

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: **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: **Adoption Parenting: Creating a Toolbox, Building Connections**
 Author: Jean MacLeod and Sheena Macrae *Books* 2006 485 pages

Over 100 contributors have helped to weave this tapestry of advice for adoptive parents. It looks at FASD, trauma and PTSD, sensory integration, speech and language delays, and at ways to effectively parent a post-institutionalized child or a child who has experienced trauma. You may not read it all at once, but you'll come back to it again and again as your child's self-awareness develops and your awareness of how to help increases.

Material Title: **Attachment Dance, The (DVD)**
 Author: TCU Institute of Child Development *DVDs* 2008 hours 16 minutes

The attachment relationship between parents and their children is one of the most cherished experiences of our lives. In the *Attachment Dance*, developmental psychologist and Director of the TCU Institute of Child Development, Dr. Karyn Purvis, explores the attachment experiences of neuro-typical children and children with histories of harm. Dr. Purvis explains how to recognize features of the attachment relationship and teaches parents and caregivers how to explore their own attachment styles and facilitate healing for the children in their care. In this lecture, Dr. Purvis aims to deepen understanding of attachment issues, both theoretically and practically, and provide a solid foundation for parents and their children.

Material Title: **Behavior Management Using Supportive Controls (DVD)**
 Author: Vera Fahlberg, M.D. *DVDs* 2003 95 minutes

Traditional methods of discipline will often fail with children who have been abused or neglected. In this insightful video, Dr. Vera Fahlberg presents Supportive Control, an alternative method of behavior management. Dr. Fahlberg speaks openly, compassionately, and informatively on the importance of positive solutions. She brings the prospect of hope to families who care for abused and neglected children (description from Sociallearning.com). DVD also includes a Viewer Guide and Questionnaire.

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!

Material Title: **Beyond Healing: The Path to Personal Contentment After Trauma**
 Author: David Ziegler *Books* 2009 260

Many individuals have had their dreams and hopes in life shattered by physical or emotional trauma. While healing is critically important, this work explores ways of moving beyond healing in order to experience a truly fulfilling life. It takes a close, critical look at many of our beliefs about human limitations and offers an undeniable message of hope - hope for those individuals who have paid such a high price for past abuse and trauma, and hope for our future and the possibility of reaching both our individual and collective human potential. *Beyond Healing* is an invaluable guide to anyone who has personally experienced trauma or is attempting to help someone else who has.

Trauma/Post Traumatic Stress Disorder (PTSD)

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.

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 D. & Maia Szalav Perry 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 (DVD)**
Author: Bruce Perry DVDs 2002 29 minutes

Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that actually change neuron response and cognitive pathways. Children who experience on-going high levels of arousal due to trauma will develop systems in their brains that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems for children, adolescents, and adults in learning ability, mood, bonding, and attachment, and in problem-solving.

Material Title: **Brain, The: Effects of Childhood Trauma (VHS)**
Author: Bruce Perry Videotapes 2002 29 minutes

Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that actually change neuron response and cognitive pathways. Children who experience on-going high levels of arousal due to trauma will develop systems in their brains that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems for children, adolescents, and adults in learning ability, mood, bonding, and attachment, and in problem-solving. ("Understanding Childhood Trauma" Series Part 3.)

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: **Childhood Mental Health Disorders: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes DVDs 2012 47 minutes

In this interview, Dr. Federici sheds light on the countless number of children who are being treated with multiple layers of inappropriate care due to multiple and inaccurate diagnoses. Trauma presents itself differently, requiring a closer look at the child's anxiety and fear. This DVD will give you a better understanding of how a child's world needs to be reconstructed with the family being the primary construct, whereby the family becomes the "medication."

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: **Clinical Handbook/Practical Therapist Manual For Assessing and Treating Adults With Post-Traumatic Stress Disorder (PTSD), A**

Author: Donald Meichenbaum Books 1994 600 pages

This comprehensive training manual for mental health professionals presents almost all that is currently known about the assessment and treatment of PTSD. In over 600 pages, Dr. Meichenbaum not only challenges the reader's understanding of PTSD, but presents numerous case studies to enable the reader to understand the subject even further. Over 1500 references.

