**Book List**

Some of these books will touch on subjects that are hard to read.

\*The descriptions provided are quick summaries \*

* [101 More Life Skills Games for Children – Bernie Badegruber](https://www.google.com/books/edition/101_More_Life_Skills_Games_for_Children/fZpj0XcUdiUC?hl=en&gbpv=1&dq=o%09101+More+Life+Skills+Games+for+Children+%E2%80%93+Bernie+Badegruber&printsec=frontcover)
* [A chance in the world -Steve Pemberton](https://books.google.com/books/about/A_Chance_in_the_World.html?id=zOyqUtGAguYC&source=kp_book_description)
	+ Taken from his mother at age three, Steve Klakowicz lives a terrifying existence. Caught in the clutches of a cruel foster family and subjected to constant abuse, Steve finds his only refuge in a box of books given to him by a kind stranger. In these books, he discovers new worlds he can only imagine and begins to hope that one day he might have a different life, that one day he will find his true home.
* [A Child Called “It” – Dave Pelzer](https://www.goodreads.com/book/show/60748.A_Child_Called_It_)
	+ This book chronicles the unforgettable account of one of the most severe child abuse cases in California history. It is the story of Dave Pelzer, who was brutally beaten and starved by his emotionally unstable, alcoholic mother: a mother who played tortuous, unpredictable games—games that left him nearly dead. He had to learn how to play his mother's games in order to survive because she no longer considered him a son, but a slave; and no longer a boy, but an "it."
* [A Framework for Understanding Poverty – Ruby K. Payne](https://www.google.com/books/edition/A_Framework_for_Understanding_Poverty/bKQqmAEACAAJ?hl=en)
* [A Journey Within](https://www.walmart.com/ip/Piccadilly-a-Journey-Within-6-x-8-5-Paper-Guided-Journal-Flexi-Cover-204-Pages/179977151?wmlspartner=wlpa&selectedSellerId=0&wl13=1876&adid=22222222277179977151_117755028669_12420145346&wmlspartner=wmtlabs&wl0=&wl1=g&wl2=c&wl3=501107745824&wl4=pla-294505072980&wl5=9032871&wl6=&wl7=&wl8=&wl9=pla&wl10=8175035&wl11=local&wl12=179977151&wl13=1876&veh=sem_LIA&gclid=Cj0KCQjwuNemBhCBARIsADp74QSLkO1zAy1TCpdzSJtgXdmiiaRbZ7sr7oSJsWJQ0yXu-CBqLLjsjpEaApq2EALw_wcB&gclsrc=aw.ds)
* [A Man Named Dave – Dave Pelzer](https://www.google.com/books/edition/A_Man_Named_Dave/fyJkE-yYgUcC?hl=en&gbpv=0)
	+ "All those years you tried your best to break me, and I'm still here. One day you'll see, I'm going to make something of myself." These words were Dave Pelzer's declaration of independence to his mother, and they represented the ultimate act of self-reliance. Dave's father never intervened as his mother abused him with shocking brutality, denying him food and clothing, torturing him in any way she could imagine. This was the woman who told her son she could kill him any time she wanted to—and nearly did.
* [A Place Called Home -David Ambroz](https://www.google.com/books/edition/A_Place_Called_Home/3K9YEAAAQBAJ?hl=en&gbpv=0)
	+ A galvanizing, stirring memoir about growing up homeless and in foster care and rising to become a leading advocate for child welfare, recognized by President Obama as an American Champion of Change.  “You will fall in love with David Ambroz, his beautifully-told, gut-wrenching story, and his great big heart.” (Jeanette Walls, author of The Glass Castle)
* [A Silence of Mockingbirds - Karen Spears Zacharias](https://www.google.com/books/edition/A_Silence_of_Mockingbirds/r2_dAgAAQBAJ?hl=en&gbpv=0)
	+ Investigative journalist and author Karen Spears Zacharias never anticipated that she would become one of the characters involved in a high-profile murder. But when she reconnects with a young woman named Sarah, who lived in the Zacharias home at one time and was treated like family, Karen discovers that something unspeakable has happened to Sarah’s daughter, Karly.  Compelled to consider her own culpability in this tragic case, Karen pieces together what happened to Karly through court documents, investigators’ interviews, and interviews with friends, family, law enforcement officials, and key witnesses. As the terrible story unfolds, the hard question emerges for everyone involved, indeed all of us: Why was no cry raised to protect Karly?
