

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: **100 cosas que puedes hacer para Amar a tu hijo**
 Author: Judy Ford *Libros en español* 1998 191 pp

Las exigencias y los esfuerzos que supone combinar la vida profesional con la educación de los hijos nos deja cada vez menos espacio para disfrutar de nuestros hijos. El hecho de estar siempre tan ocupados, cansados y abrumados, y además intentar ser padres y madres perfectos, nos puede hacer olvidar que nuestros hijos necesitan de vez en cuando un delicado recordatorio de nuestro amor por ellos. "100 cosas que puedes hacer para amar a tu hijo" es una guía para todos los padres que quieren convertir el amor en actos y así ofrecer a sus hijos el mejor de los comienzos en la vida. Este libro brinda toda una serie de indicaciones para fortalecer a la familia.

Material Title: **A Terrible Thing Happened: A story for children who have witnessed violence or trauma* (see comment about Children's Materials on Index page)**
 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: **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: **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, Maia Perry, Szalvitz *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 (VHS)**
 Author: Bruce Perry Video *Videotapes* 2002 29 minutes

Part 3 in the Understanding Childhood Trauma series, this tape examines how childhood trauma can activate systems in the brain that actually change neuron response and cognitive pathways, creating systems that cause children to be constantly hyper-aroused and hyper-vigilant. Learn how to avoid and deal with damage to the brain from emotional trauma.

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: **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.

Trauma/Post Traumatic Stress Disorder (PTSD)

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

Author: *Videotapes* 2000 1 and 43 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: **Developing Mind, The: How Relationships and the Brain Interact to Shape Who We Are**

Author: Daniel J. Siegel *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: **Domestic Violence and Childhood Trauma (VHS)**

Author: Bruce Perry Video *Videotapes* 2002 29 minutes

Part 6 in the Understanding Childhood Trauma series, this tape 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: **First Steps for Strengthening Adoptive Families (DVD)**

Author: DVD *DVDs* 2006 1ours 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.

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: **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: **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 in Ages 0 to 5 Years of Age (VHS)**

Author: Bruce Perry Video *Videotapes* 2002 29 minutes

Part 4 in the Understanding Childhood Trauma series, this tape examines the unique challenges created by the limited verbal skills of children under 6 years old. Trust building, non-verbal interactions, and the value of close observation and knowledge of the child's history are addressed.

Trauma/Post Traumatic Stress Disorder (PTSD)

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

Part 5 in the Understanding Childhood Trauma series, this tape examines ways that trauma manifests itself in older children, whose verbal skills are stronger and who may exhibit gender differences in the way they respond to their trauma.. Much of it focuses on how these kids respond to typical school settings and why some teaching techniques might not work with this population.

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* August 20, 1999 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.

Material Title: **Nurturing Adoptions: Creating Resilience after Neglect and Trauma**
Author: Deborah Gray *Books* 2007 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: **Parents Guide to Identifying and Responding to Childhood Trauma (VHS)**
Author: Bruce Perry Video *Videotapes* 2002 44 minutes

This tape focuses on what parents can do to help their children deal with trauma. It covers not only single episode, catastrophic events, but also the real and ongoing trauma effects of parental addiction, abuse, and divorce. It identifies types of trauma, degrees of trauma, emotional and physical reactions to trauma, short term and long term effects, and more.

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: **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.

Trauma/Post Traumatic Stress Disorder (PTSD)

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: **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: 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.

Material Title: **Significant Event Childhood Trauma (VHS)**
Author: Bruce Perry Video *Videotapes* 2002 29 minutes

Part 2 in the Understanding Childhood Trauma series, this tape examines the trauma caused by a single significant event such as the death of a parent or sibling or a divorce or natural disaster. The video discusses typical effects of trauma and effective interventions.

Material Title: **Six Core Strengths for Healthy Childhood Development, The, (DVD)**
Author: Bruce Perry *DVDs* 2004 140 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: **Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play (Second Edition)**
Author: Ann M. & Phyllis B. Jernberg & 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**
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 (VHS)**
Author: Bruce Perry Video *Videotapes* 2002 29 minutes

Part 7 in the Understanding Childhood Trauma series, this tape examines some adult problems such as addiction, domestic violence, PTSD, abuse and neglect of children, or a general unhappiness that can come from unhealed childhood trauma. The personal stories of three adults who have dealt with one or more of these problems are presented.