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

Author: Videotapes 2000 1 hour 24 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: **Complex Trauma and PTSD: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald and Heather T. Forbes, LCSW Federici DVDs 2012 47 minutes

Children who are continually under stress during their early years often accumulate layers and layers of emotional injury. Their post trauma behaviors are fear-based, chaotic, and out of reality. In this interview, Dr. Federici explains how and why parents and professionals need to work at the level of the child's development in order to create safety. Healing then happens through a step-by-step developmental process with families being the curative agent.

Material Title: **Creating Sexual Safety in Adoption and Foster Care (2 CDs)**

Author: NACAC Conference CDs 2011 84 minutes

This material is a recording from the NACAC Conference in August 2011. Presented by Wayne Duehn, School of Social Work, University of Texas at Arlington (retired). In this session, workers will develop knowledge and skills to help parents address the needs of adopted children who have been sexually abused. Discover how to enable parents to create a healing milieu to counteract the negative impact of trauma on a child's psychosocial and cognitive development, and to enhance positive self-esteem. Learn how to help adoptive families become the central ingredient in their children's recovery.

Material Title: **Crianza Basada en la Confianza: Cómo crear cambios duraderos en la conducta de su hijo (DVD)**

Author: TCU Institute of Child Development DVDs 2014 4 horas

Este video de dos discos ofrece una riqueza de conocimientos acerca de los problemas de comportamiento basado en el trauma. Mira como los Dres. Purvis y de la cruz entrenador familias y cuidadores a través de la vida real, escenarios de resolución de problemas, y demostrar demostrado, habilidades prácticas y estrategias para la aplicación de TBRI® Empowering, Conexión, y corrección de los principios a la vida cotidiana. Los padres de todo el mundo elogian TBRI® para dándoles esperanza en tiempos de crisis y soluciones para toda la vida que pueden beneficiar a toda la familia.

Material Title: **Dare to Love: The Art of Merging Science & Love Into Parenting Children with Difficult Behaviors**

Author: Heather T. Forbes, LCSW Books 2009 134 pages

Emerging science has helped us to understand children better from a neurological and behavioral standpoint. Yet, all the academic research coupled with the best diagnoses for children can still leave parents feeling completely powerless. In her book, Dare to Love, Heather Forbes, LCSW, describes in detail, through a series of questions and answers, how to merge science into everyday parenting. This book gives practical, effective, and loving solutions for any parent struggling with his or her child. It will leave you feeling empowered, hopeful, and excited to be a parent again!

Material Title: **Developing Mind, The: How Relationships and the Brain Interact to Shape Who We Are**

Author: Daniel J. Siegel, M.D. 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: **Developmental Disabilities: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW DVDs 2012 44 minutes

Explore the differences between attachment disorder and developmental disabilities. In this DVD, Dr. Federici explains how a child's development can be altered through traumatic experiences leading to an alteration in the brain that can manifest into psychological, regulatory, social, and learning problems. Trauma goes much deeper than attachment. This discussion will give you a thorough understanding of the entire developmental spectrum for our children.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Domestic Violence and Childhood Trauma (DVD)**
Author: Bruce Perry *DVDs* 2002 29 minutes

This video 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: **Domestic Violence and Childhood Trauma (VHS)**
Author: Bruce Perry *Videotapes* 2002 29 minutes

This video 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. ("Understanding Childhood Trauma" series Part 6)

Material Title: **Education and Trauma: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes *DVDs* 2012 42 minutes

Trauma can have an impact on the brain, compromising a child's focus, memory, and ability to retain, retrieve, and organize information. It can negatively impact a child's memory, speech, language, problem solving skills, and informational processing. In this series, Dr. Federici discusses how to best educate children who may present with typical behavioral or learning issues but need to be addressed from a trauma perspective in order to reach their full learning potential.