* [Airdrie’s Boys – Airdrie Thompson-Guppy](https://www.google.com/books/edition/Airdrie_S_Boys/9gyc3UXHx2cC?hl=en&gbpv=0)
	+ Adolescence can be a challenging period under normal circumstances, but for five troubled boys, 1963 is a particularly difficult year. As social worker Airdrie Thompson-Guppy and her family settle in Waterloo, Ontario, Airdrie's life is about to dramatically change when those five boys are placed in her home by the Children's Aid Society. One by one, the boys cautiously move into the home Airdrie shares with her husband and one-year-old daughter. Lefty is the unwitting victim of his father's anger. Bob has endured constant abuse from his alcoholic parents. Johnny struggles academically, is fatherless and is clearly troubled. Val sports an impish grin and is quick to argue. Dan is a cheery lad who is easily led by others. As Airdrie shares how she cared for the boys despite their inner turmoil and troubled backgrounds, she provides an eye-opening glimpse into one family form that focuses on rescuing and protecting children from the atrocities of a dysfunctional life.
* [Angry Young Men -Kipnis](https://www.google.com/books/edition/Angry_Young_Men/s2RHAAAAMAAJ?hl=en&gbpv=0&bsq=Angry%20Young%20Men)
	+ Writing from personal and professional experience, Aaron Kipnis shares both the riveting story of his own troubled youth-and how he turned himself around-and the successful approaches he has used to help "bad boys" become good men. Angry Young Men offers specific, practical advice for parents, teachers, counselors, community leaders, and justice professionals-- everyone who wants to help at-risk boys become strong, productive, caring, and compassionate men.
* [Another Place at the Table -Kathy Harrison](https://www.google.com/books/edition/Another_Place_at_the_Table/EJcrAAAAYAAJ?hl=en&gbpv=0&bsq=Another%20Place%20at%20the%20table)
	+ For more than a decade, Kathy Harrison has sheltered a shifting cast of troubled youngsters-the offspring of prostitutes and addicts; the sons and daughters of abusers; and teenage parents who can't handle parenthood. What would motivate someone to give herself over to constant, largely uncompensated chaos? How does she manage her extraordinary blended family? Why would anyone voluntarily take on her job?
	Harrison is no saint, but an ordinary woman doing heroic work
* [Behavior Problems in Preschool Children -Campbell](https://www.google.com/books/edition/Behavior_Problems_in_Preschool_Children/G0LFPAPH5bQC?hl=en&gbpv=0)
	+ This volume provides a comprehensive clinical/n-/developmental framework for understanding and treating behavior problems in early childhood. Susan B. Campbell offers a highly readable account of the developmental tasks and transitions that young children face in cognitive, social, and family domains, and examines why and what happens when development goes awry. Particular attention is given to the critical question of how certain children manage to successfully overcome difficult transitions, while others face the risk of serious, ongoing problems. Empirically supported prevention and treatment approaches are reviewed.
* [Black baby, white hands: A view from the crib -Jaiya John](https://www.google.com/books/edition/Black_Baby_White_Hands/_LdIAAAAYAAJ?hl=en&gbpv=0&bsq=o%09Black%20baby,%20white%20hands:%20A%20view%20from%20the%20crib)
	+ It is only months following the assassination of Martin Luther King, Jr., and the nation is burning. Black and White America are locked in the tense grip of massive change. Into this inferno steps an unsuspecting young White couple. Neither truly knew even a single African American person while growing up. Now, a child will change all of that forever. Over the fateful years to come, a Black child becomes perhaps the first in the history of New Mexico to be adopted by a White family. Here is a brazenly honest glimpse into the mind and heart of that child, a true story for the ages that flows like a soulful river-separated from his mother at birth, placed into foster care, adopted, and finally reunited with his biological family in adulthood-an astounding journey of personal discovery.
* [Born for Love – Maia Szalavitz](https://www.google.com/books/edition/Born_for_Love/pltsIbjQqywC?hl=en&gbpv=0)
	+ The groundbreaking exploration of the power of empathy by renowned child-psychiatrist Bruce D. Perry, co-author, with Oprah Winfrey, of What Happened to You? Born for Love reveals how and why the brain learns to bond with others—and is a stirring call to protect our children from new threats to their capacity to love.
* [Boy Erased -Garrard Conley](https://www.google.com/books/edition/Boy_Erased/jfHbDQAAQBAJ?hl=en&gbpv=0)
	+ The son of a Baptist pastor and deeply embedded in church life in small town Arkansas, as a young man Garrard Conley was terrified and conflicted about his sexuality. When Garrard was a nineteen-year-old college student, he was outed to his parents, and was forced to make a life-changing decision: either agree to attend a church-supported conversion therapy program that promised to "cure" him of homosexuality; or risk losing family, friends, and the God he had prayed to every day of his life. Through an institutionalized Twelve-Step Program heavy on Bible study, he was supposed to emerge heterosexual, ex-gay, cleansed of impure urges and stronger in his faith in God for his brush with sin. Instead, even when faced with a harrowing and brutal journey, Garrard found the strength and understanding to break out in search of his true self and forgiveness.
* [Breaking Night -Liz Murray](https://www.google.com/books/edition/Breaking_Night/mWUxcgAACAAJ?hl=en)
	+ Liz Murray was born to loving but drug-addicted parents in the Bronx. In school she was taunted for her dirty clothing and lice-infested hair, eventually skipping so many classes that she was put into a girls’ home. At age fifteen, Liz found herself on the streets when her family finally unraveled. She learned to scrape by, foraging for food and riding subways all night to have a warm place to sleep.
