

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.

## Miscellaneous

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Material Title: **Adoption in America: Historical Perspectives**  
 Author: Wayne Carp *Books* 2002 240 pages

This collection of essays by various writers examines adoption from social and historical contexts, offering the reader a background in the development and evolution of adoption in America from the colonial period to the present with much emphasis on the 19th and early 20th centuries.

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Material Title: **Approaching Fatherhood: A guide for adoptive dads and others**  
 Author: Paul May *Books* 2005 171 pages

This British book, written by a British adoptive father, includes some information that may be more applicable to the adoption process there than here, but it also has keen insights into those aspects of a father's role in adoption that are universal.

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Material Title: **Bully, the Bullied, and the Bystander, The**  
 Author: Barbara Coloroso *Books* 2003 203 pages

Everything you always wanted to know about bullying but were afraid you'd get beat up if you asked. This book examines bullying from a number of fresh angles – different types, how to recognize it, how to protect your child, etc – and contains a strong focus on bullying at school and what to do about it.

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Material Title: **Designing Rituals of Adoption: For the Religious and Secular Community**  
 Author: Mary Martin Mason *Books* 2002 86 pages

This book seeks to guide families in creating composite rituals to respect and honor everyone in the family and in the extended family whether they are known or unknown. It has sections on specific religious traditional rituals and a section on secular rituals that could help an adopted person feel that his or her life transitions and passages are honored and sacred.

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Material Title: **Don't Take It Personally: The Art of Dealing with Rejection**  
 Author: Elayne Savage *Books* 1997 214 pages

Rejection by others in childhood can lead to a multitude of problems in adult life. Divided into three parts, "Zeroing In on the Problem;" "Identifying Those Old Hurts;" and "Making Changes, Moving On," this book can help transform self-rejection into self-acceptance and self-confidence. Dr Savage offers wise counsel, numerous examples and useful insights into an issue that impacts each of our lives -- rejection.

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Material Title: **Finding Inner Peace when Coping with Special Needs and Difficult Children (CD)**  
 Author: NACAC Conference 2006 CD *CDs* 2006 90 minutes

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

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Material Title: **Fire Safety for Young Children (DVD)**  
 Author: DVD *DVDs* 2006

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

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

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Material Title: **Frames of Mind: The Theory of Multiple Intelligences**  
 Author: Howard Gardner *Books* 1983/93 393 pages

In this seminal work, Gardner amasses a wealth of evidence to posit the existence of a number of intelligences that ultimately yield a unique cognitive profile for each person. His theory of multiple intelligences has been applied in hundreds of classrooms and school districts throughout the world. Tenth Anniversary Edition.

## Miscellaneous

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

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

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Material Title: **Handbook For Single Adoptive Parents, The**  
Author: Hope Marindin *Books* 1998 138 pages

This book is divided into six sections: the mechanics of adoption; managing single parenthood; coping with challenges; personal adoption experiences; frequently asked questions; and studies by professional social scientists showing the success of single parent adoption.

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Material Title: **How to Keep Stress from Managing Us (CD)**  
Author: Maris Blechner *CDs* 2007 90 minutes

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

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Material Title: **Imagining Adoption: Essays on Literature and Culture**  
Author: Marianne Novy (editor) *Books* 2001 299 pages

This collection of 15 essays on adoption in literature and in contemporary culture approaches the subject from a different perspective – and therefore sheds a different light on it – than most of the adoption literature out there. The essays analyze adoption as depicted in a range of works, including nineteenth century novels, contemporary fiction, poetry, children's literature, and film. They also examine writings of "home children," adoptive mothers, newsletters, and others.

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Material Title: **In Praise of Single Parents**  
Author: Shoshana Alexander *Books* 1994 363 pages

This book by a single mother is a frank and compassionate look at all that it means for mothers and fathers to raise children alone, whether by chance or by choice.

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Material Title: **Instant Calm**  
Author: Paul Wilson *Books* 1995 318 pages

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

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Material Title: **Josh: A Boy With Dyslexia\* (see comment about Children's Materials on Index page)**  
Author: Caroline Janover *Children's Books* 1988 99 pages

In this book, Josh struggles to live down the stigma of his learning disability, dyslexia, and receive both respect and friendship from his peers. It includes information on the characteristics of dyslexia and a list of organizations that deal with learning disabilities.

