is battling addiction and is beginning to explore the connections between a violent childhood and his current substance-abuse problems. Recovery from childhood trauma ultimately depends on accepting and understanding the original trauma, and then relying on the same survival skills that one had as a child.

Material Title: **Trauma and Healing (VHS)**

Author: Bruce Perry *Videotapes* 2002 29 minutes

Adults who have suffered trauma in childhood often have difficulty expressing anger. This program features trauma expert Jane Middleton-Moz, who states that "Anger can be like a balloon. You keep blowing it up until it finally pops, and then only look at the result of the popping. But we also have to look at the blowing up process, which is often the pain and rage caused by childhood trauma." This program also features interviews with adults recovering from childhood trauma. Recovery from childhood trauma ultimately depends on accepting and understanding the original trauma, and then relying on the same survival skills that one had as a child. ("Understanding Childhood Trauma" Series Part 7.)

Material Title: **Trauma and Recovery: The Aftermath of Violence - from domestic abuse to political terror**

Author: Judith Herman *Books* 1992 249 pages

This treatise on the nature of trauma and the process of healing addresses the history of research and a wide array of experiences both personal and social.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Trauma Doesn't Tell Time (Audio-Part 1 of 2)**

Author: Robyn Gobbel

DVDs

83 minutes

In the first year or so after adoption, it's easy for adoptive parents to remember what a difficult journey their child has been through. As time passes, parents expect their children's challenging behaviors, anxiety, and mistrust to fade away. And oftentimes, they do. Despite years in a safe and loving home- children adopted after traumatic beginnings still feel and act as though they are stuck right in the middle of their trauma. Up-to-date information about your child's brain and the latest understanding in memory processing theory will help provide you with new empathy and understanding about why your child is 'flipping their lid.'

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

Author: Robyn Gobbel

DVDs

66 minutes

In the first year or so after adoption, it's easy for adoptive parents to remember what a difficult journey their child has been through. As time passes, parents expect their children's challenging behaviors, anxiety, and mistrust to fade away. And oftentimes, they do. Despite years in a safe and loving home- children adopted after traumatic beginnings still feel and act as though they are stuck right in the middle of their trauma. Up-to-date information about your child's brain and the latest understanding in memory processing theory will help provide you with new empathy and understanding about why your child is 'flipping their lid.'

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Material Title: **Trauma Informed Approach to Behaviors in the Classroom (Audio)**

Author: Robyn Gobbel

DVDs

2017 78 minutes

Steeped in science yet easy to understand, this webinar will clearly articulate WHY traditional classroom behavior management systems (level systems, color charts, stop lights, etc.) don't work for children with a history of trauma and what teachers can do instead. This trauma-informed approach uses elements of the familiar color system so your child's teacher doesn't feel overwhelmed at having to start from scratch.

Material Title: **Trauma Informed Approach to Behaviors in the Classroom (Video)**

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Material Title: **Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others**

Author: van Dernoort Lipsky & Burk Laura & Connie

Books

2009 288 pages

A longtime trauma worker, Laura van Dernoort Lipsky offers a deep and empathetic survey of the often-unrecognized toll taken on those working to make the world a better place. We may feel tired, cynical, or numb or like we can never do enough. These, and other symptoms, affect us individually and collectively, sapping the energy and effectiveness we so desperately need if we are to benefit humankind, other living things, and the planet itself. In Trauma Stewardship, we are called to meet these challenges in an intentional way—to keep from becoming overwhelmed by developing a quality of mindful presence. Joining the wisdom of ancient cultural traditions with modern psychological research, Lipsky offers a variety of simple and profound practices that will allow us to remake ourselves—and ultimately the world.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Trauma Through A Child's Eyes**

Author: Peter A. and Maggie Kline Levine *Books* 2007 457 pages

Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, this book gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

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.

Material Title: **Trauma-Informed Adoption Practices: The Healing Power of Adoptive Families (3 CDs)**

Author: NACAC Conference *CDs* 8/4/2011 45 minutes

This material is a recording from the 37th NACAC Conference in August 2011. Presented by Wayne Duehn of the School of Social Work, University of Texas at Arlington and Sherry Anderson of Three Rivers Adoption Council in Pennsylvania. This workshop will expose the cutting edge of recent findings related to the effects of trauma on the neurobiology of the developing brain. This information forms the basis for developing trauma-informed treatment strategies that provide safety, a sense of belonging, and resiliency, while also promoting recovery. Participants and listeners receive tools that guide the process of trauma resolution and gather tips to use with families.

Material Title: **Traumatic Experience and the Brain**

Author: Dave Ziegler *Books* 2002 164 pages

From the author of Raising Children Who Refuse to be Raised, this book describes the human brain, its structure and function. It describes the role of the brain in adaptation and how trauma affects perception of self, of others, and of events. Ziegler provides case examples and offers treatment suggestions. Though slanted toward professionals, it is written in a way that parents might also gain insight into their traumatized children.

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: **Treewalker's Gift: Overcoming the Fear of Being Loved**

Author: Erma S. Brundidge, MS *Books* 2014 101 pages

A true story of a 6 year old girl's journey from abuse, neglect, and shame to a path of Truth guided by the Great Spirit. The gentleness of her Grandfather's lessons taught along the paths through the meadow and by the flowing stream gave her strength to continue through the emotional pain she would inevitably walk back into. Author Erma Brundidge is a foster and adoptive family trainer who spends time speaking to groups about the effects of trauma on children and their future lives and relationships. She was a family therapist for 27 years before retiring and dedicating her life to giving a new understanding to foster and adoptive parents on how their words and actions impact the children they care for.