* [Building Resilience in Children and Teens – Kenneth R. Ginsburg with Martha M. Jablow](https://www.google.com/books/edition/Building_Resilience_in_Children_and_Teen/XQJwcgAACAAJ?hl=en)
	+ The handbook acknowledges that adolescents commonly survive stress by either indulging in unhealthy behaviors or giving up completely, and its suggested solutions are aimed at strengthening resilience. The proposed plan enables kids from the age of 18 months to 18 years to build the seven crucial C s competence, confidence, connection, character, contribution, coping, and control needed to bounce back from challenges.
	A variety of approaches are featured such as building on natural strengths, fostering hope and optimism, avoiding risky behaviors, and taking care of oneself physically and emotionally. With new chapters on perfectionism, the negative portrayal of teens, military families, and what parents can do when resilience has reached its limits, this examination also includes two personalized guides for creating customized strategies.
* [Claiming Georgia Tate –Gigi Amateau](https://www.google.com/books/edition/Claiming_Georgia_Tate/N9hIAgAAQBAJ?hl=en&gbpv=0)
	+ Twelve-year-old Georgia Tate wishes she could stay home in Mississippi forever with her preacher granddaddy and her best friend Ginger. After losing her nana to a heart attack, she desperately wishes she could tell her granddaddy why she can’t possibly move in with Daddy — about the things he does that make her feel so ashamed. With a vivid narrative voice, Gigi Amateau tells an unflinching tale of a sensitive girl caught in the trauma of incestuous abuse. But it is also a story of survival — an ode to the solace of family, the mercy of strangers, and the possibility of hope and healing.
* [Collaborative Problem Solving -Pollastri-Ablon](https://www.google.com/books/edition/Collaborative_Problem_Solving/8QCcDwAAQBAJ?hl=en&gbpv=0)
	+ This book is the first to systematically describe the key components necessary to ensure successful implementation of Collaborative Problem Solving (CPS) across mental health settings and non-mental health settings that require behavioral management. This resource is designed by the leading experts in CPS and is focused on the clinical and implementation strategies that have proved most successful within various private and institutional agencies.
* [Educated -Tara Westover](https://www.google.com/books/edition/Educated/2ObWDgAAQBAJ?hl=en&gbpv=0)
	+ Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara’s older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she’d traveled too far, if there was still a way home.
* [Hillbilly Elegy – J.D. Vance](https://www.google.com/books/edition/Hillbilly_Elegy/-wFtjgEACAAJ?hl=en)
	+ Hillbilly Elegy is a passionate and personal analysis of a culture in crisis—that of white working-class Americans. The decline of this group, a demographic of our country that has been slowly disintegrating over forty years, has been reported on with growing frequency and alarm, but has never before been written about as searingly from the inside. J. D. Vance tells the true story of what a social, regional, and class decline feels like when you were born with it hung around your neck.
* [Hope’s Boy- Andrew Bridge](https://www.google.com/books/edition/Hope_s_Boy/xxrawAEACAAJ?hl=en)
	+ From the moment he was born, Andrew Bridge and his mother Hope shared a love so deep that it felt like nothing else mattered. Trapped in desperate poverty and confronted with unthinkable tragedies, all Andrew ever wanted was to be with his mom. But as her mental health steadily declined, and with no one else left to care for him, authorities arrived and tore Andrew from his screaming mother's arms. In that moment, the life he knew came crashing down around him. He was only seven years old.
* [How to Work with Sex Offenders – Rudi Flora](https://www.google.com/books/edition/How_to_Work_with_Sex_Offenders/bx2sAgAAQBAJ?hl=en&gbpv=0)
	+ How to Work with Sex Offenders is the first complete manual available on the subject for professionals who deal with this population. This user-friendly, comprehensive resource presents new data that will give you techniques for effectively interviewing sex offenders and outlines innovative treatment options in an understandable way, but that is just part of what makes this book unique. How to Work with Sex Offenders walks you through the criminal justice, human services, and mental health systems as applied to sex offenders from start to finish—you'll learn what happens to the offender from the point when he/she is apprehended, through prosecution, adjudication, and treatment.
* [I’m Not Bad, I’m Just Mad -Shapiro, Pelta-Heller, Greenwald](https://www.google.com/books/edition/I_m_Not_Bad_I_m_Just_Mad/tXTMr25zlIAC?hl=en&gbpv=0)
	+ Most children learn to stop throwing temper tantrums, talking back, and refusing to go to bed or take a bath at an early age. But some children have trouble with impulsivity and self-control. Left unaddressed, these issues can lead to some very serious problems in adolescence and adulthood. Anger control problems are the number one reason that children are referred for therapy, affecting children as young as three years old. Since anger problems in children may indicate other significant concerns, it pays to address anger in kids as soon as possible. If a child in your life has an anger problem, you need the friendly, effective activities in this book.
