THERAPY RESOURCES

**Books, Games, and other Therapy Materials to Assist in Using Trauma-focused Cognitive Behavioral Therapy (TF-CBT) & Combined Parent Child Cognitive Behavioral Therapy (CPC-CBT)**

# BOOKS FOR PARENTS: BEHAVIOR MANAGEMENT

Off road parenting: Practical solutions for difficult behavior (CD-Rom included)

Author: Caesar Pacifici, Patricia Chamberlain, & Lee White

Publisher: Northwest Media ISBN#: 1-892194-25-2

Parents and adolescents, part 1: The basics Author: Gerald Patterson & Marion Forgatch Publisher: Research Press

ISBN#: 0-87822-516-1

Positive parenting from A to Z Author: Karen Renshaw Joslin

Publisher: Fawcett Columbine/Ballantine Books ISBN#: 0-449-90780-5

SOS help for emotions: Managing anxiety, anger, & depression

Author: Lynn Clark Publisher: Parents Press ISBN#: 0-935111-50-6

“The answer is no” saying It and sticking to It (Ages 2 – 12)

Author: Cynthia Whitman

Publisher: Perspective Publishing (1994) ISBN#: 0-96220360405

Time-in: When time-out doesn’t work Author: Jean Illsley Clark

Publisher: Parenting Press, Inc. ISBN#: 1-884734-28-6

# OTHER BOOKS FOR PARENTS

Asking about sex and growing up: A question and answer book for boys and girls

Author: Joanna Cole Publisher: Beech Tree Books ISBN#: 978-0-688-06928-5

Children and trauma: A guide for parents & professionals Author: Cynthia Monahon

Publisher: Jossey-Bass ISBN#: 0-7879-1071-6

Helping your child recover from sexual abuse Author: Caren Adams & Jennifer Fay Publisher: University of Washington Press ISBN#: 0-295-96806-0

Protecting the gift: Keeping children and teenagers safe and parents sane

Author: Gavin DeBecker Publisher: Dell

ISBN#: 0-440509009

When your child has been molested Author: Kathryn Brohl Publisher: Jossey-Bass ISBN#: 0-7879-7103-0

# SEXUALLY REACTIVE OR AGE-INAPPROPRIATE SEXUAL BEHAVIOR

Treatment exercises for child abuse victims and children with sexual behavior problems

Author: Toni Cavanaugh-Johnson ISBN#: 0-7879-3960-9

[www.TCavJohn.com](http://www.tcavjohn.com/)

Understanding children’s sexual behaviors: what’s natural and healthy

Author: Toni Cavanaugh-Johnson ISBN#: 10-1572241411

[www.TCavJohn.com](http://www.tcavjohn.com/)

# CHILDREN’S BOOKS

Your body belongs to you Author: Cornelia Spelman Publisher: Albert Whitman & Co. ISBN#: 0-8075-9473-3

Please tell! A Child’s Story About sexual abuse Author: Jessie (Sandra Hewitt)

Publisher: Hazelden Foundation ISBN#: 0-89486-776-8

My body is private

Author: Linda Walvoord Girard Publisher: Albert Whitman & Co. ISBN#: 0-8075-5319-0

Sexuality curriculum for abused children and young adolescents and their parents

Author: Toni Cavanaugh Johnson [www.TCavJohn.com](http://www.tcavjohn.com/)

Treatment exercises for child abuse victims and children with sexual behavior problems

Author: Toni Cavanaugh Johnson Publisher: Safer Society Press [www.TCavJohn.com](http://www.tcavjohn.com/)

A very touching book…for little people and for big people Author: Jan Hindman

Publisher: Alexandria Associates ISBN#: 0-9611034-1-8

Activity book for treatment strategies for abused children Author: Cheryl L. Karp and Traci L. Butler

Publisher: Sage Publications ISBN#: 0803972172

When children abuse: Group treatment strategies for children with impulse control problems