Material Title: **True/Not True: When Memories Can Be Trusted (DVD)**

Author: DVD *DVDs* 1993 30 minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

Material Title: **True/Not True: When Memories Can Be Trusted (VHS)**

Author: VHS *Videotapes* 30 Minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

Trauma/Post Traumatic Stress Disorder (PTSD)

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.

Material Title: **Una Vez Tuve Mucho Mucho Miedo**
Author: Chandra Ghosh Ippen *Children's Books* 2017 64 pages

Una pequeña ardilla anuncia que una vez tuvo mucho mucho miedo. Descubre que no es el único animalito que se siente así. Muchos animalitos también han pasado por experiencias que les asustaban, pero reaccionan en distintas maneras. Tortuga se esconde y le duele la panza, Mono busca a alguien a quien abrazar, Perro ladra, y a Elefante no le gusta hablar de esas cosas. Todos necesitan apoyo, y lo reciben de adultos que les ayudan a sentirse seguros y a aprender maneras de afrontar sentimientos difíciles.

Material Title: **Understanding the Traumatized Child (DVD)**
Author: DVD *DVDs* 44 minutes

Understanding the Traumatized Child discusses the variety of ways in which children may be traumatized. It describes the impact of trauma on children's behaviors, on their capacity to trust, and the way they view themselves and others.

Part of The Traumatized Child series. Therapists describe how traumatized children understand the world and interact with others differently from other children, and how adults can respond most effectively. Their observations are reinforced by the accounts of parents, teachers, and former foster children.

Material Title: **Untangling Disorganized Attachment (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 72 minutes

This webinar will take the confusing concept of disorganized attachment and break it down so you can completely understand what that means, how it happened, and what you can do about it. At least 80% of children who have experienced early abuse, neglect, or trauma have disorganized attachment. The behaviors of a child with disorganized attachment leave their caregivers feeling confused, overwhelmed, and hopeless. If we can get a grasp on what disorganized attachment is and what it looks like, confusion can be replaced with understanding; overwhelm with confidence and compassion; hopelessness with hope.

Material Title: **Untangling Disorganized Attachment (Video-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 72 minutes

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Material Title: **Untangling Disorganized Attachment (Video-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2017 58 minutes

This webinar will take the confusing concept of disorganized attachment and break it down so you can completely understand what that means, how it happened, and what you can do about it. At least 80% of children who have experienced early abuse, neglect, or trauma have disorganized attachment. The behaviors of a child with disorganized attachment leave their caregivers feeling confused, overwhelmed, and hopeless. If we can get a grasp on what disorganized attachment is and what it looks like, confusion can be replaced with understanding; overwhelm with confidence and compassion; hopelessness with hope.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Untangling Disorganized Attachment (Audio-Part 2 of 2)**
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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 Is Childhood Trauma? (DVD)**
Author: Bruce Perry *DVDs* 2002 29 minutes

There are sixteen to twenty million children and adolescents currently at risk for developing trauma-related problems. These problems include anxiety, depression, substance abuse, failure at school, susceptibility to victimization and abuse, and criminality. Many healthcare systems, teachers, and caregivers are only now beginning to recognize and address the problem. This program presents an overview of the effects of childhood trauma on the individual and on society.

Material Title: **What is Childhood Trauma? (VHS)**
Author: Bruce Perry *Videotapes* 2002 29 minutes

There are sixteen to twenty million children and adolescents currently at risk for developing trauma-related problems. These problems include anxiety, depression, substance abuse, failure at school, susceptibility to victimization and abuse, and criminality. Many healthcare systems, teachers, and caregivers are only now beginning to recognize and address the problem. This program presents an overview of the effects of childhood trauma on the individual and on society. ("Understanding Childhood Trauma" series Part 1.)

Material Title: **Working With Traumatized Children: A Handbook for Healing**
Author: Kathy Brohl *Books* 2007 96 pages

This simply written and practical handbook examines the mind-body connection between a terrifying experience and a child's adaptive coping mechanisms. It provides the practical knowledge to better help and guide a child suffering from Post Traumatic Stress Disorder (PTSD) and details the trauma recovery process, offering specific treatment intervention techniques.

Material Title: **Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families**
Author: Jayne Schooler *Books* 2009 269

Why don't our children return our love? What are we not understanding? What are we failing to do? These questions can trouble the minds of adoptive parents caring for wounded, traumatized children. Families often enter into the adoption experience with high expectations for themselves and their children but are quick to discover that these hopes are not realistic. This book addresses those unmet expectations and offers validation and solutions for the challenges that arise when parenting deeply traumatized or emotionally disturbed children.

Material Title: **Young Children and Trauma: Intervention and Treatment**
Author: Joy D. Osofsky *Books* 2004 348 pages

Recent years have seen significant advances in knowledge about the effects of exposure to psychological trauma on young children from birth to age 5. This volume brings together leading experts to address practical considerations in working with traumatized young children and their caregivers. State-of-the-art assessment and treatment approaches are presented, together with innovative service delivery models. With a focus on building cross-disciplinary collaboration to better serve this vulnerable population, this is an indispensable resource for all mental health and human service professionals working with children at risk.
