

RECOMMENDED THERAPY RESOURCES

Books, Games, and other Therapy Materials to Assist in Implementing Trauma-focused Cognitive Behavioral Therapy (TF-CBT)

PLEASE NOTE: Clinicians should be sure to read any books/review the materials before using to determine the appropriateness for a particular client/family. The age ranges listed on the books or by the publisher should be considered guidelines, as many books may be used with older or younger children with adaptations. If you need guidance about the appropriateness of using a book with a particular case, please check with your supervisor or consultant.

BOOKS FOR THERAPISTS

Trauma-focused CBT for Children and Adolescents: Treatment Applications

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

Publisher: Guilford Press

ISBN#: 978-1462527779

Treating Trauma and Traumatic Grief in Children and Adolescents, Second Edition

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

Publisher: Guilford Press

ISBN#: 978-1462528400

Child Sexual Abuse: A Primer for Treating Children, Adolescents, and Their Nonoffending Parents, 2nd Edition

Author: Esther Deblinger, PhD, Anthony P. Mannarino, PhD, Judith A. Cohen, MD, Melissa K Runyon, PhD, & Anne H. Heflin, PhD.

Publisher: Oxford University Press

ISBN#: 978-0199358748

Treatment Exercises for Child Abuse Victims and Children with Sexual Behavior Problems

Author: Toni Cavanaugh-Johnson

Publisher: Jossey-Bass

ASIN#: B000BVRZO2

Understanding Children's Sexual Behaviors

Author: Toni Cavanagh Johnson

Publisher: Neari Press

ISBN#: 978-1882948246

BOOKS FOR USE WITH CLIENTS

Psychoeducation

Books

Asking about Sex and Growing Up: A Question and Answer Book for Kids

Author: Joanna Cole

Publisher: Harper Collins Publishers

ISBN#: 978-0061429866

It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends

Author: Michael Emberley

Publisher: Candlewick

ISBN#: 978-0763633318

Teen to Teen: Plain Talk about Sex, Self-esteem & Everything In Between

Author: Melanie Gold, Robert Hatcher, Mara Horowitz, Ashley Green & Abe Taleb

Publisher: Bridging the Gap Communications, Inc.

ISBN#: 978-0963887566

The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition

Author: Valorie Lee Schaefer

Publisher: American Girl Publishing

ISBN#: 978-1609580834

The Care and Keeping of You 2: The Body Book for Older Girls

Author: Cara Netteerson

Publisher: Pleasant Company Publications

ISBN#: 978-1609580421

The Teen Relationship Workbook

Author: Kerry Moles, CSW

Publisher: Wellness Reproductions and Publishing, Inc.

1-800-669-9208

The What's Happening to My Body Book for Boys, Revised Edition

Author: Lynda Madaras and Area Madaras

Publisher: William Morrow Paperbacks

ISBN#: 978-1557047656

When Dinosaurs Die: A Guide to Understanding Death

Author: Laurie Krasny Brown and Mark Brown

Publisher: Little Brown Books for Young Readers

ISBN#: 978-03161195596

Where Did I Come From?

The facts of life without any nonsense and with illustrations.

Author: Peter Mayle

Publisher: Kensington Publishing Corp.

ISBN#: 978-0818402531

Why Would Someone Want to Die?

Author: Rebecca C. Schmidt

Publisher: National Center for Youth Issues

ISBN#: 978-1931636438

Games

What Do You Know? 2nd Ed. (Card game)

Author/Developers: Esther Deblinger, Felicia Neubauer, Melissa Runyon, Donyale Baker, Aimée Sirois-Geddie, Yahaira I.

Márquez, & Elisabeth Pollio

Publisher: CARES Institute

Available to order from https://centers.rowanmedicine.com/cares/documents/card_game_and_book_order_form.pdf

Parenting Skills

Parents and Adolescents Part 1: The Basics

Author: Gerald Patterson and Marion Forgatch

Publisher: Research Press

ISBN#: 978-0878225163

SOS: Help for Parents

Author: Lynn Clark

Publisher: SOS Programs & Parents Press

ISBN#: 978-0935111217

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#: 978-0787957025

Relaxation

Angry Octopus

Author: Lori Lite

Publisher: Stress Free Kids

ISBN#: 978-0983625681

Mindful Monkey, Happy Panda

Author: Lauren Alderfer

Publisher: Wisdom Publications

ISBN#: 978-0861716838

Peaceful Piggy Yoga

Author: Kerry Lee MacLean

Publisher: Albert Whitman & Company

ISBN#: 978-0807563830

Moody Cow Meditates

Author: Kerry Lee MacLean

Publisher: Wisdom Publications

ISBN#: 978-0861715732

Affective Expression and Modulation

Books: Feelings

The Way I Feel

Author: Janin Cain

Publisher: Parenting Press

ISBN#: 978-1884734724

Today I Feel Silly and Other Moods That Make My Day

Author: Jamie Lee Curtis

Publisher: Harper Collins

ISBN#: 978-0060245603

Books: Anger Management

No Hitting

Author: Karen Katz

Publisher: Grosset & Dunlap

ISBN#: 978-0448455969

Volcano in My Tummy

Author: Eliane Whitehouse & Warwick Pudney

Publisher: New Society Publishers

ISBN#: 978-0865713499

Books: Bullying

Blue Cheese Breath and Stinky Feet: How to Deal with Bullies

Author: Catherine DePino
Publisher: Magination Press
ISBN#: 978-1591471127

How to Handle Bullies, Teasers and Other Meanies

Author: Kate Cohen-Posey
Publisher: Rainbow Books
ISBN#: 978-1568250298

Games

Angry Animals 2 (Anger management)