* [Invisible Child -Andrea Elliott](https://www.google.com/books/edition/Invisible_Child/6CxeEAAAQBAJ?hl=en&gbpv=0)
	+ In Invisible Child, Pulitzer Prize winner Andrea Elliott follows eight dramatic years in the life of Dasani, a girl whose imagination is as soaring as the skyscrapers near her Brooklyn shelter. In this sweeping narrative, Elliott weaves the story of Dasani’s childhood with the history of her ancestors, tracing their passage from slavery to the Great Migration north. As Dasani comes of age, New York City’s homeless crisis has exploded, deepening the chasm between rich and poor. She must guide her siblings through a world riddled by hunger, violence, racism, drug addiction, and the threat of foster care. Out on the street, Dasani becomes a fierce fighter “to protect those who I love.” When she finally escapes city life to enroll in a boarding school, she faces an impossible question: What if leaving poverty means abandoning your family, and yourself?
* [Jerk Radar How to Stop a Bad Relationship Before It Starts – Stephen T. McCrea](https://www.google.com/books/edition/Jerk_Radar/39uR8R8AlSIC?hl=en&gbpv=0)
	+ Have you ever gone out with someone who seemed perfect at first, but ended up being a nightmare? Do you find yourself falling in love but ending up feeling disrespected and used? Would you like to make sure that something like that never happens to you (or someone you care about) again? If so, this book is written for you. There are lots of books about how to tell if you're in an abusive relationship. This is book will keep you from getting into one in the first place. Jerk Radar will help you see how a Jerk takes advantage of common cultural expectations and romantic myths to blind you to his true intentions. It will give you concrete ways to test out his intentions in the course of a normal conversation.
* [Life Story Therapy with Traumatized Children – Richard Rose](https://www.google.com/books/edition/Life_Story_Therapy_with_Traumatized_Chil/vm0SBQAAQBAJ?hl=en&gbpv=0)
	+ Life Story Therapy is an approach designed to enable children to explore, question and understand the past events of their lives. It aims to secure their future through strengthening attachment with their careers and providing the opportunity to develop a healthy sense of self and a feeling of wellbeing. This comprehensive overview lays out the theory underlying life story therapy, including an accessible explanation of contemporary research in neurobiology and trauma. Featuring tried and tested ideas, with tools and templates illustrated through instructive case studies, the author identifies how life story therapy can be implemented in practice. Finally, the relationships between life story therapy and traditional 'talking' therapies are explored.
* [Maintaining Family Ties Inclusive Practice in Foster Care -Sally Palmer](https://www.google.com/books/edition/Maintaining_Family_Ties/9FFHAAAAMAAJ?hl=en&gbpv=0&bsq=o%09Maintaining%20Family%20Ties%20Inclusive%20Practice%20in%20Foster%20Care)
	+ Maintaining Family Ties examines the behavior of children in foster care and their expressed feelings related to separation from their families. Chapter One presents theories of separation and self-concept relevant to children in care. Chapter Two reviews research knowledge from empirical studies and practice experience. Chapters Three, Four, and Five describe and discuss the qualitative findings from workers' discussions on supervision, including children's reactions to supervision, workers' interventions, and agency influences on the handling of separation.
* [Notching Up the Nurtures Heart Approach – Howard Glasser with Melissa Lynn Block](https://www.google.com/books/edition/Transforming_the_Difficult_Child/O9dbRAAACAAJ?hl=en)
	+ Talks about really 'difficult' children and how, through the Nurtured Heart Approach of Howard Glasser and Jennifer Easley, their lives and the lives of those who care about them can be transformed for the better. This book offers parents and carers a way of helping their intense child change and succeed.
* [Nowhere to Go: The Heartbreaking True Story of a Boy Desperate to be Loved -Casey Watson](https://www.google.com/books/edition/Nowhere_to_Go_The_heartbreaking_true_sto/zVw5BAAAQBAJ?hl=en&gbpv=0)
	+ Knowing a little of Tyler’s past – his biological mother, a heroin addict, died of an overdose when he was three – Casey feels bound to do her best for him. It isn’t easy; Tyler continuously lashes out, even trying to attack Casey herself. Investigation into his earlier childhood reveals why: forced to watch his mother die he was found emaciated and traumatized two days later, then delivered to a father who didn’t want him and a step-mother who beat him.
* [One Kid at a Time – Jake Dekker](https://www.google.com/books/edition/One_Kid_at_a_Time/2hTluQAACAAJ?hl=en)
	+ Danny had no chance. His mother abandoned him. His father in prison didn't know him. His grandmother beat him so badly that the doctors couldn't count the bruises. He lived nonstop days of unending anxiety, loneliness and terror. Ordered into foster care, the system isolated, drugged and betrayed him. Jake lived the good life. Warm friendships, plenty of money and freedom to do what he enjoyed. From the outside he had the perfect existence. But inside he longed for a child.
