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

Time-In: When Time-Out Doesn't Work
Author: Jean Illsley Clark
Publisher: Parenting Press, Inc.
ISBN#: 1-884734-28-6

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 Monahon
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
Publilsher: 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

Treatment Exercises for Child Abuse Victims and Children with Sexual Behavior Problems
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, Borwn & Company
ISBN#: 0-316-07206-0

It's Okay to Be Different
Author: Todd Parr
Publisher: Megan Tingley Books/Little, Borwn & 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

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

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

EMOTIONAL EXPRESSION AND IDENTIFICATION

All Feelings are OK- It's what you do with them that counts
Author: Lawrence E. Shapiro
ISBN#: 1-882732-04-09

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 & 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#: 1-884734-71-5

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

Sad Isn't Bad
Author: Michaelene Mundy
Publsiher: 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 Fee: 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 Grrrr 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: 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

The Mouse, the Monster, and Me: Assertiveness for Young People **(DV,CPA)**
Author: Pat Palmer
Publisher: Impact Publishers (OUT OF PRINT)
ISBN#: 0-915166-43-7

Words Are Not for Hurting
Author: Elizabeth Verdick
Publisher: Free Spirit Publishing
ISBN#: 1-57542-156-9

THERAPY/PSYCHOEDUCATION/GRADUAL EXPOSURE

A Guide for Teen Survivors: The Me Nobody Knows*
(CSA)
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

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 By the Window
(OV)
Author: Chris Loftis
Publisher: New Horizon Press
ISBN#: 0-88282-147-4

The PTSD 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
202-638-2952

PERSONAL SAFETY

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

Play it Safe with SASA (game) 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, LICSW; 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 Rohlfs Burke
Publisher: Kidsrights, 1-800-892-KIDS

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

The Goodbye Game ages 6-12 **(B)**
Child's Work/ Child's Play
1 800-962-1141

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: Ruth Bell
Publisher: Three Rivers Press
ISBN#: 0-8129-2990-x

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

The What's Happening to My Body Book for Girls (book-preteen/teen)
Author: Lynda Madaras and Area Madaras
Publisher: Newmarket Press
ISBN#: 1-55704-4449

My Body, My Self for Boys, workbook*
Author: Lynda Madaras and 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 and 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

Glad to Be Me – Self-Respect
Publisher:Bolden Publishing

Fun to Share – Conflict Resolution
Publisher: Bolden Publishing

Mad Me – Anger Management
Publisher: Bolden Publishing

Quiz Show Video: Anger Management
Publisher: Bolden Publishing

VIDEOS FOR PARENTS

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

Shaking, Hitting, Spanking: What to do instead
Publisher: Injoy Productions

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

SPANISH LANGUAGE RESOURCES

Amor y 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 Mitlin, MSW; illustrated by Joe Madden
Publisher: WPS Creative Therapy Store

Everybody Has Feelings/ Todos Tenemos Sentimientos The Moods of Children
Author/Translator: 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: 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 palabrotas
Author: Chirstian Lamblin
Publisher: Luis Vives Editorial
ISBN#: 8426345808

Palabras Sabias Acerca de la Disciplina video (DVD)
Distibutor: 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

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: 0-7619-2149-4

Child Abuse and Culture: Working with Diverse Families
Author: Lisa Aronson Fontes
ISBN#: 1-59385-130-8

Let's Talk About Coping and Safety Skills: A Workbook about Taking Care of ME!
Author: Lori Stauffer, Ph.D. & Esther Deblinger, Ph.D.
Publisher: Hope for Families, Inc.
P.O. Box 238
Hatfield, PA 19440
877-729-HOPE
ISBN# 0-9676489-4-7

Stickin' To, Watchin' Over, and Getting' With: An African American Parent's Guide to Discipline
Author: Howard C. Stevenson, Gwendolyn Davis & Saburah Abdul-Kabir
Publisher: Jossey-Bass: A Wiley Company
ISBN 0-7879-5702-X

Treating Trauma and Traumatic Grief in Children and Adolescents
Author: Judith A. Cohen, MD, Anthony P. Mannarinbo, PhD., Esther Deblinger, PhD.
Publisher: Guilford Press
ISBN#: 1-59385-308-4

Therapeutic Groupwork with Children
Author: Joost Drost and Sydney Bayley
Publisher: Speechmark Publishing Ltd.
ISBN#: 0-86388-234-X