

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.

## Physical Abuse

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Material Title: **Body Keeps the Score, The: Brain, Mind, and Body in the Healing of Trauma**  
 Author: Bessel van der Kolk, M.D. *Books* 2014 356 pages

This profoundly humane book offers a sweeping new understanding of the causes and consequences of trauma, offering hope and clarity to everyone touched by its devastation. Trauma has emerged as one of the great public health challenges of our time, not only because of its well-documented effects on combat veterans and on victims of accidents and crimes, but because of the hidden toll of sexual and family violence and of communities and schools devastated by abuse, neglect, and addiction. Drawing on more than thirty years at the forefront of research and clinical practice, Bessel van der Kolk shows that the terror and isolation at the core of trauma literally reshape both brain and body.

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Material Title: **Domestic Violence 2000: An Intergrated Skills Program for Men**  
 Author: David B. Wexler *Books* 2000 191 pages

Developed over 13 years with thousands of spouse abusers in the United States Navy, this 32-session program integrates cognitive behavior skills and education about the politics of abuse with a primary emphasis on respect for the abuser himself. The manual provides the background, interventions and guidelines to implement the program.

The audiotape or CD "DV2000: Relaxation Exercises" can be used as a supplemental resource for this book.

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Material Title: **DV2000: Relaxation Exercises (Audiotape)**  
 Author: David Wexler *Audiotapes* 1999 27 minutes

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

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

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Material Title: **DV2000: Relaxation Exercises (CD)**  
 Author: David Wexler *CD-ROMs* 1999 27 minutes

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

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Material Title: **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.

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Material Title: **Lost Boy, The: A Foster Child's Search for the Love of a Family**  
 Author: Dave Pelzer *Books* 1997 333 pages

"The Lost Boy" is the harrowing but ultimately uplifting true story of a boy's journey through the foster-care system in search of a family to love. This is Dave Pelzer's long-awaited sequel to "A Child Called 'It'". "The Lost Boy" is Pelzer's story - a moving sequel and inspirational read for all.

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Material Title: **Man Named Dave, A**  
 Author: David Pelzer *Books* 1999 284 pages

The third tale in David Pelzer's autobiographical trilogy (which includes "A Child Called 'It'" and "The Lost Boy"), "A Man Named Dave" is an inspiring story of terror, recovery, and hope experienced by the author throughout his life. Ultimately triumphant, this book is told through the eyes of a terrified child, a struggling young man, and an adult finally forgiving his dying father -- and ending with a touching conversation between the author and his own son.

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Material Title: **No Excuse 4 Abuse (DVD) \* (Children's Materials)**  
 Author: DVD *DVDs*

This DVD is designed to be shown to young people as an adjunct to a presentation about personal safety and whom a child can call/tell if the child is experiencing abuse. It includes a Public Service Announcement about reporting abuse along with a music video with the same message.

## Physical Abuse

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Material Title: **Physically Abused or Neglected Child, The**

Author: Alaska Foster Parent Training Center

*Information Packets*

This packet includes headings such as Definition, Discussion, and Indicators of Physical Abuse, Why Abuse Happens, Effects of Physical Abuse (listed by age groups), Guidelines for Parents (of children who have been abused), Dealing with the Violent Child, Child Neglect, Emotional Abuse, and Attachment and the Abused Child.

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Material Title: **Too Scared to Cry: Pyschic 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.

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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.

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Material Title: **Treating Abused Adolescents**

Author: Eliana Gil

*Books*

1996

206 pages

This book offers practical, step-by-step guidance for mental health professionals, demonstrating how they can communicate and work more effectively with adolescents who have suffered from abuse.