THERAPY RESOURCES

Books, Games, and other Therapy Materials to Assist in Using Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) or 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, Ph.D., Patricia Chamberlain, Ph.D. & Lee White
Publisher: Northwest Media (2002)
ISBN#: 1-892194-25-2

Parents and Adolescents Part 1: The Basics
Author: Gerald Patterson and 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, Ph.D.
Publisher: Parents Press
ISBN#: 0-935111-50-6

“The Answer is No” Saying It and Sticking to It (Ages 2-12)
Author: Cynthia Whitman, MSW
Publisher: Perspective Publishing (1994)
ISBN#: 0-96220360405

Win the Whining War and Other Skirmishes: A Family Peace Plan (for school age children)*
Author: Cynthia Whitham
Publisher: Perspective Publishing
ISBN#: 0-9622036-3-7

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# (13) 978-0-688-06928-5
ISBN# (10) 0-688-06928-2

Children and Trauma: A Guide for Parents & Professionals
Author: Cynthia Monahan
Publisher: Jossey-Bass (1993)
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*
Author: Gavin DeBecker
Publisher: Dell (1999)

When Your Child Has Been Molested, Revised Edition*
Author: Kathryn Brohl
Publisher: Jossey-Bass (2004)
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
Publisher: Jossey-Bass
ISBN#: 0-7879-3960-9

Understanding Children’s Sexual Behaviors: What’s Natural and Healthy
Author: Toni Cavanaugh-Johnson, 2003
www.TCavJohn.com or 626-799-4522
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

A Very Touching Book...for little people and for big people
Author: Jan Hindman
ISBN#: 0-9611034-1-8

Gilbert the Gilfish Races for the Rainbow (coloring book)
Author: The New Jersey Task Force on Child Abuse and Neglect
Publisher: NJ Division of Youth and Family Services (DYFS)

Activity Book for Treatment Strategies for Abused Children
Author: Cheryl L. Karp and Traci L. Butler
Publisher: Sage Publications

When Children Abuse: Group Treatment Strategies for Children with Impulse Control Problems
Author: Carolyn Cunningham and Kee McFarlane
Publisher: Safer Society Press
802-247-3132

The Feel Good Book
Author: Todd Parr
Publisher: Megan Tingley Books/Little, Brown & Company
ISBN#: 0-316-07206-0

It’s Okay to be Different
Author: Todd Parr
Publisher: Megan Tingley Books/Little, Brown & Company
ISBN#: 0-316-66603-3

The Family Book
Author: Todd Parr
Publisher: Megan Tingley Books/Little, Brown & Company
ISBN#: 0-316-73896-4

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

Finding the Right Spot: When Kids Can’t Live with Their Parents (FC)
Author: Janice Levy
Publisher: Magination Press
ISBN#: 1-59147-073-0

Spider-man and Power Pack (versions for CSA, CPA, and EA)
Author: Stan Lee in Cooperation with Prevent Child Abuse America
Publisher: Marvel Comics
www.channing-bete.com or 1-800-477-4776

Maybe Days: A Book for Children in Foster Care (FC)
Authors: Wilgocki & Kahn Wright
Publisher: Magination Press (of American Psychological Association)
ISBN#: 1-55798-802-1
EMOTIONAL EXPRESSION AND IDENTIFICATION

All Feelings are OK – It's what you do with them that counts
Author: Lawrence E. Shapiro
ISBN#: 1-882732-04-0

Dealing with Feelings Card Game (ages 3-adult)
Author Eric Plugokinski, Ph.D, Ingram & Newman
www.feelingsfactory.com

Double-Dip Feelings
APA Magination Press
Item # 4418110

Emotional Bingo (ages 6-18)
Author: Marjorie Mitlin, LICSW; illustrated by Joe Madden

Josh's Smiley Faces
APA Magination Press
Item# 441A001

Let's Talk About Feelings: Ellie’s Day
Author: Susan Conlin and 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

The Feelings Book: The care and keeping of your emotions
Author: Dr. Lynda Madison
Publisher: Pleasant Company Publications
ISBN#: 1-58485-528-2

The Way I Feel
Author: Janin Cain
Publisher: Parenting Press
ISBN#: 1-88473-71-5

Today I Feel Silly and Other Moods That Make My Day*
Author: Jamie Lee Curtis
Publisher: Harper Collins
ISBN#: 0-06-024560-3

