

Resources

Websites and Links

Dan Siegel's Hand Model of the Brain "Don't Flip Your Lid": <https://www.youtube.com/watch?v=f-m2YcdMdFw>

<http://theattachedfamily.com/membersonly/?p=2942> For a summary of the hand model of the brain and what it looks like when trauma causes you to "flip your lid"

National Child Traumatic Stress Network: <http://www.nctsn.org/>

Bruce Perry's Child Trauma Institute: <http://childtrauma.org/>

Institute for Attachment: <http://instituteforattachment.org/>

<https://www.loveandlogic.com/> For an overview of the Love and Logic Parenting Approach and materials, providing empathy and natural and logical consequences

Empowered to Connect: <http://empoweredtoconnect.org/> For more information about Karyn Purvis and Trust Based Relational Intervention

<https://accentrate.com/>

<https://acestoohigh.com/>

<https://genesight.com/>

<https://advancedbrain.com/the-listening-program/>

<http://www.emdr.com/>

<http://www.emdria.org/>

<https://www.additudemag.com/>

<https://www.therapyshoppe.com/> For sensory and regulatory toys, aromatherapy supplies, etc.

<https://www.amazon.com/> Search round balance disc; fidget toys; liquid motion bubbler sensory toy; tangle; Dot -- search weighted stuffed animals for other options -- also you can search weighted lap pads and blankets but the stuffed animals are more fun; Omi the mindfulness elephant; aromatherapy oils and oil blends, oil diffusers

Glitter jars and bottles can be very calming. I'm sure you've heard of them but if not they are easily created and google can tell you how -- This is actually a good link: <http://www.therealisticmama.com/11-awesome-calm-down-jars/> or if you search there are many DIY options that are good projects for kids -- DIY weighted animals, pads, and blankets, cuddlers, etc.

Books and Articles

The Body Keeps the Score by Bessel van der Kolk

The A-Z of Therapeutic Parenting: Strategies and Solutions by Sarah Naish

Therapeutic Parenting in a Nutshell: Positives and Pitfalls by Sarah Naish

Healing Traumatized Children: Navigating Recovery for Children with Turbulent Pasts by Faye L. Hall, Jeff L. Merkert, John A. Biever MD DFAPA

Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families by Jayne Schooler, Betsy Keefer Smalley

Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency by Margaret E. Blaustein, Kristine M. Kinniburgh

The Secrets of Successful Adoptive Parenting: Practical Advice and Strategies to Help with Emotional and Behavioural Challenges by Sophie Ashton

101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward Paperback by Linda Curran

Groundbreaking Interventions: Working with Traumatized Children, Teens and Families in Foster Care and Adoption by M.F.T., Jeanette Yoffe

Caring with Vitality - Yoga and Wellbeing for Foster Carers, Adopters and Their Families: Everyday Ideas to Help You Cope and Thrive! by Andrea Warman (Author), Liz Lark (Author)

Mindfulness for Carers: How to Manage the Demands of Caregiving While Finding a Place for Yourself by Cheryl Rezek

Integrative Team Treatment for Attachment Trauma in Children: Family Therapy and EMDR 1st Edition by Debra Wesselmann, Cathy Schweitzer, Stefanie Armstrong

Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma 1st Edition, by Debra Wesselmann, Cathy Schweitzer, Stefanie Armstrong

Healing the Hidden Hurts: Transforming Attachment and Trauma Theory into Effective Practice with Families, Children and Adults by Caroline Archer (Editor), Charlotte Drury (Editor)

First Steps in Parenting the Child Who Hurts: Tiddlers and Toddlers 2nd Edition by Caroline Archer

Next Steps in Parenting the Child Who Hurts: Tykes and Teens 1st Edition by Caroline Archer

Reparenting the Child Who Hurts: A Guide to Healing Developmental Trauma and Attachments 1st Edition by Christine Gordon, Caroline Archer

New Families, Old Scripts: A Guide to the Language of Trauma and Attachment in Adoptive Families by Caroline Archer

Fun Games and Physical Activities to Help Heal Children Who Hurt by Beth Powell

Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal by Donna Jackson Nakazawa

EMDR: The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma by Francine Shapiro, Margot Silk Forrest

Eye Movement Desensitization and Reprocessing (EMDR): Basic Principles, Protocols, and Procedures, 2nd Edition by Francine Shapiro

Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy by Francine Shapiro

<http://www.attachmenttraumanetwork.org/works-doesnt/>

<http://holtinternational.org/pas/newsletter/2012/08/12/emotional-regulation-felt-safety-a-new-take-on-an-old-term/>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3877861/> For an overview of Trust Based Relational Intervention Parenting