Material Title: **Effective Strategies for Severe Behaviors in Adopted and Foster Children (3 DVDs)**
Author: Bryan Post and Gizane Indart, PsyD, LPC *DVDs* 4 hours

Bryan Post and Dr. Gizane Indart provide clear cut understanding of the root of severe behaviors most frequently identified by parents and caregivers as troublesome and specific step by step strategies to eliminating these behaviors and creating healing and peace in your home. Learn why even adoption at birth is traumatic. Gain life changing insights to why your children act out, and what you can do to help them succeed. Leave fear-based parenting behind you!

Material Title: **Empowering, Connecting and Correcting Principles: Healing Children Through Trust and Relationships (DVD)**
Author: TCU Institute of Child Development *DVDs* 2010 1 hour 55 minutes

In this nearly two-hour presentation, Dr. Karyn Purvis, a developmental psychologist, explains her research-based approach with children who come from what she calls "hard places". These are children who have been exposed to drugs and alcohol in utero or suffered abuse, trauma or neglect early in life. She explains how harm during these critical stages of brain growth cause significant disruption in a child's development and behaviors and offers strategies to overcome these deficits.

Through research and years of experience with children throughout the world, Dr. Purvis offers a path of healing through a trust-based, relationship-based, holistic approach. She explains the principles and tactics for reconnecting with these children to meet their needs and help them reach their highest potential.

Material Title: **Facilitating Behavioral Change (DVD)**
Author: TCU Institute of Child Development *DVDs* 2008 1 hour 25 minutes

One of the most commonly asked questions for the staff at the TCU Institute of Child Development is how to deal with "problem behaviors." Tragically, children with history of abuse, neglect, or trauma are more likely to display these behaviors that are driven by fear. In Facilitating Behavioral Change, Dr. Karyn Purvis, a developmental psychologist and Director of the TCU Institute of Child Development, explores the concepts of Connecting and Correcting Principles, key elements in the Trust-Based Relational Intervention (TBRI-SM), the unique approach developed by Dr. Purvis and her team. This lecture provides practical insights and tips on how to use TBRI-SM tactics in real-life situations.

Material Title: **Family, The: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 47 minutes

Children belong in families because families are the curative factor. Dr. Federici explains that for children from traumatic backgrounds, families become the definitive and key element; the family is the treatment for the child. He discusses how a family intervention program, with a holistic and reality-based approach, can be used to reconstruct traumatized children and reintegrate them back into the family system successfully.

Trauma/Post Traumatic Stress Disorder (PTSD)

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.

Study Guide available. Please request Guide when requesting DVD.

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: **Ghosts from the Nursery: Tracing the Roots of Violence**
Author: Robin Karr-Morse and Meredith S. Wiley *Books* 2013 *326 pages*

When this book was published in 1997, it was lauded for providing scientific evidence that violence can originate in the womb and become entrenched in a child's brain by preschool. This revised edition continues to shift the conversation among parents and policy makers toward more preventative measures, incorporating significant advances in the field of neurobiological research over the past decade.

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: **Healing Research (DVD)**
Author: TCU Institute of Child Development *DVDs* 2007 *1 hour 28 minutes*

For decades, scientists have studied how children's brains and behaviors are impacted by prenatal exposure to drugs and alcohol, trauma, abuse, and neglect. In this nearly 90-minute lecture, Dr. Karyn Purvis, developmental psychologist and Director of the TCU Institute of Child Development, reviews a wide range of research that gives insight into developmental deficits that drive many behaviors of at-risk children. Dr. Purvis explains the science in easy-to-understand terms to help parents and caregivers understand how psychological changes in children can be induced by early harm. Dr. Purvis helps parents and caregivers see the "real child" beneath their child's behavior.

There are occasional references to God and quotations from The Bible.