Author: Carolyn Cunningham and Kee McFarlane Publisher: Safer Society Press

ISBN#: 1-88444237

The feel good book Author: Todd Parr

Publisher: Little, Brown & Company ISBN#: 0-316-07206-0

It’s okay to be different Author: Todd Parr

Publisher: Little, Brown & Company ISBN#: 0-316-66603-3

The family book Author: Todd Parr

Publisher: Little, Brown & Company ISBN#: 0-316-73896-4

The safe zone: A kid's guide to personal safety Author: Donna Chaiet & Francine Russell Publisher: HarperTrophy

ISBN#: 0688153089

# CSA= Child Sexual Abuse, DV= Domestic Violence, CPA= Child Physical Abuse, FC= Foster Care, OV= Other Violence, EA= Emotional Abuse, B= Bereavement

Helping families heal: A story about child physical abuse Author: Melissa Runyon, Beth Cooper, & Alissa Glickman Publisher: CARES Institute

[carestraining@umdnj.edu](mailto:carestraining@umdnj.edu)

Finding the right spot: When kids can’t live with their parents **(FC)**

Author: Janice Levy Publisher: Magination Press ISBN#: 1-59147-073-0

Maybe days: A book for children in foster care **(FC)** Authors: Jennifer Wilgocki & Kahn Wright Publisher: Magination Press

ISBN#: 1-55798-802-1

Spider-man and Power Pack **(Versions for CSA, CPA, & EA)** Author: Stan Lee in Cooperation with Prevent Child Abuse America

Publisher: Marvel Comics

[www.channing-bete.com](http://www.channing-bete.com/) OR 1-800-477-4776

# EMOTIONAL EXPRESSION AND IDENTIFICATION

Dealing with feelings card game Author Eric Plugokinski Publisher: Ingram & Newman [www.feelingsfactory.com](http://www.feelingsfactory.com/)

Double-dip reelings Author: Barbara S Cain

Publisher: APA Magination Press ISBN#: 1-55798-811-0

Emotional bingo Author: Marjorie Mitlin

Publisher: Western Psychological Svcs

Josh’s Smiley Faces

Author: Gina Ditta-Donahue Publisher: Magination Press. ISBN#: 1-591470013

Let’s talk about feelings: Ellie’s day

Author: Susan Conlin & Susan Levine Friedman Publisher: Parenting Press, Inc.