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Material Title: **Kaplan Scholarships, 2009 Edition**  
Author: Gail Schlachter *Books* 2009 515 pages

This book features information on programs that offer significant and unrestricted scholarships combined with tips and advice on how to get them. The guide includes:

\*A list of scholarships—each worth at least \$1,000—that do not restrict to any one school, and do not require repayment of any kind.

\*Detailed summaries on each scholarship's financial data, duration of scholarship, eligibility requirements, and application and contact information.

\*Expert tips and advice on how applicants should research their options, set a timetable, apply for the best opportunities, and avoid scholarship scams.

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Material Title: **Laughter and Parenting: The Importance of Laughter When Nothing Seems Funny (CD)**  
Author: NACAC Conference 2006 CD *CDs* 2006 90 minutes

Laughing is one of the healthiest things one can do when facing the deep stresses of parenting and life in general. This workshop demonstrates how to bring more laughter into both home life and work life, particularly in areas that were previously viewed as not particularly funny.

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## Miscellaneous

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Material Title: **Lying: Foster Parent College (DVD)**  
Author: Richard Delaney *DVDs* 2004 32 minutes

According to the jacket, lying is the single most common child behavior problem reported by foster parents. Parents learn to understand and deal with this frustrating problem by looking at four types of lying behavior: lying to save face, lying to gain attention, pathological lying, and lying to get others in trouble. Written and researched by Dr. Richard Delaney.

Includes: 1 Interactive DVD, Viewer Guide and reproducible questionnaire

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Material Title: **Meth Epidemic, The (DVD)**  
Author: Frontline DVD *DVDs* 2006 60 minutes

In a reporting partnership with The Oregonian, PBS's FRONTLINE investigates the alarming growth of methamphetamine addiction in the US and exposes the inherent conflict between the illegal drug trade and the legitimate three-billion-dollar cold remedy business. This is a fascinating though horrific look at a national problem, but it provides no information about the effects on children of prenatal exposure to the drug nor any parenting advice for those who have adopted children so exposed.

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Material Title: **Orphans of the Living: Stories of America's Children in Foster Care**  
Author: Jennifer Toth *Books* 1997 312 pages

In an age plagued by drastic governmental cut-backs on social programs -- a time in which women and children are by far the most numerous victims of poverty -- the fate of foster children is an important, if painful, subject. Toth's report from the frontlines of what is known as "substitute care" is not encouraging as she follows the lives of five young people moving through the system.

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Material Title: **Parenting with Humor (CD)**  
Author: NACAC Conference 2006 CD *CDs* 2006 90 minutes

Most of us who adopt tough kids begin our journey as sane, normal people with a good sense of humor who just want to help a child. Somewhere along the line, many of us find ourselves not having fun. Our children's special needs and behaviors seem to push us to the edge. We lose our sense of humor and forget how to find happiness in what we are doing. This session provides a reminder that if we can process our parenting experience with laughter, we can find joy in the midst of whatever life throws our way.

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Material Title: **Post-Adoption Blues, The: Overcoming the unforeseen challenges of adoption**  
Author: Dr. Karen J. and John R. Thompson Foli *Books* 2004 225 pages

Drawing on their own experience as adoptive parents as well as interviews with dozens of adoptive families and experts in the field, Drs. Foli and Thompson help parents address the stress and depression that can follow an adoption by focusing on adjusting their expectations of themselves, their child, and others in their world.

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Material Title: **Project MAP: Make A Plan**  
Author: Independent Insurance Agents of America *Books* 1999 59 pages

Developed by the Independent Insurance Agents of America, this guide to disaster planning considers the safety of you, your family, and your property. It provides tips on preparing for disasters - from fires to tornados to blizzards - as well as advice on how to act during and after them.

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

This disk includes the following presentations from the 2008 conference: "Interventions for the Fetal Alcohol Spectrum" with Julia Bledsoe; "Psychiatric Medication Treatments and Their Place in Adoption Medicine" with Margaret Cashman; and a Sleep Discussion & Panel led by Margaret Cashman.

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Material Title: **Raising Resilient Rascals 2008: Disk 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, Juliia Bledsoe, Cynthia Kertesz and others.