Sad Isn't Bad
Author: Michaelene Mundy
Publisher: One Caring Place/Abbey Press
ISBN#: 0-87029-321-4

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, Ed.D.
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, Ed.D.
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, Ed.D.
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, Ed.D.
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, Ed.D.
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, M.A., L.P.C.
Publisher: Finish Line Press
ISBN#: 0-9669618-0-3

How to Take the Grrr Out of Anger
Author: Elizabeth Verdick and Marjorie Lisovskis
Publisher: Free Spirit Publishing
ISBN#: 1-57542-117-8
I Want Your Moo
APA Magination Press
Item # 4414657

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, Ph.D.
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: Maria Sobel
Publisher: Childswork/Childsplay, LLC
ISBN#: 1-882732-98-7

THE THERAPY/PSYCHOEDUCATION/GRADUAL EXPOSURE

Author: Barbara Bean and Shari Bennett
Publisher: Jossey-Bass Publishers

A Place for Starr (DV)
Author: Howard Schor
Publisher: Kidsrights
To order, call: 1-800-892-5437

A Safe Place to Live (DV)
Author: Michelle A. Harrison
Publisher: Kidsrights
ISBN#: 1-55864-090-8 (Also available in Spanish)

A Terrible Thing Happened
Author: Margaret M. Holmes
Publisher: Magination Press
ISBN#: 1-55798-701-7

Back On Track: Boys Dealing with Sexual Abuse* (CSA)
(Boys 10 and up)
Author: Leslie Bailey Wright and Mindy B. Loiselle

Brave Bart: A Story for Traumatized and Grieving Children
Author: Caroline Sheppard
Publisher: The Institute for Trauma and Loss in Children
To order, call 313-885-0390

Growth and Recovery Workbooks
C/O Hunter House INC.
To order, call 510-865-5282; fax: 510-865-4295

Helping Abused Children
Author: Patricia Kehoe, Ph.D.

How Long Does It Hurt?*
Author: Cynthia L. Mather (1994)

I Can’t Talk About It: A child’s book about sexual abuse (CSA)
Author: Doris Sanford
Publisher: Gold’n Honey Books
ISBN#: 0-88070-149-8

In Their Own Words: A Sexual Abuse Workbook for Teenage Girls (CSA)
Author: Lulie Munson and Karen Riskin
**PERSONAL SAFETY**

**It Happened to Me: A Teen's Guide to Overcoming Sexual Abuse** *(CSA)*  
Author: Wm. Lee Carter (2002)

**Living with My Family: a workbook** *(DV)*  
Author: Wendy Deaton & Kendall Johnson  
1-800-266-5592

**Managing Traumatic Stress Through Art**  
Author: Barry M. Cohen, Mary-Michola Barnes, and Anita Rankin

**No More Secrets for Me**  
Author: Orly Wachter

**Shining Through: Pulling It Together After Sexual Abuse, 2nd Edition** *(CSA)*  
(for girls 10 and up)  
Author: Mindy B. Loiselle and Leslie Bailey Wright

**Something Happened and I'm Scared to Tell** ages 3-8

**The Boy Who Sat on the Window** *(DV)*  
Author: Chris Loftis  
Publisher: New Horizon Press  
ISBN#: 0-88282-147-4

**The PTSC Workbook**  
Author: Mary Beth Williams, Ph.D. and Soili Poijula, Ph.D.

**The Trouble with Secrets**  
Author: Karen Johnson

**When Dinosaurs Die: A Guide to Understanding Death** *(B)*  
Author: Laurie Krasny Brown and 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  
202-638-2052

**It's My Body:** A book to teach young children how to resist uncomfortable touch.  
Author: Lory Freeman  
Publisher: Parenting Press Inc.  
ISBN#: 0-943990-03-3

**Let's Talk About Taking Care of You!** An Educational Book about Body Safety  
Author: Lori Stauffer, Ph.D. & Esther Deblinger, Ph.D.  
Publisher: Hope for Families, Inc.  
P.O. Box 238  
Hatfield, PA 19440  
lstauffer@fast.net  
215-280-5369