ISBN#: 0-943990-44-0

Mad isn’t bad

Author: Michaelene Mundy

Publisher: One Caring Place/Abbey Press ISBN#: 0-97029-331-1

Sad isn’t bad

Author: Michaelene Mundy

Publsiher: One Caring Place/Abbey Press ISBN#: 0-87029-321-4

The feelings book: The care & keeping of your emotions Author: Lynda Madison

Publisher: Pleasant Company Publications ISBN#: 1-58485-528-2

The way I feel (Available in Spanish) Author: Janin Cain

Publisher: Parenting Press ISBN#: 1-884734-71-5

Today I feel silly and other moods that make my day Author: Jamie Lee Curtis

Publisher: Harper Collins ISBN#: 0-06-024560-3

Mary’s Having All the Feels Author: Allison Edwards

# COPING

A volcano in my tummy

Author: Elaine Whitehouse and Warwick Pudney Publisher: New Society Publishers

ISBN#: 0-86571-349-9

Blue cheese breath and stinky feet: How to deal with bullies

Author: Catherine DePino Publisher: Magination Press ISBN#: 1-59147-111-7

Don’t be a menace on Sundays: The children’s anti-violence book

Author: Adolph Moser

Publisher: Landmark Editions, Inc. ISBN#: 0-933849-79-6

Don’t pop your cork on Mondays: The children’s anti-stress book

Author: Adolph Moser

Publisher: Landmark Editions, Inc. ISBN#: 0-933849-18-4

Don’t feed the monsters on Tuesdays: The children’s self-esteem book

Author: Adolph Moser

Publisher: Landmark Editions, Inc. ISBN#: 0-933849-38-9

Don’t rant and rave on Wednesdays: The children’s anger-control book

Author: Adolph Moser

Publisher: Landmark Editions, Inc ISBN#: 0-933849-54-0

Don’t tell a whopper on Fridays: The children’s truth-control book

Author: Adolph Moser

Publisher: Landmark Editions, Inc. ISBN#: 0-933849-76-1

Don’t hurt me Mamma

Author: Muriel Stanek

Publisher: Albert Whitman & Company ISBN#: 0-8075-1689-9

4 downs to anger control Author: Tom Letson Publisher: Finish Line Press ISBN#: 0-9669618-0-3

How to take the grrrr out of anger

Author: Elizabeth Verdick & Marjorie Lisovskis Publisher: Free Spirit Publishing

ISBN#: 1-57542-117-8

I want your moo

Author: Marcella Bakur Weiner & Jill Neimark Publisher: Magination Press

ISBN#: 1-433805-52-3

The bear who lost his sleep: A story about worrying too much.

Author: Jessica Lamb-Shapiro Publisher: Childswork/Childsplay, LLC ISBN#: 158815033

The hyena who lost her laugh: A story about changing your negative thinking

Author: Denise Gilgannon

Publisher: Childswork/Childsplay, LLC ISBN#: 1-58815-005-4

The koala who wouldn’t cooperate: A story about responsible behavior

Author: Lawrence Shapiro Publisher: Childswork/Childsplay ISBN#: 1-58815-066-6

The lion who lost his roar: A story about facing your fears Author: Marcia Shoshana Nass

Publisher: Childswork/Childsplay, LLC ISBN#: 1-58815-004-6

The penguin who lost her cool; A story about controlling your anger

Author: Marla Sobel

Publisher: Childswork/Childsplay, LLC ISBN#: 1-882732-98-7

The rabbit who lost his hop: A story about self-control Author: Marcia Shoshanna Nass

Publisher: Childswork/Childsplay, LLC ISBN#: 1-58815-061-5

Words are not for hurting Author: Elizabeth Verdick Publisher: Free Spirit Publishing ISBN#: 1-57542-156-9

# THERAPY/PSYCHOEDUCATION/GRADUAL EXPOSURE

The me nobody knows: A guide for teen survivors

# (CSA)

Author: Barbara Bean & Shari Bennett Publisher: Jossey-Bass Publishers ISBN#: 0787939609

A Safe Place to Live **(DV)** (Available in Spanish) Author: Michelle A. Harrison

Publisher: Kidsrights ISBN#: 1-55864-090-8

A terrible thing happened Author: Margaret M. Holmes Publisher: Magination Press ISBN#: 1-55798-701-7

Back on track: Boys dealing with sexual abuse Author: Leslie Bailey Wright & Mindy B. Loiselle Publisher: Safer Society Press

ISBN#: 188444431

GROWth and recovery workbooks Author: Wendy Deaton & Kendall Johnson Publisher: Hunter House Inc.

To order, call: 510-865-5282

Helping Abused Children Author: Patricia Kehoe Publisher: Parenting Press ISBN#: 0943990187

How Long Does It Hurt? Author: Cynthia L. Mather Publsher: Jossey-Bass ISBN#: 0-78795699

I can’t talk about it: A child’s book about sexual abuse Author: Doris Sanford

Publisher: Gold’n Honey Books ISBN#: 0-880701498

In their own words: A sexual abuse workbook for teenage girls

Author: Lulie Munson & Karen Riskin Publisher: CWLA Press

ISBN#: 0-878685960

It happened to me: A teen’s guide to overcoming sexual abuse

Author: Wm. Lee Carter

Publisher: New Harbinger Publications ISBN#: 1572242795

Living with my family: A workbook Author: Wendy Deaton & Kendall Johnson Publisher: Hunter House

ISBN#: 0897930843

Managing traumatic stress through art

Author: Barry M. Cohen, Mary-Michola Barnes, & Anita Rankin

Publisher: Sidran Press ISBN#: 0962916471

No more secrets for me

Author: Oralee Jane & Aaron Wachter Publisher: Little, Brown, & Company ISBN#: 0316882909

