

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.

Respite Care

Material Title: Adoption: Making it Last (DVD)

Author: U.S. Department of Health and Human Services *DVDs* 16 minutes

This DVD provides a realistic look at frustrations and exhaustion adoptive parents frequently experience. It addresses grief and loss, attachment, anger, aggressiveness, and out-of-control behaviors, emphasizing the need for school advocacy, medical referrals, crisis intervention, support groups, respite care, and therapy by adoption-savvy professionals. It validates kids' feelings of anger and confusion over their situations, gives permission to continue to love one's birth family, and reinforces the idea that making the adoption last is the responsibility of all family members.

Material Title: Adoption: Making It Last (VHS)

Author: U.S. Department of Health and Human Services *Videotapes* 16 minutes

This video provides a realistic look at frustrations and exhaustion adoptive parents frequently experience. It addresses grief and loss, attachment, anger, aggressiveness, and out-of-control behaviors, emphasizing the need for school advocacy, medical referrals, crisis intervention, support groups, respite care, and therapy by adoption-savvy professionals. It validates kids' feelings of anger and confusion over their situations, gives permission to continue to love one's birth family, and reinforces the idea that making the adoption last is the responsibility of all family members.

Material Title: Daily Relaxer, The

Author: Matthew McKay *Books* 1997 113 pages

This book, designed to help people deal with the stress in their lives, is divided into five parts: Relax Your Body, Calm Your Mind, Refresh Your Spirit, Relieve Your Worry, and Improve Your Mind. Each part is comprised of seven to ten tension-relieving exercises that you can learn in five minutes and practice right away. Audiotapes to accompany each of the five parts, to be borrowed separately (See Audiotapes under Daily Relaxer).

Material Title: Daily Relaxer: Calm Your Mind (Audiotape)

Author: Matthew McKay *Audiotapes* 1997 23 minutes

From the book, The Daily Relaxer (see Books): This tape offers four techniques for turning attention inward, finding a calm center, and surrendering anxious thoughts to moments of peaceful reflection.

Material Title: Daily Relaxer: Improve Your Mood (Audiotape)

Author: Matthew McKay *Audiotapes* 1997 24 minutes

From the book, The Daily Relaxer (see Books): This tape offers four techniques for healing sadness, recalling sources of nourishment and pleasure, and connecting with times in the past when you felt calm and confident.

Material Title: Daily Relaxer: Refresh Your Spirit (Audiotape)

Author: Matthew McKay *Audiotapes* 1997 23 minutes

From the book, The Daily Relaxer (see Books): This tape offers four techniques for focusing attention inward, imagining a peaceful natural setting, and listening to a nourishing inner voice.

Material Title: Dare to Love Yourself: Music, Meditations and Affirmations for Emotional Wellness (CD)

Author: Heather T. Forbes, LCSW *CDs* 2010 1 hour 15 minutes

This 2-part CD set is designed to be your resource for finding peace and happiness in your life. This unique resource will help you move from a place of pain, frustration, and overwhelm to happiness, harmony, and joy. Included are meditations to help distance yourself from negative emotions, affirmations to move you to the next level of thinking positively and an all new soundtrack created specifically to enhance your experience and healing.

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".

Respite Care

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".

Material Title: **Handling Those Dragons in Our Lives: How to Keep Stress from Managing Us (CD)**

Author: Maris Blechner *CDs* 2012 66 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.

Material Title: **Power of the Mind, The: Affirmations for Regulation (2 CDs)**

Author: Heather T. Forbes, LCSW *CD-ROMs* 2013 1 hour 37 minutes

The question for every parent, ultimately becomes, "How do I stay regulated amid dysregulation?" We have the answer! Based on the work of Dr. Art Martin, these affirmations are designed to shift you back into a place of love, acceptance, and forgiveness. These two audio CDs include affirmations such as: Affirmations to Reinstalling Love; Affirmations to Reclaim Personal Power; Affirmations for Regulation; Affirmations to Acknowledge Effective Parenting; Affirmations to Release Anger and Yelling Patterns; Affirmations to Release Reaction to Aggression; and Affirmations to Release Reaction to Lying and Stealing. Musical tracks for relaxation complete this set of CDs. Listen to an affirmation or two - or more - daily and begin to live in a state of regulation. Join Heather T. Forbes, LCSW as she talks you through a powerful and insightful discovery of a new reality.

Material Title: **Respite Care for Adoptive Families (VHS)**

Author: Norma Nelson *Videotapes* October 2000 80 minutes

This ORPARC training may be useful to help both adoptive parents and the professionals who work with them think about the value and nature of respite care for families whose children have special needs. It presents practical advice on identifying existing sources of respite and choosing and training respite providers so that the unique needs of both children and parents are met, and a smooth transition for all parties is achieved.