* [Parenting the Hurt Child: Helping Adoptive Families Heal and Grow -Gregory Keck & Regina Kupecky](https://www.google.com/books/edition/Parenting_the_Hurt_Child/WCj0AgAAQBAJ?hl=en&gbpv=0)
	+ The world is full of hurt children, and bringing one into your home can quickly derail the easy family life you once knew. Get effective suggestions, wisdom, and advice to parent the hurt child in your life. The best hope for tragedy prevention is knowledge! Updated and revised.
* [Rough House -Tina Ontiveros](https://www.google.com/books/edition/Rough_House/E2JnzQEACAAJ?hl=en)
	+ A story of growing up in turmoil, rough house recounts a childhood divided between a charming, mercurial, abusive father in the forests of the Pacific Northwest and a mother struggling with small-town poverty. It is also a story of generational trauma, especially for the women--a story of violent men and societal restrictions, of children not always chosen and frequently raised alone.
* [SAFE: Screening Applicants for Effectiveness – Friends for Youth](https://www.google.com/books/edition/SAFE_Screening_Applicants_for_Effectiven/BGsBPQAACAAJ?hl=en)
* [See Poverty… Be the Difference – Dr. Donna M. Beegle](https://www.google.com/books/edition/See_Poverty_be_the_Difference/YWKsPAAACAAJ?hl=en&kptab=overview)
	+ This resource provides an authentic opportunity for gaining a foundation, rooted in lived experience and research, for understanding poverty and addressing its impacts. It is designed to shatter stereotypes with facts about poverty and provide ideas for creating programs and systems that are responsive to the needs of people from poverty background. It will provide some concrete tools for educating, communicating, and working more effectively with those you serve and hopefully inspire you to want to learn and do more!
* [Somebody Else’s Children -Hubner & Wolfson](https://www.google.com/books/edition/Somebody_Else_s_Children/wOREe_VNiVcC?hl=en&gbpv=0)
	+ With the narrative force of an epic novel and the urgency of first-rate investigative journalism, this important book delves into the daily workings and life-or-death decisions of a typical American family court system. It provides an intimate look at the lives of the parents and children whose fate it decides. A must for social workers and social work students, attorneys, judges, foster parents, law students, child advocates, teachers, journalists and anyone who cares about our nation's children.
* [Stamped from the Beginning – Ibram X. Kendi](https://www.google.com/books/edition/Stamped_from_the_Beginning/e_3cCgAAQBAJ?hl=en&gbpv=0)
	+ In this deeply researched and fast-moving narrative, Kendi chronicles the entire story of anti-Black racist ideas and their staggering power over the course of American history. Stamped from the Beginning uses the lives of five major American intellectuals to offer a window into the contentious debates between assimilationists and segregationists and between racists and antiracists. From Puritan minister Cotton Mather to Thomas Jefferson, from fiery abolitionist William Lloyd Garrison to brilliant scholar W. E. B. Du Bois to legendary anti-prison activist Angela Davis, Kendi shows how and why some of our leading proslavery and pro-civil rights thinkers have challenged or helped cement racist ideas in America.
* [The 5 Languages of Appreciation in the Workplace – Chapman & White](https://www.google.com/books/edition/The_5_Languages_of_Appreciation_in_the_W/bN5iDwAAQBAJ?hl=en&gbpv=0)
	+ This book will give you the tools to improve staff morale, create a more positive workplace, and increase employee engagement. How? By teaching you to effectively communicate authentic appreciation and encouragement to employees, co-workers, and leaders. Most relational problems in organizations flow from this question: do people feel appreciated? This book will help you answer “Yes!”
* [The 7 Habits of Highly Effective People, Powerful Lessons in Personal Change – Stephen R. Covey](https://www.google.com/books/edition/The_7_Habits_of_Highly_Effective_People/020TAgAAQBAJ?hl=en&gbpv=0)
	+ One of the most inspiring and impactful books ever written, The 7 Habits of Highly Effective People has captivated readers for 25 years. It has transformed the lives of presidents and CEOs, educators and parents—in short, millions of people of all ages and occupations across the world. This twenty-fifth anniversary edition of Stephen Covey’s cherished classic commemorates his timeless wisdom, and encourages us to live a life of great and enduring purpose.
* [The Body Keeps the Score – Bessel Van Der Kolk](https://www.google.com/books/edition/The_Body_Keeps_the_Score/vHnZCwAAQBAJ?hl=en&gbpv=0)
	+ Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world’s foremost experts on trauma, has spent over three decades working with survivors. In The Body Keeps the Score, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers’ capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain’s natural neuroplasticity. Based on Dr. van der Kolk’s own research and that of other leading specialists, The Body Keeps the Score exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.