Shining through: Pulling it together after sexual abuse Author: Mindy B. Loiselle & Leslie Bailey Wright Publisher: Safer Society Press

Something happened and I’m scared to tell (Available in Spanish)

Author: Particia Kehoe Publisher: Parenting Press

The boy who sat by the window Author: Chris Loftis

Publisher: New Horizon Press ISBN#: 0-88282-147-4

The PTSD workbook

Author: Mary Beth Williams & Soili Poijula Publisher: New Harbinger Publication ISBN#: 157224825

The trouble with secrets Author: Karen Johnson Publisher: Parenting Press ISBN#: 094399022

When dinosaurs die: A guide to understanding death Author: Laurie Krasny Brown & Marc Brown

Publisher: Little, Brown, & Company ISBN#: 0-316-10917-7

When I was little like you Author: Jane Porett

Publisher: Child Welfare League of America ISBN#: 0-89486-776-8

Strong At The Heart: How it Feels to Heal from Sexual Abuse (for teens)

Author: Carolyn Lehman & Laura Davis

Kids Helping Kids Break the Silence of Sexual Abuse (for teens)

Author: Linda Lee Foltz

Publisher: Melanie Kroupa Books Publisher: Lighthouse Point Press

ISBN#: 13-978-0-374-37282-8 ISBN#: 0-9637966-9-0

Jenny is Scared! When Sad Things Happen in the World I’ll Know What to Do: A Kid’s Guide to Natural Disasters

Why Are You So Scared? A Child’s Book About Parents with PTSD Black Jack Jetty: A Boy’s Journey Through Grief

I Don’t Have an Uncle Phil Anymore

# PERSONAL SAFETY

It’s my body: A book to teach young children Let’s talk about taking care of you! how to resist uncomfortable touch (Available in Spanish) An educational book about body safety

Author: Lory Freeman Author: Lori Stauffer & Esther Deblinger

Publisher: Parenting Press Inc. Publisher: Hope for Families, Inc.

ISBN#: 0-943990-03-3 [www.hope4families.com](http://www.hope4families.com/)

My body is private The teen relationship workbook

Author: Linda Walvoord Girard Author: Kerry Moles

Publisher: Albert Whitman & Co Publisher: Wellness Reproductions and Publishing, Inc

ISBN#: 0-8075-53190 ISBN#: 1893277038

Uncle Willy’s tickles: A child’s right to say no Author: Marcie Aboff

Publisher: Magination Press ISBN#: 1557989990

Protecting the Gift (for caregivers) Author: Gavin DeBecker

The Safe Zone: A Kid’s Guide to Personal Safety Author: Donna Chaiet

# FOR TEENS: Sex/Relationship Education

Changing bodies, changing lives Author: Ruth Bell

Publisher: Three Rivers Press ISBN#: 0-8129-2990

My body, my self for girls

Author: Lynda Madaras & Area Madaras Publisher: Newmarket Press

ISBN#: 1-55704-441-4

The what’s happening to my body book for girls

Author: Lynda Madaras & Area Madaras Publisher: Newmarket Press

ISBN#: 1-55704-4449

My body, my self for boys, workbook**\*** Author: Lynda Madaras & Area Madaras Publisher: Newmarket Press

ISBN#: 1-55704-230-6

The what’s happening to my body book for boys

Author: Lynda Madaras & Area Madaras Publisher: Newmarket Press

ISBN#: 1-55704-443-0

The teen relationship workbook Author: Kerry Moles

Publisher: Research Press Publishers [www.researchpress.com](http://www.researchpress.com/)

Sexuality curriculum for abused children and young adolescents and their parents

Author: Toni Cavanaugh-Johnson [www.tcavjohn.com](http://www.tcavjohn.com/)

What’s happening to me? Author: Peter Mayle

Publisher: Kensington Publishing Corp. ISBN#: 0-8184-0253-9

Where Did I Come From?