Material Title: **Healthy Touch (DVD)**
Author: TCU Institute of Child Development *DVDs* 2008 *51 minutes*

Touch is a universal language - more dynamic and powerful than any other form of communication. More than an integral part of everyday life; touch is essential to our very existence. The Healthy Touch DVD explores the importance of touch, particularly as a tool for promoting healing and developing deeper connections between parents of children. It features child development experts, Dr. Karyn Purvis and Dr. David Cross, founders of the TCU Institute of Child Development, and renowned researcher, Dr. Tiffany Field, Director of the Touch Research Institute at the University of Miami Miller School of Medicine, among other renowned experts. This nearly 50-minute video also explores research about touch and offers practical ways to add healthy touch in our lives on a daily basis.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Help for Billy**
Author: Heather T. Forbes, LCSW *Books* 2012 198 pages

"Help for Billy" is a pragmatic manual to help guide families and educators who are struggling with traumatized children. Based on the concept of the neuroscience of emotions and behavior, Heather Forbes provides detailed, comprehensive, and logical strategies for teachers and parents. This easy to read book, with tables, outlines and lists, clears the way for a better understanding of the true nature regarding traumatic experiences affecting the brain and learning. It is a must read for anyone working with a child in the classroom.

Material Title: **Helping Children Heal from Trauma: What Parents and Caregivers Need to Know (CD)**
Author: Sue Badeau *CDs* 8/5/2011 1 hour 15 minutes

Presented by Sue Beadeau, Casey Family Programs, Pennsylvania at the 37th NACAC Conference 2011 in Denver, Colorado. Every child entering foster care has experienced some amount of trauma—if nothing else, removal from home and placement into care. Parenting a traumatized child can be challenging and stressful. The better a parent is equipped to cope with the emotional, behavioral, and verbal responses of children and youth to placement in foster care, the greater the child or youth's opportunity to heal. The presenter will engage participants in a discussion of the strengths and challenges of traumatized foster children and will share strategies for helping professionals and parents become more trauma-informed.

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: Ages 0 to 5 Years Old (DVD)**
Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Trauma in the life of children from birth to five years of age has a profound impact which intensifies the need for early identification and intervention. Young children are either pre-verbal or inexperienced with verbal language and are unable to adequately express their thoughts and feelings or describe threatening life events. In order to understand a child's behavior and plan for care and intervention it is necessary for the caregiver, teacher, or health care provider to determine the child's history and emotional state from other sources.

Material Title: **Identifying and Responding to Trauma: Ages 0 to 5 Years Old (VHS)**
Author: Bruce Perry *Videotapes* 2002 29 minutes

Trauma in the life of children from birth to five years of age has a profound impact which intensifies the need for early identification and intervention. Young children are either pre-verbal or inexperienced with verbal language and are unable to adequately express their thoughts and feelings or describe threatening life events. In order to understand a child's behavior and plan for care and intervention it is necessary for the caregiver, teacher, or health care provider to determine the child's history and emotional state from other sources. ("Understanding Childhood Trauma" Series Part 4.)

Material Title: **Identifying and Responding to Trauma: Ages Six to Adolescence (DVD)**
Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Misdiagnosed characteristics of trauma are typically gender related, with boys who are hyperactive and act out and girls who dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems for adolescents also include learning difficulties, test anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behavior. This video emphasizes the role of school and community in healing from trauma.

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

Misdiagnosed characteristics of trauma are typically gender related, with boys who are hyperactive and act out and girls who dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems for adolescents also include learning difficulties, test anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behavior. ("Understanding Childhood Trauma" Series Part 5)

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma**
Author: Debra Wesselmann, Cathy Schweitzer and Stefanie Books 2014 130 pages

Children traumatized in their attachment relationships by abuse and neglect, hospitalizations, or out-of-home placements experience intense hurt, fear, and mistrust. The deep emotional pain often manifests as defiance and aggression, even after the environment has change through adoption, foster care, guardianship, or resolution of issues in the home. A treatment that integrates EMDR and family therapy provides hope and healing for hurt children and their families. This practical guide provides specialized parenting strategies to support the treatment, designed to help heal the past, integrate the emotional and logical regions of the child's brain, and nurture a healthy, happier child.