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Material Title: **Relaxation & Stress Reduction Workbook, The**  
Author: Martha Davis *Books* 1995 276 pages

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

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## Miscellaneous

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Material Title: **Relaxation Response, The**  
Author: Herbert Benson *Books* 1975 179 pages

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

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Material Title: **Sacred Connections: Stories of Adoption**  
Author: Mary Ann Koenig *Books* 2000 128 pages

This book of 24 biographical essays tells a variety of adoption stories from all points of the triad. Some of the people profiled are well known in the national and international adoption communities; others are not. But none of their stories are ordinary. It is graced not only by Koenig's eloquent prose, but also by the crisp, revealing, black and white photography of Niki Berg.

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Material Title: **Safe Passage**  
Author: Richard Delaney *Books* 2000 97 pages

This companion guide to the "Parent 2 Parent" video, outlines a mentoring program piloted in Montana. "Parent 2 Parent" is a post-adoptive, post-placement support service that pairs veteran foster/adoptive parents with novice foster/adoptive parents. Written for use by both the parents and caseworkers, its purpose is to provide support, advice and a sounding board for the new families.

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Material Title: **Sam's Sister\* (see comment about Children's Materials on Index page)**  
Author: Juliet C. Bond *Children's Books* 2004 27 pages

In this book, a mother explains to her five-year-old daughter that she will not be able to keep the "new baby growing in my tummy." Although its presentation of flawless characters and ideal circumstances might not seem typical, it deals sensitively with an issue not often addressed in adoption literature for children, and it is beautifully illustrated.

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Material Title: **Stealing: Foster Parent College (DVD)**  
Author: DVD *DVDs* 2005 2 Hrs

In this DVD course, Rick Delaney gives parents the understanding and knowledge to deal with four types of stealing behavior: shoplifting, stealing based on envy or revenge, Kleptomania, and stealing from loved ones.

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Material Title: **Strangers and Kin: The American Way of Adoption**  
Author: Barbara Melosh *Books* 2002 291 pages

This book combines history, popular culture, and political analysis to tell a fascinating story of adoption's changing face in the American society of the 20th Century.

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Material Title: **Stress Inoculation (Audiotape)**  
Author: Matthew McKay *Audiotapes* 1986 54 minutes

This tape is designed to help listeners learn how to cope with stressful situations and difficult people. The 28 minutes on side two take the listener through a dramatization of an actual therapy session in which Dr Matthew McKay takes a female client through each step of this technique for coping with stressful situations.

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Material Title: **Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life**  
Author: Susan Forward *Books* 1989 306 pages

This book, divided into two parts, "Toxic Parents" and "Reclaiming Your Life," addresses a variety of types of toxic parents, including inadequate parents, controllers, alcoholics, verbal abusers, physical abusers, and sexual abusers. It offers suggestions for those who feel paralyzed by the attitudes of self instilled in them by their parents.

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Material Title: **Treatment Strategies for Childhood Apraxia of Speech (DVD)**  
Author: David Hammer *DVDs*

This DVD, designed for speech-language pathologists, discusses a wide range of treatment ideas including strategies for family involvement and a multisensory treatment approach based on the principles of motor learning. Hammer uses extensive film clips of children with CAS in treatment sessions to highlight practical speech therapy techniques and clinical decision making.

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Material Title: **When Your Body Gets The Blues: The Clinically Proven Program for Women Who Feel Tired and Stressed and Eat Too Much**  
Author: Marie-Annette Brown *Books* 2002 191 pages

This book in four parts, "The Problem," "The Science behind the LEVITY Program," "How to Follow the LEVITY Program," and "Resources and References," recommends a therapeutic combination of sunlight, exercise, and vitamins. It claims to help women think clearly, sleep soundly, cope easily with stress, reduce anxiety and depression, and lose weight in eight weeks.

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## Miscellaneous

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

Author: CD *CDs* 2005 2 hours

On Disc One, you'll learn how your breathing apparatus works and affects your well-being. You'll discover how to identify stressors and reduce their effects. You'll also learn how to improve your sleeping, and why it's so important to your overall health picture.

Disc Two is devoted to tools and practices that will enhance your breathing, help you relax, and de-stress your life.