**My Body is Private**  
Author: Linda Walvoord Giratd  
Publisher: Albert Whitman & Co.  
ISBN#: 0-8075-5319-0

**Play it Safe with SASA (fame) ages 4-14**  
Author: Etti Hader, Ph.D. and Susan Brown, Ph.D.

**The teen Relationship Workbook**  
Author: Kerry Moles, CSW  
Publisher: Wellness Reproductions and Publishing, Inc.  
1-800-669-9208

**Uncle Willy's Tickles**  
Publisher: APA Magination Press  
Item# 4419990
GAMES

What Do You Know?  (DV, PA, CSA)
Author/Developer: Esther Deblinger, Felicia Neubauer, Melissa Runyon & Donyale Baker
Publisher: CARES Institute

Angry Animals
Author/Developer: Katelyn Mariah
Publisher: Kidsrights

Breakaway: Antiviolence, antiaggression, antianger game
Publisher: Kidsrights, 1-800-892-KIDS

Dealing with Feelings Card Game  ages 3-adult
Author: Eric Plugokinski, Ph.D., Ingram & Newman
www.feelingsfactory.com

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

Emotional Bingo  ages 6-18
Author: Marjorie Mitlin, LCSW; illustrated by Joe Madden

Feelings Cards
Author/Developer: Michele Kiblar
Publisher: Kidsrights

Feelings Fair
Publisher: Franklin Learning Systems

Feelings Wheel Game
Author/Developer: Norma Leben and Franco Acquaro
Publisher: Morning Glory Treatment Center for Children

Let’s Talk About Touching – A Therapeutic Game*
(CSA/sexually Reactive)
Author: Toni Cavanaugh-Johnson (1992)

Memory Garden Card Game  (B)
Author/Developer: Lisa-Marie Arneson
Publisher: Bright Spots Games
www.BrightSpotsGames.com

Survivor’s Journey: A therapeutic game for working with Survivor’s of sexual abuse*  (CSA)
Author: Catherine Rohlf Burke
Publisher: Kidsrights, 1800-892-KIDS

The Empathy Game
Author/Developer: Lawrence Shapiro
Publisher: Childswork/Childsplay

The Goodbye Game  ages 6-12  (B)
Child’s Work/Child’s Play
1800-962-1141

The Peace Path Game  (DV, PA)
Author/Developer: Lisa Marie Barden
Publisher: WPS Creative Therapy Stores

The Talking, Feeling, and Doing Game  ages 4-15
By Richard A. Gardner, M.D.

The You and Me Card Game
Author/Developer: Lawrence Shapiro
Publisher: Childswork/Childsplay

Thoughts & Feelings Card Game
Author/Developer: Lisa Marie Arneson
Publisher: Bright Spots Games
www.BrightSpotsGames.com

You Decide
An innovative educational game teaching non-violent
Skills for children ages 6-12
Family Institute of Northern Utah
FOR TEENS:

**Sex/Relationship Education**

- **Changing Bodies, Changing Lives, 3rd Edition**
  Author: Ruther Bell
  Publisher: Three Rivers Press
  ISBN#: 0-8129-2990-x

- **My Body, My Self for Girls, workbook**
  Author: Lynda Madaras & Area Madaras
  Publisher: Newmarket Press
  ISBN#: 1-55704-441-4

- **The What’s Happening to My Body Book**
  Author: Lynda Madaras & Area Madaras
  Publisher: Newmarket Press
  ISBN#: 1-55704-230-6

- **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 (book-preteen/teen)**
  Author: Lynda Madaras & Area Madaras
  Publisher: Newmarket Press
  ISBN#: 1-55704-443-0

- **The Teen Relationship Workbook**
  Author: Kerry Moles, CSW
  Publisher, Wellness Reproductions and Publishing, Inc
  1-800-669-9208

- **Sexuality Curriculum for Abused Children and Young Adolescents and their Parents**
  Author: Toni Cavanaugh-Johnson

- **What’s Happening to Me? An Illustrated Guide to Puberty**
  Author: Peter Mayle
  Publisher: Kensington Publishing Corp.
  ISBN#: 0-8184-0253-9
  1-800-221-2647

- **Where Did I Come From?**
  The facts of life without any nonsense and with illustrations.* (for kids too)
  Author: Peter Mayle
  Publisher: Kensington Publishing Corp.
  ISBN#: 0-8184-0253-9