Material Title: **Introductory Overview: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW DVDs 2012 44 minutes

In this introductory overview of complex trauma, Dr. Federici eloquently brings simplicity to the understanding of children from every end of the trauma spectrum. Federici gives insight on how to create an intervention program with simplicity and accuracy. This interview between these two professionals explores and sheds light on how developmental issues are the root of the problem underlying a child's negative behaviors.

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: **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.

Material Title: **Mood Disorders and Trauma: Making Sense of Our Complex Children (DVD)**
Author: Dr. Donald Federici and Heather T. Forbes, LCSW DVDs 2012 41 minutes

Dr. Federici clearly explains how trauma induced mood disorders drive much of a child's negative and acting-out behaviors. He gives insight as to how anxiety, depression, mood swings, compulsive behaviors, sleep difficulties, poor social skills, reactivity, and defiance all connect back to a child's inability to regulate themselves. Solutions that center on a parent's ability and the family's ability to provide an end to the child's fear cycle are discussed in this interview.

Material Title: **Moving Forward: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW DVDs 2012

When children reach the later teenage years, many times they are not emotionally or developmentally ready for the challenges of independence. In this DVD, Dr. Federici discusses legal and financial options families have in order to stage their children through a slower and more gradual approach into adulthood. This volume sheds light on how to create the balance children with trauma histories need, without overwhelming them, to move them forward successfully.

Material Title: **Neurochemistry of Fear, The (2 DVDs)**
Author: TCU Institute of Child Development DVDs 2008 hours 20 minutes

The fundamental goal of this seminar is to empower parents and professionals to become healers in the lives of at-risk children and to discuss interventions developed through our work with families of at-risk children. Tragically, children who have been harmed, neglected, and/or abused are at significantly increased risk for behavioral disorders, relationship failures, and early onset mental illness. In this 2-disc DVD, developmental psychologist and Director of the TCU Institute of Child Development, Dr. Karyn Purvis, presents specific skills and insights garnered from research with at-risk children on how to disarm fear responses that drive their aberrant behavior. Dr. Purvis explains concepts to help caregivers and parents understand a child's brain chemistry and how neurotransmitter testing can be used to enhance therapeutic approaches.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Nurturing Adoptions: Creating Resilience after Neglect and Trauma**
Author: Deborah Gray Books 2012 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: **One Kid At a Time: A Single Dad, A Boy in Foster Care, And an Adoption**
Author: Jake Dekker Books 248 pages

This true, heartwarming story reveals that miracles occur in everyday life. Danny had no chance. His mother abandoned him. His father in prison didn't know him. His grandmother beat him so badly that the doctors couldn't count the bruises. He lived nonstop days of unending anxiety, loneliness and terror. Ordered into foster care, the system isolated, drugged and betrayed him. Jake lived the good life. Warm friendships, plenty of money and freedom to do what he enjoyed. From the outside he had the perfect existence. But inside he longed for a child.

Material Title: **Parenting the Hurt Child: Helping Adoptive Families Heal and Grow**
Author: Gregory Keck and Regina Kupecky Books 2009 258 pages

From insights gathered through years of working with adopted kids who have experienced early trauma, Keck and Kupecky, co-authors of "Adopting the Hurt Child," explain how to manage a hurting child with wisdom and resolve, and how to preserve your own stability in the process.

Material Title: **Parenting the Traumatized Child (DVD)**
Author: DVD DVDs 45 minutes

Parenting the Traumatized Child examines the particular challenges foster and adoptive parents face in building trusting relationships with severely traumatized children. Part of The Traumatized Child series. Therapists describe how traumatized children understand the world and interact with others differently from other children, and how adults can respond most effectively. Their observations are reinforced by the accounts of parents, teachers, and former foster children.