* [The Boy Who Was a Dog – Perry & Szalavitz](https://www.google.com/books/edition/The_Boy_Who_Was_Raised_as_a_Dog/kEwfDgAAQBAJ?hl=en&gbpv=0)
	+ In The Boy Who Was Raised as a Dog, Dr. Perry tells their stories of trauma and transformation through the lens of science, revealing the brain's astonishing capacity for healing. Deftly combining unforgettable case histories with his own compassionate, insightful strategies for rehabilitation, Perry explains what exactly happens to the brain when a child is exposed to extreme stress -- and reveals the unexpected measures that can be taken to ease a child's pain and help him grow into a healthy adult.
* [The Compassion Code – Laura Jack](https://www.google.com/books/edition/The_Compassion_Code/RjVXswEACAAJ?hl=en)
	+ If you're like many people, your heart desires to be compassionate, yet your head may simply not possess the blueprint for saying those right words at the right time, or for seeing things from a compassionate perspective rather than a judgmental one. After all, we're a product of our upbringing and societal norms, and we're not necessarily taught precisely what living compassionately looks like. The Compassion Code will completely change that. After losing her mother in a tragic accident, author Laura Jack was devastated. Yet it was also a time of witnessing how people responded to her, how her family grieved differently, and how she responded herself. She went on to become a Certified Grief Recovery Specialist, but beyond that, she became a keen observer of how people were missing a huge opportunity to operate with more compassion. This accessible, wisdom-filled book is the result, addressing topics such as: Knowing what to say--and not to say--when someone is grieving Understanding when to talk and when to simply listen Relating kindly to ourselves Recognizing that everyone has a story Dealing with compassion fatigue Acknowledging instead of "fixing" others with our responses Practicing compassion in daily life with self, other adults, children, and teens
* [The Indian Child Welfare Act Handbook](https://www.google.com/books/edition/The_Indian_Child_Welfare_Act_Handbook/EjQ6uwEACAAJ?hl=en)
* [The Lighthouse Effect -Steve Pemberton](https://www.google.com/books/edition/The_Lighthouse_Effect/yfYIEAAAQBAJ?hl=en&gbpv=0)
	+ Steve Pemberton found a lighthouse in an ordinary man named John Sykes, his former high school counselor. John gave Steve a safe harbor after Steve escaped an abusive foster home and together they navigated a new path that led to personal and professional success. Through stories of people like John and several others, you will identify how the hardships you have overcome equip you to be a "human lighthouse," inspiring those around you.
* [The Lost Boy – Dave Pelzer](https://www.google.com/books/edition/The_Lost_Boy/al2hAgAAQBAJ?hl=en&gbpv=0)
	+ Imagine a young boy who has never had a loving home. His only possessions are the old, torn clothes he carries in a paper bag. The only world he knows is one of isolation and fear. Although others had rescued this boy from his abusive alcoholic mother, his real hurt is just beginning -- he has no place to call home. This is Dave Pelzer's long-awaited sequel to A Child Called "It". In The Lost Boy, he answers questions and reveals new adventures through the compelling story of his life as an adolescent. Now considered an F-Child (Foster Child), Dave is moved in and out of five different homes. He suffers shame and experiences resentment from those who feel that all foster kids are trouble and unworthy of being loved just because they are not part of a "real" family. Tears, laughter, devastation and hope create the journey of this little lost boy who searches desperately for just one thing -- the love of a family.
* [The Secret of Parenting -Anthony E. Wolf](https://www.google.com/books/edition/The_Secret_of_Parenting/0oh9Sotc7BgC?hl=en&gbpv=0)
	+ In his new book, Wolf presents a fresh perspective on this less pleasant behavior and a surprisingly simple method for dealing with it. He argues that punishments and rewards don't work and may even be counterproductive. Instead, parents must act swiftly and decisively following Wolf's easy but powerful technique. Using numerous examples of effective and ineffective parent-child interactions, he offers practical advice on a wide range of basic issues, from tantrums and back talk, to getting kids off to school in the morning and eliminating sibling fights. Humorous and easy to use, The Secret of Parenting is guaranteed to dramatically increase the joy parents get from raising their children.
* [The Women Who Raised Me -Victoria Rowell](https://www.google.com/books/edition/The_Women_Who_Raised_Me/diS9Ljl95VwC?hl=en&gbpv=0)
	+ From Agatha Armstead—a black Bostonian who was Victoria's longest-term foster mother and first noticed her spark of creativity and talent—to Esther Brooks, a Paris-trained prima ballerina who would become her first mentor at the Cambridge School of Ballet—The Women Who Raised Me is a loving, vivid portrait of all the women who would help Victoria transition out of foster care and into New York City's wild worlds of ballet, acting, and adulthood. Though Victoria would go on to become an accomplished television and film star, she still carried the burden of loneliness and anxiety, particularly common to those "orphans of the living" who are never adopted. Vividly recalled and candidly told, her story is transfixing, redemptive, heartbreaking, and, ultimately, inspiring.