Author/Developer: Katelyn Mariah
Available through Creative Therapy Store

The Peace Path Game (Domestic Violence/Anger Management)

Author/Developer: Lisa Marie Barden
Available through Child's Work, Child's Play

Cognitive Coping and Processing

Affirmation Weaver: A Believe in Yourself Story, Designed to Help Children Boost Self-esteem While Decreasing Stress and Anxiety

Author: Lori Lite
Publisher: Stress Free Kids
ISBN#: 978-0983625698

I Believe in Me

Author: Connie Bowen
Publisher: Unity
ISBN#: 978-0871592828

Ready for Anything

Author: Keiko Kasza
Publisher: G.P. Putnam's Sons Books for Young Readers
ISBN#: 978-0399252358

No More Stinking Thinking: A Workbook for Teaching Children Positive Thinking

Author: Joann Altiero
Publisher: Jessica Kingsley Publishers
ISBN#: 978-1843108399

The Can Do Duck: A Story About Believing in Yourself

Author: Ducktor Morty
Publisher: Can Do Duck Publishing
ISBN#: 978-0976838449

The Hyena Who Lost Her Laugh: A Story About Changing Your Negative Thinking

Author: Denise Gilgannon
Publisher: Childsworld/Childsplay, LLC
ISBN#: 978-1588150059

The Little Engine That Could

Author: Watty Piper & Loren Long
Publisher: Philomel Books
ISBN#: 978-0399244674

Trauma Narrative

A Safe Place to Live: A Story for Children Who Have Experienced Domestic Violence

Author: Michelle Harrison

Publisher: Jist Publishing

ISBN#: 978-1558640900

Finding the Right Spot: When Kids Can't Live With Their Parents

Author: Janice Levy

Publisher: Magination Pr, Illustrated Edition

ISBN#: 978-1591470748

Helping Families Heal (stories about physical abuse

Author: Melissa Runyon, Beth Cooper, and Alissa Glickman

Publisher: CARES Institute

Available to order from https://centers.rowanmedicine.com/cares/documents/card_game_and_book_order_form.pdf

In Their Own Words: A Sexual Abuse Workbook for Teenage Girls

Author: Lulie Munson and Karen Risken

Publisher: Welfare League of America

ISBN#: 978-0878685967

Invisible String

Author: Patrice Karst

Publisher: Little, Brown Books for Young Readers;

ISBN#: 978-0316486231

Kids Helping Kids Break the Silence of Sexual Abuse

Author: Linda Lee Foltz

Publisher: Lighthouse Point Press

ISBN#: 978-0963796691

Maybe Days: A Book for Children in Foster Care

Author: Jennifer Wilgocki, Marcia Kahn Wright, and Alissa Imre Geis

Publisher: American Psychological Association

ISBN#: 978-1557988027

Murphy's Three Homes: A Story for Children in Foster Care

Author: Jan Levinson Gilman

Publisher: Magination Pr

ISBN#: 978-1433803857

Please Tell! A Child's Story about Sexual Abuse

Author: Jessie (Sandra Hewitt)

Publisher: Hazelden Foundation

ISBN#: 978-0894867767

Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care for Them

Author: Doreen Cammarata

Publisher: Limitless Press

ISBN#: 978-0978868192

Something Is Wrong at My House: A Book about Parents' Fighting

Author: Diane Davis

Publisher: Parenting Press

ISBN#: 978-1884734656

Strong at the Heart: How it feels to heal from sexual abuse, 2nd edition

Author: Carolyn Lehman

Publisher: Sky Pilot Books

ISBN#: 978-0989463607

Enhancing Future Safety

Amazing You

Author: Gail Saltz

Publisher: Puffin Books

ISBN#: 978-0142410585

I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private

Author: Kimberly King & Zack King

Publisher: Boulden Publishing.

ISBN#: 978-1878076496

It's My Body

Author: Lory Freeman

Publisher: Parenting Press Inc.

ISBN#: 978-0943990033

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.

Available to order from <http://hffbooks.com/products.html>

Let's Talk About Taking Care of You! An Educational Book about Body Safety for Young Children

Author: Lori Stauffer, Ph.D. & Esther Deblinger, Ph.D.

Publisher: Hope for Families, Inc.

Available to order from <http://hffbooks.com/products.html>

Personal Space Camp

Author: Julia Cook

Publisher: National Center for Youth Issues

ISBN#: 978-1931636872

The Teen Relationship Workbook

Author: Kerry Moles, CSW

Publisher: Wellness Reproductions and Publishing, Inc.

ISBN#: 978-1893277038

Your Body Belongs to You

Author: Cornelia Spelman

Publisher: Albert Whitman & Co.

ISBN#: 978-0807594735