Material Title: **Parent's Guide to Identifying and Responding to Childhood Trauma, A (DVD)**
Author: Dr. Bruce Perry DVDs 2002 44 minutes

The 2001 terrorist attacks rank high on the trauma scale, but there are other kinds of childhood trauma. This video helps parents identify and respond to trauma from parental divorce, the death of a parent or sibling, a life threatening accident or illness, extreme school violence, and natural catastrophic disasters, such as earthquakes, tornados and floods, as well as terrorist attacks. The suddenness of the event, the fear produced, the confusion, and the lack of coping skills make these events traumatic for many children. It is important for parents to know what to do in identifying reactions to these events in their children and the appropriate responses to take. This video features Dr. Bruce D. Perry a pioneer in the research focused on traumatized children. Dr. Perry's work includes examining the long-term cognitive, behavioral, emotional, social, and psychological effects of trauma in children, adolescents and adults.

Material Title: **Parent's Guide to Identifying and Responding to Childhood Trauma, A (DVD)**
Author: Dr. Bruce Perry DVDs 2002 44 minutes

The 2001 terrorist attacks rank high on the trauma scale, but there are other kinds of childhood trauma. This video helps parents identify and respond to trauma from parental divorce, the death of a parent or sibling, a life threatening accident or illness, extreme school violence, and natural catastrophic disasters, such as earthquakes, tornados and floods, as well as terrorist attacks. The suddenness of the event, the fear produced, the confusion, and the lack of coping skills make these events traumatic for many children. It is important for parents to know what to do in identifying reactions to these events in their children and the appropriate responses to take. This video features Dr. Bruce D. Perry a pioneer in the research focused on traumatized children. Dr. Perry's work includes examining the long-term cognitive, behavioral, emotional, social, and psychological effects of trauma in children, adolescents and adults.

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Trauma/Post Traumatic Stress Disorder (PTSD)

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.

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: Disc 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, Julia Bledsoe, Cynthia Kertesz and others.

Material Title: **Significant Event Childhood Trauma (DVD)**
Author: Bruce Perry *DVDs* 2002 29 minutes

Sometimes a single significant event can cause trauma in the life of a child. Such events include the death of a parent or sibling, parental divorce, violence, and natural disasters. If not addressed, significant-event childhood trauma will negatively affect normal and healthy childhood development. Typical effects of trauma are the alarm state, re-experiencing, emotional memory, avoidance, and dissociation. Effective intervention involves openness and honesty, nurturing, and the frank discussion of details.

Program segments include Significant Event Trauma Effects, Targeting Resources, In the Classroom, Divorce, Single Parents, Addiction, Violence, and Intervention. Over time and with compassionate care and intervention, children can recover from a traumatic childhood event and be better prepared for similar losses and other trauma later in life.

Trauma/Post Traumatic Stress Disorder (PTSD)

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Material Title: **Six Core Strengths for Healthy Childhood Development, The (DVD)**
Author: Bruce Perry *DVDs* 2004 hours 20 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: **TBRI: An Overview (DVD)**
Author: TCU Institute of Child Development *DVDs* 2014 37 minutes

This short video explains the principles and concepts behind Trust-Based Relational Intervention®, a proven method for enriching the lives of at-risk, vulnerable children, adolescents, and their families. Trauma can impair language, sensory processing, and coping skills, and can lead to perplexing behaviors that are often mistaken for aggression or mental illness. This video features world-renowned experts who share research that documents how consistently positive experiences with loving caregivers can re-wire a child's brain for lasting change.

Material Title: **Teenagers: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012

Trauma does not just "go away" and when many children reach their teenage years, a resurgence of their early traumatic experiences unfolds. Dr. Federici gives insight in this DVD discussion of how many teenagers reprocess the anger and aggression that was left dormant, resulting in an intensity of acting out behaviors (drug use, defiance, dramatic reactivity and sexual promiscuity). This DVD will give you a deeper understanding of how to help teens during these difficult years.