* [Three Little Words – Ashley Rhodes-Courter](https://www.google.com/books/edition/Three_Little_Words/fnamAwAAQBAJ?hl=en&gbpv=0)
	+ "Sunshine, you're my baby and I'm your only mother. You must mind the one taking care of you, but she's not your mama." Ashley Rhodes-Courter spent nine years of her life in fourteen different foster homes, living by those words. As her mother spirals out of control, Ashley is left clinging to an unpredictable, dissolving relationship, all the while getting pulled deeper and deeper into the foster care system. Painful memories of being taken away from her home quickly become consumed by real-life horrors, where Ashley is juggled between caseworkers, shuffled from school to school, and forced to endure manipulative, humiliating treatment from a very abusive foster family. In this inspiring, unforgettable memoir, Ashley finds the courage to succeed - and in doing so, discovers the power of her own voice.
* [Together the healing power of human connection in a sometimes lonely world -Vivek H. Murthy](https://www.google.com/books/edition/Together/LwCUDwAAQBAJ?hl=en&gbpv=0)
	+ Humans are social creatures: In this simple and obvious fact lies both the problem and the solution to the current crisis of loneliness. In his groundbreaking book, the 19th surgeon general of the United States Dr. Vivek Murthy makes a case for loneliness as a public health concern: a root cause and contributor to many of the epidemics sweeping the world today from alcohol and drug addiction to violence to depression and anxiety. Loneliness, he argues, is affecting not only our health, but also how our children experience school, how we perform in the workplace, and the sense of division and polarization in our society.
* [Treating Sex Offenders – Jill D. Stinson, Judith V. Becker](https://www.google.com/books/edition/Treating_Sex_Offenders/ThlKDwAAQBAJ?hl=en&gbpv=0)
	+ This structured yet flexible manual presents an innovative group treatment approach that targets deficits in self-regulation—a central problem for sex offenders. Safe Offender Strategies (SOS) comprises 10 evidence-based modules that teach participants the skills to desist from problem behaviors, manage their emotions and impulses, and break unhealthy relationship patterns. Motivational enhancement and validation techniques are woven throughout this collaborative treatment. SOS can be used with a range of clients—including high-risk offenders and those with mental illness or intellectual disabilities—in institutional or outpatient settings.
* [Turning Stones: My days and nights with children at risk -Marc Parent](https://www.google.com/books/edition/Turning_Stones/h8GGDwAAQBAJ?hl=en&gbpv=0)
	+ Why does an infant die of malnutrition? Why does an eight-year-old hold a knife to his brother's throat? Or a mother push her cherished daughter twenty-three floors to her death? Marc Parent, a city caseworker, searched the streets--and his heart--for the answers, and shares them in this powerful, vivid, beautifully written book.
* [What Happened to You?: Conversations on Trauma, Resilience, and Healing - Bruce D. Perry, Oprah Winfrey](https://www.google.com/books/edition/What_Happened_to_You/_BreDwAAQBAJ?hl=en&gbpv=0)
	+ Have you ever wondered "Why did I do that?" or "Why can't I just control my behavior?" Others may judge our reactions and think, "What's wrong with that person?" When questioning our emotions, it's easy to place the blame on ourselves; holding ourselves and those around us to an impossible standard. It's time we started asking a different question. Through deeply personal conversations, Oprah Winfrey and renowned brain and trauma expert Dr. Bruce Perry offer a groundbreaking and profound shift from asking “What’s wrong with you?” to “What happened to you?” Here, Winfrey shares stories from her own past, understanding through experience the vulnerability that comes from facing trauma and adversity at a young age. In conversation throughout the book, she and Dr. Perry focus on understanding people, behavior, and ourselves. It’s a subtle but profound shift in our approach to trauma, and it’s one that allows us to understand our pasts in order to clear a path to our future—opening the door to resilience and healing in a proven, powerful way.
* [What to do when your child gets sick -Gloria G. Mayer & Ann Kuklierus](https://www.google.com/books/edition/What_to_Do_when_Your_Child_Gets_Sick/BGhuDZMamUsC?hl=en)
	+ What to do when your child gets sick covers the management of more than 50 common childhood illnesses, injuries, and health problems. It is written in easy-to-read language for parents and caregivers of children from birth to 8 years of age. This resource is written at a 5th grade level and is designed for ESOL and readers with low literacy levels. It provides parents and families with easy to use information to ensure the entire family is supporting one another in living a healthy lifestyle. Table of contents: \* Safety tips \* Taking care of your sick child \* Your newborn baby \* Your child's eyes \* Your child's ears and nose \* Your child's mouth and throat \* Your child's breathing \* Your child's stomach \* Bed-wetting \* Your child's skin \* What to do when your child gets hurt.
