

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.

## Medical Issues

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Material Title: **Best of Questions & Answers with Heather T. Forbes, LCSW, The (6 CDs)**  
 Author: Heather T. Forbes, LCSW *CD-ROMs* 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!

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Material Title: **Bright Futures in Practice: Mental Health Materials (CD-ROM)**  
 Author: *CD-ROMs*

This CD-ROM contains a manual designed for use by medical professionals. This can be paired up with the DVD "Bright Futures in Preventative Mental Health Disk 1 & 2."  
 The disk includes a description of certain mental health conditions and related topics that may be experienced either by a child or parent, symptoms, interventions, resources and developmental interventions. Parents may use this in order to learn more about a particular diagnosis and resources. Topics that are included here are: mental retardation, mood disorder, Munchausen Syndrome by Proxy, obesity, oppositional behavior, parental depression, pervasive developmental delay, postpartum mood disorders and substance abuse.

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Material Title: **Diagnostic Conundrums (2 CDs)**  
 Author: John Sobraske *CDs* 8/6/2011 2 hours

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

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Material Title: **Fragile X Syndrome: Medical and Educational Approaches Toward Intervention (Audiotape)**  
 Author: Randy Jenssen Hagerman *Audiotapes* 1994 90 minutes

This 90-minute audio cassette contains a discussion of medical and educational approaches toward the treatment of individuals with Fragile X Syndrome. This discussion includes a framework for understanding sensory integration theory as it applies to the child's functional roles as family member, student and member of the community.

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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.

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Material Title: **Parenting the Medically Fragile/Drug Affected Infant (VHS)**  
 Author: *Videotapes* 2 hours

This video contains significant information regarding the biological history and symptoms of alcohol/ drug affected infants, interventions that can be used with such medically fragile children, and the poignant story of one child impacted for life by the use of alcohol/ drugs during fetal development. The tape consists of an expert talking about these issues, and though the information is accurate and useful, some viewers may not find the presentation very engaging.

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Material Title: **Raising Resilient Rascals 2008: Disc 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 Takes Flight! 2010: Disc 3 (DVD)**  
Author: DVD *DVDs* 2010 3 hours

Disk 3 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "The Importance of Self-Care for Parents," presented by Deborah D. Gray, MSW, MPA; "Emerging Pathogens," presented by Cynthia Kertesz, M.D.; "Raising the Rascally Teenager," presented by Paulette Caswell, MSW.

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

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

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Material Title: **Straight Talk about Psychiatric Medications for Kids**  
Author: Timothy E. Wilens *Books* 2010 264 pages

Dr. Timothy Wilens provides essential guidance for parents facing tough choices about whether or not to give a child medication for emotional or behavioral problems. Packed with frequently asked questions, examples, and charts, the book explains which medications are prescribed for kids and why; their effects on health, emotions, and school performance; how to maximize the benefits; and when to consider other treatments instead. A special 2005 supplement advises parents on the issues surrounding the FDA "black box" warning on SSRIs for depression in children and teenagers.

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Material Title: **Talking Back to Ritalin**  
Author: Peter R. Breggin *Books* 1998 356 pages

This looks at the current state of drug use to treat ADHD in this country is divided into four parts. "Ritalin, Amphetamine And Other Stimulant Drugs" describes the medical and psychological ideology and reality behind the use of these drugs. "Attention Deficit-Hyperactivity Disorder (ADHD)" addresses medical and psychological theory and practice in diagnosing this ubiquitous problem. "The Politics Of TheADHD/Ritalin Lobby" reveals "Who's Behind All This." And "How We Can Help Our Children" offers solutions.

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Material Title: **Uncommon Voyage: Parenting a Special Needs Child**  
Author: Laura Kramer *Books* 2001 245 pages

This book is a true story of one woman's journey from innocence and denial to enlightenment and empowerment. Through detailed journaling, Kramer recounts the steps she and her family have taken since her son was diagnosed with cerebral palsy in 1984.

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Material Title: **Wetting and Soiling: Foster Parent College (DVD)**  
Author: DVD *DVDs* 2004 42 minutes

With abused and neglected children, the toilet can become a battleground of emotional upset and rebellion - as well as a window into a child's past. This course examines five types of problems: wetting as an emotional outlet, wetting as self-defense, classic wetting problems, soiling and smearing feces, constipation and withholding stools. Includes discussion guide and questionnaire.

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