**VIDEOS FOR CHILDREN**

- **Feelings and Faces**, Feelings Awareness
  Publisher: Bolden Publishing

- **Fun to Share**, Conflict Resolution
  Publisher: Bolden Publishing

- **Quiz Show Video: Anger Management**
  Publisher: Bolden Publishing

- **Glad to Be Me**, Self-Respect
  Publisher: Bolden Publishing

- **Made Me**, Anger Management
  Publisher: Bolden Publishing

**VIDEOS FOR PARENTS**

- **Have a Plan: Positive Prevention Strategies for Parents**
  Publisher: White Noise Productions

- **Yelling, Threatening, & Putting Down: What To Do Instead**
  Publisher: Learning Seed

- **Shaking, Hitting, Spanking: What to do instead**
  Publisher: Injoy Productions
SPANISH LANGUAGE RESOURCES

Amor v Limites
Author: Elizabeth Crary
Publisher: parenting Press
ISBN#: 1884734510

Bright Spots – Thoughts and Feelings Card Game (Spanish) This is a game
Author/Developer: Lisa Marie Arneson, M.A., MFT, RPT-S
Publisher: Bright Spots Games

Self-Calming Cards/Tarjetas para calmarse
Author/Developer: Elizabeth Crary and Mits Katayama
Publisher: Parenting Press, Inc.

Emotional Bingo in English and Spanish
Author/Developer: Marjory Mitline, MSW; Illustrated by Joe Madden
Publisher: WPS Creative Therapy Store

Everybody Has Feelings/Todos Tenemos Sentimientos: The Moods of Children
Author/Translator: Sandra Marulands
Publisher: Gryphon House, Inc.
ISBN#: 0-87659-197-7

Fernando Furioso
Author: Hiawyn Oram
Publisher: Ediciones Elcare
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 guía de los ninos a quien tu puedes confiar: Protegete en la casa, en la escuela y el Internet
Author: Catalina Herrerias, MSW, Ph.D.
Publisher: Kidsrights
ISBN#: 1-55864-123-8

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

Las Palabras Dulces
Author: Carl Norac
Publisher: Editorial Corimbo
ISBN#: 8495150050

Luisa dice palabraotas
Author: Christian Lamblin
Publisher: Luis Vives Editorial
ISBN#: 8426345808

Palabras Sabias Acerca de la Disciplina video (DVD)
Distributor: Active Parenting Publishers
Developed by Dr. James Sayre – Rochester University

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
<table>
<thead>
<tr>
<th>Book Title</th>
<th>Author(s)</th>
<th>Publisher</th>
<th>ISBN#</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessing and Treating Physically Abused Children and Their Families:</td>
<td>David Kolko &amp; Cynthia Cupit Swenson</td>
<td>Sage Publications</td>
<td>0-7619-2149-4</td>
</tr>
<tr>
<td>A Cognitive-Behavioral Approach</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child Abuse and Culture: Working with Diverse Families</td>
<td>Lisa Aronson Fontes</td>
<td></td>
<td>1-59385-130-8</td>
</tr>
<tr>
<td>Let's Talk About Coping and Safety Skills: A Workbook About Taking Care of</td>
<td>Lori Stauffer, Ph.D. &amp; Esther Deblinger, Ph.D.</td>
<td>Hope for Families, Inc.</td>
<td>0-9676489-4-7</td>
</tr>
<tr>
<td>ME!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Guide to Discipline</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Treating Sexually Abused Children and Their Nonoffending Parents:</td>
<td>Esther Deblinger and Anne Hope Heflin</td>
<td>Sage Publications</td>
<td>0-8039-5929-X</td>
</tr>
<tr>
<td>A Cognitive Behavioral Approach</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Treating Trauma and Traumatic Grief in Children and Adolescents</td>
<td>Judith A. Cohen, M.D., Anthony P. Mannarinbo, Ph.D., Esther Deblinger, Ph.D.</td>
<td>Guilford Press</td>
<td>1-59385-308-4</td>
</tr>
<tr>
<td>Therapeutic Groupwork with Children</td>
<td>Joost Drost and Sydney Bayley</td>
<td>Speechmark Publishing Ltd.</td>
<td>0-86388-234-X</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>