Author: Peter Mayle Publisher: Kensington Publishing Corp.

ISBN#: 0-8184-0253-9

# GAMES

What Do You Know? (DV, PA, CSA)

Author/Developer: Esther Deblinger, Felicia Neubauer, Melissa Runyon & Donyale Baker Publisher: CARES Institute

[carestraining@umdnj.edu](mailto:carestraining@umdnj.edu)

Dealing with Feelings Card Game Author: Eric Plugokinski Publisher: Creative Therapy Store

Dr. Playwell’s Worry-Less Game Author/Developer: Karen Schader Publisher: Childswork/Childsplay ASIN#: B002G97052

Emotional Bingo Author: Marjorie Mitlin

Publisher: Western Psychological Services [www.wpspublish.com](http://www.wpspublish.com/)

Feelings Fair

Publisher: Franklin Learning Systems [www.selfhelpwarehouse.com](http://www.selfhelpwarehouse.com/)

Feelings Wheel Game

Author/Developer: Norma Leben & Franco Acquaro Publisher: Morning Glory Treatment Center for Children [www.playtherapygames.com](http://www.playtherapygames.com/)

Let’s Talk About Touching- A Therapeutic Game Author: Toni Cavanaugh- Johnson [www.tcavjohn.com](http://www.tcavjohn.com/)

Memory Garden a Bereavement Card Game Author: Lisa-Marie Arneson

Publisher: Bright Spots Games [www.BrightSpotsGames.com](http://www.brightspotsgames.com/)

The Empathy Game Author/Developer: Lawrence Shapiro Publisher: Child’s Work/ Child’s Play [www.childswork.com](http://www.childswork.com/)

*The Saying Goodbye Game* Publisher: Child’s Work/ Child’s Play [www.childswork.com](http://www.childswork.com/)

The Peace Path Game **(DV/PA)**

Author: Lisa Marie Barden

Publisher: WPS Creative Therapy Stores [www.wpspublish.com](http://www.wpspublish.com/)

The Talking, Feeling, and Doing Game Author: Richard A. Gardner, M.D. Publisher: Therapeutic Resources [www.therapeuticresources.com](http://www.therapeuticresources.com/)

The You and Me Social Skills Collection Author: Lawrence Shapiro

Publisher: Child’s Work/ Child’s Play [www.childswork.com](http://www.childswork.com/)

Thoughts & Feelings Card Game Author: Lisa Marie Arneson Publisher: Bright Spots Games [www.BrightSpotsGames.com](http://www.brightspotsgames.com/)

Happy to Be Me: Self-Respect Publisher: Boulden Publishing [www.bouldenpublishing.com](http://www.bouldenpublishing.com/)

Mad Me: Anger Management

# VIDEOS FOR CHILDREN

Publisher: Boulden Publishing [www.bouldenpublishing.com](http://www.bouldenpublishing.com/)

Anger Management: Quiz Show Video Publisher: Boulden Publishing [www.bouldenpublishing.com](http://www.bouldenpublishing.com/)

# VIDEOS FOR PARENTS

Shaking, hitting, spanking: What to do instead Publisher: Gold Bell Productions [www.childdevelopmentmedia.com](http://www.childdevelopmentmedia.com/)

Yelling, threatening, & putting down: What to do instead Publisher: Gold Bell Productions [www.childdevelopmentmedia.com](http://www.childdevelopmentmedia.com/)

# SPANISH LANGUAGE RESOURCES

Amor & Limites Author: Elizabeth Crary

Publisher: Parenting Press ISBN#: 1884734510

Bright spots: thoughts and feelings card game Author/Developer: Lisa Marie Arneson Publisher: Bright Spots Games [www.brightspotgames.com](http://www.brightspotgames.com/)

Self-calming cards/Tarjetas para calmarse Author/Developer: Elizabeth Crary & Mits Katayama Publisher: Parenting Press, Inc. [www.parentingpress.com](http://www.parentingpress.com/)

Emotional Bingo Author/Developer: Marjory Mitlin

Publisher: WPS Creative Therapy Store [www.creativetherapystore.com](http://www.creativetherapystore.com/)

Everybody has feelings/Todos tenemos sentimientos Author/Translator: Charles E Avery & Sandra Marulanda Publisher: Gryphon House, Inc.