Material Title: **Terrible Thing Happened, A: A story for children who have witnessed violence or trauma* (Children's Materials)**
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: **Therapeutic Parenting for Traumatized Children**
Author: Denise L. Best, LMHC *Books* 2009 60 pages

Therapeutic parenting can be the cornerstone of treatment, and in healing traumatized children. Gain new insight into why traumatized children do what they do, and what to do about it. This manual is for parents who are still trying to find something (anything!) that works for the difficult behaviors attachment-traumatized children exhibit.

Material Title: **Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play (Second Edition)**
Author: Ann M. Jernberg and Phyllis B. 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.

Trauma/Post Traumatic Stress Disorder (PTSD)

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

Material Title: **Trauma and Healing (DVD)**
Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Adults who have suffered trauma in childhood often have difficulty expressing anger. This program features trauma expert Jane Middleton-Moz, who states that "Anger can be like a balloon. You keep blowing it up until it finally pops, and then only look at the result of the popping. But we also have to look at the blowing up process, which is often the pain and rage caused by childhood trauma."

This program also features interviews with Vickie, Cynthia, and Curtis, adults recovering from childhood trauma. Curtis, for example, is battling addiction and is beginning to explore the connections between a violent childhood and his current substance-abuse problems. Recovery from childhood trauma ultimately depends on accepting and understanding the original trauma, and then relying on the same survival skills that one had as a child.

Material Title: **Trauma and Healing (VHS)**
Author: Bruce Perry *Videotapes* 2002 29 minutes

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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.

Material Title: **Trauma Through A Child's Eyes**
Author: Peter A. and Maggie Kline Levine *Books* 2007 457 pages

Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, this book gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

Material Title: **Trauma, Brain & Relationship: Helping Children Heal (DVD)**
Author: Drs. Bruce Perry, Constance Lillas, Daniel J. Siegel e *DVDs* 2004 26 minutes

Trauma profoundly affects the way children think, feel and act and is far more prevalent than we formerly thought. Trauma's aftermath affects children's abilities mentally, emotionally, and situationally. Trauma is the source of chronic learning and attention problems, emotional and social difficulties and physical ills. It is also a condition that is readily repaired in young children. This engaging documentary features leading-edge mental health professionals who introduce revolutionary new discoveries that help identify, prevent, and heal trauma in children.

Material Title: **Trauma-Informed Adoption Practices: The Healing Power of Adoptive Families (3 CDs)**
Author: NACAC Conference *CDs* 8/4/2011 hours 45 minutes

This material is a recording from the 37th NACAC Conference in August 2011. Presented by Wayne Duehn of the School of Social Work, University of Texas at Arlington and Sherry Anderson of Three Rivers Adoption Council in Pennsylvania. This workshop will expose the cutting edge of recent findings related to the effects of trauma on the neurobiology of the developing brain. This information forms the basis for developing trauma-informed treatment strategies that provide safety, a sense of belonging, and resiliency, while also promoting recovery. Participants and listeners receive tools that guide the process of trauma resolution and gather tips to use with families.

Trauma/Post Traumatic Stress Disorder (PTSD)

Material Title: **Traumatic Experience and the Brain**
Author: Dave Ziegler *Books* 2002 164 pages

From the author of *Raising Children Who Refuse to be Raised*, this book describes the human brain, its structure and function. It describes the role of the brain in adaptation and how trauma affects perception of self, of others, and of events. Ziegler provides case examples and offers treatment suggestions. Though slanted toward professionals, it is written in a way that parents might also gain insight into their traumatized children.

Material Title: **Treating Traumatized Children: New Insights and Creative Interventions**
Author: Beverly James *Books* 1989 223 pages

This book offers innovative, insightful, and compassionate approaches to helping children work through their traumatic experiences regardless of the nature of the event.