ISBN#: 0-87659-197-7

Fernando furioso Author: Hiawyn Oram

Publisher: Ediciones Ekare ISBN#: 9802570613

Gana la guerra de los berrinches y otras contiendas: Un plan de paz familiar

Author: Cynthia Whitman Publisher: Perspective Publishing ISBN#: 1-930085-04-4

La guia de los niños a quien tu puedes confiar: Protegete en la casa, en la escuela y el Internet

Author: Catalina Herrerías, MSW, Ph.D. Publisher: Jist Publishing

ISBN#: 9781558641242

La Respuesta es No Author: Cynthia Whitman Publisher: Amat Editorial ISBN#: 84-8088-628-5

Las palabras dulces Author: Carl Norac

Publisher: Editorial Corimbo ISBN#: 8495150050

Luisa dice palabrotas Author: Chirstian Lamblin

Publisher: Luis Vives Editorial ISBN#: 8426345808

Palabras Sabias Acerca de la Disciplina video (DVD) Developer: James Sayre

Distibutor: Active Parenting Publishers

Somos un Arcoiris /We are a rainbow Author: Nancy Maria Grande Tabor Publisher: Charlesbridge

ISBN#: 0-88106-813-6

Tanya y el hombre tobo Author: Lesley Koplow Publisher: Magination Press ISBN#: 0945354339

# BOOKS FOR THERAPISTS

Assessing and treating physically abused children and their families: A cognitive-behavioral approach

Author: David Kolko & Cynthia Cupit Swenson Publisher: Sage Publications

ISBN: 0761921494

Child abuse and culture: Working with diverse families Author: Lisa Aronson Fontes

Publisher: Guilford Publications ISBN#: 1593851308

Let’s Talk about coping and safety skills: A workbook about taking care of ME!

Author: Lori Stauffer & Esther Deblinger Publisher: Hope for Families, Inc. [www.hope4families.com](http://www.hope4families.com/)

Treating Traumatic Stress in Children & Adolescents: How to Foster Resilience Through Attachment, Self-Regulation and Competency

Authors: Margaret Blaustein & Kristine Kinniburgh

Stickin’ to, watchin’ over, and getting’ with: An African American parent’s guide to discipline

Author: Howard C. Stevenson, Gwendolyn Davis & Saburah Abdul-Kabir

Author: Susan Kaiser Greenland Mindfulness Resources

The Mindful Child

Publisher: Jossey-Bass ISBN 078795702X

Treating trauma and traumatic grief in children and adolescents

Author: Judith A. Cohen, Anthony P. Mannarino, & Esther Deblinger

Publisher: Guilford Press ISBN#: 1-59385-308-4

The Miracle of Mindfulness: An Introduction to the Practice of Meditation Author: Thich Nhat Hanh

Peace Is Every Step Author: Thich Nhat Hanh

A Still Quiet Place: A Mindfulness Program for Teaching Children & Adolescents to Ease Stress and Difficult Emotions Author: Amy Saltzman, MD

Sitting Still Like a Frog: Mindfulness Exercises for Kids Author: Eline Snel

Mindful Kids: 50 Activities for Calm, Focus & Peace (card deck) By: Whitney Stewart and Mina Braun

I am Peace: A book of mindfulness

By: Susan Verde and Peter H. Reynolds

Mindfulness Skills for Kids & Teens: A Workbook for Clinicians and Clients By: Debra Burdick

Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused, Anytime, Anywhere By: Kira Willey and Anni Betts

Master of Mindfulness: How to be Your Own Superhero in Times of Stress By: Laurie Grossman