Material Title: **Treewalker's Gift: Overcoming the Fear of Being Loved**
Author: Erma S. Brundidge, MS *Books* 2014 101 pages

A true story of a 6 year old girl's journey from abuse, neglect, and shame to a path of Truth guided by the Great Spirit. The gentleness of her Grandfather's lessons taught along the paths through the meadow and by the flowing stream gave her strength to continue through the emotional pain she would inevitably walk back into. Author Erma Brundidge is a foster and adoptive family trainer who spends time speaking to groups about the effects of trauma on children and their future lives and relationships. She was a family therapist for 27 years before retiring and dedicating her life to giving a new understanding to foster and adoptive parents on how their words and actions impact the children they care for.

Material Title: **True/Not True: When Memories Can Be Trusted (DVD)**
Author: DVD *DVDs* 1993 30 minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

Material Title: **True/Not True: When Memories Can Be Trusted (VHS)**
Author: VHS *Videotapes* 30 Minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

Material Title: **Trust-Based Parenting: Creating Lasting Changes in Your Child's Behavior (2 DVDs)**
Author: TCU Institute of Child Development *DVDs* 2011 hours 35 minutes

This DVD set offers in-depth training for parents of children with trauma-based behavioral issues. The Trust-Based Relational Intervention (TBRI) is an intervention model created by developmental psychologists Dr. Karyn Purvis and Dr. David Cross, founders of the Institute of Child Development at Texas Christian University. It is based on more than a decade of research and hands-on work with vulnerable children and their families. Dr. Purvis coined the phrase "children from hard places" to describe children who have experienced abuse, neglect, abandonment and/or trauma in early development. Their survival behaviors can be confusing, frustrating, and difficult to manage even for the most patient and loving parents.

This video features Drs. Purvis & Cross coaching families through real-life, problem-solving scenarios. They demonstrate proven, practical skills and strategies for applying TBRI Empowering, Connecting and Correcting Principles to everyday life to build a stronger parent-child connection, which leads to better behavior. Parents from around the world praise TBRI for giving them hope in times of crisis and lifelong solutions that can benefit the entire family.

Material Title: **Understanding the Traumatized Child (DVD)**
Author: DVD *DVDs* 44 minutes

Understanding the Traumatized Child discusses the variety of ways in which children may be traumatized. It describes the impact of trauma on children's behaviors, on their capacity to trust, and the way they view themselves and others.

Part of The Traumatized Child series. Therapists describe how traumatized children understand the world and interact with others differently from other children, and how adults can respond most effectively. Their observations are reinforced by the accounts of parents, teachers, and former foster children.

Material Title: **What Is Childhood Trauma? (DVD)**
Author: Bruce Perry *DVDs* 2002 29 minutes

There are sixteen to twenty million children and adolescents currently at risk for developing trauma-related problems. These problems include anxiety, depression, substance abuse, failure at school, susceptibility to victimization and abuse, and criminality. Many healthcare systems, teachers, and caregivers are only now beginning to recognize and address the problem. This program presents an overview of the effects of childhood trauma on the individual and on society.

Trauma/Post Traumatic Stress Disorder (PTSD)

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Material Title: **Working With Traumatized Children: A Handbook for Healing**

Author: Kathy Brohl *Books* 2007 96 pages

This simply written and practical handbook examines the mind-body connection between a terrifying experience and a child's adaptive coping mechanisms. It provides the practical knowledge to better help and guide a child suffering from Post Traumatic Stress Disorder (PTSD) and details the trauma recovery process, offering specific treatment intervention techniques.

Material Title: **Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families**

Author: Jayne Schooler *Books* 2009 269

Why don't our children return our love? What are we not understanding? What are we failing to do? These questions can trouble the minds of adoptive parents caring for wounded, traumatized children. Families often enter into the adoption experience with high expectations for themselves and their children but are quick to discover that these hopes are not realistic. This book addresses those unmet expectations and offers validation and solutions for the challenges that arise when parenting deeply traumatized or emotionally disturbed children.