* [When Children Grieve – John W. James, Russell Friedman, Leslie Matthews, Dr. Leslie Matthews](https://www.google.com/books/edition/When_Children_Grieve/hj3NdtfHtfUC?hl=en&gbpv=0)
	+ Following deaths, divorces, pet loss, or the confusion of major relocation, many adults tell their children “don’t feel bad.” In fact, say the authors of the bestselling The Grief Recovery Handbook, feeling bad or sad is precisely the appropriate emotion attached to sad events. Encouraging a child to bypass grief without completion can cause unseen long-term damage. When Children Grieve helps parents break through the misinformation that surrounds the topic of grief. It pinpoints the six major myths that hamper children in adapting to life’s inevitable losses. Practical and compassionate, it guides parents in creating emotional safety and spells out specific actions to help children move forward successfully.
* [You Don’t Have to Say You Love Me – Sherman Alexie](https://www.google.com/books/edition/You_Don_t_Have_to_Say_You_Love_Me/wLCetAEACAAJ?hl=en)
	+ Family relationships are never simple. But Sherman Alexie's bond with his mother Lillian was more complex than most. She plunged her family into chaos with a drinking habit, but shed her addiction when it was on the brink of costing her everything. She survived a violent past, but created an elaborate facade to hide the truth. She selflessly cared for strangers, but was often incapable of showering her children with the affection that they so desperately craved. She wanted a better life for her son, but it was only by leaving her behind that he could hope to achieve it. It's these contradictions that made Lillian Alexie a beautiful, mercurial, abusive, intelligent, complicated, and very human woman.

**Movies/ Shows List**

* A Path Appears
	+ PBS investigation into gender inequality, poverty, and the ripple effects that follow: including sex trafficking, teen-pregnancy, gender-based violence, child slavery and the effective solutions being forged to combat them.
		- Episodes 1-3
		- [Amazon Prime:](https://www.amazon.com/gp/video/detail/B00S8OZISO/)
		- [PBS:](https://www.pbs.org/independentlens/documentaries/path-appears/)
* Broken Places
	+ Explores why some children are severely damaged by early adversity while others are able to thrive. By revisiting some of the abused and neglected children we profiled decades ago, we’re able to dramatically illustrate how early trauma shaped their lives as adults. BROKEN PLACES interweaves these longitudinal narratives with commentary from a few nationally renowned experts to help viewers better understand the devastating impact of childhood adversity as well as the inspiring characteristics of resilience.
		- [Amazon Prime](https://www.amazon.com/gp/video/detail/B086R8V2C3/)
		- [PBS](https://www.pbs.org/video/broken-places-tmyhr8/)
* [Chasing Heroin](https://www.pbs.org/wgbh/frontline/documentary/chasing-heroin/)
	+ A searing, two-hour investigation places America’s heroin and opioid crisis in a fresh and provocative light—telling the stories of individual addicts, but also illuminating the epidemic’s years-in-the-making social context, deeply examining shifts in U.S. drug policy, and exploring what happens when addiction is treated like a public health issue, not a crime.
* Healing Neen
	+ Healing Neen follows the amazing recovery of Tonier 'Neen' Cain from a lifetime of abuse and drug addiction to a career as a nationally-known speaker and educator on the devastation of trauma and the hope of recovery. For 19 nightmarish years, she lived on the streets, racking up 66 criminal convictions, until finally treatment for her trauma offered her a way out and up. Her story points to the consequences of untreated trauma to individuals and society at-large, including mental health problems, addiction, homelessness and incarceration.
		- [Trailer](https://vimeo.com/10791754)
		- [Vimeo](https://vimeo.com/15851924)
		- [Youtube](https://www.youtube.com/watch?v=AnK00sXdTW8)
* I Am Somebody’s Child: The Regina Louise Story
	+ Starring Ginnifer Goodwin and Kim Hawthorne. Regina navigates through over 30 foster homes and psychiatric facilities before age 18. But there’s one woman, Jeanne, who believes in her. Based on a true story.
		- [Trailer](https://www.youtube.com/watch?v=0Oh20xKdhpQ)
		- [Lifetime](https://www.mylifetime.com/movies/i-am-somebodys-child-the-regina-louise-story)
		- [Amazon Prime](https://www.amazon.com/Am-Somebodys-Child-Regina-Louise/dp/B07QYGJVCD)
* [Short Term 12](https://www.amazon.com/gp/video/detail/B0794N2SRB/ref%3Datv_dp_share_cu_r)
	+ Incredibly natural in its approach, wonderfully balanced from start to finish & further solidified by a convincing ensemble performances, Short Term 12 tells the story of Grace, a very caring & capable supervisor at a foster-care facility for at-risk teenagers. There are three story lines that emerge from this film; one is about Marcus, a quiet kid who's about to turn eighteen but doesn't want to leave the facility, the second plot line is about Jayden, a troubled teenage girl who's the latest member of the club. And the final & main plot line is about Grace herself, whose past returns to haunt her after meeting Jayden with whom she shares a connection plus the unexpected surprise she discovers that can have a major impact on her future, thus leaving her utterly confused with everything about her life. \*Content Warning: Explicit Language, mentions self-harm & abuse/molestation
* [The Trials of Gabriel Fernandez](https://www.netflix.com/title/80220207)
	+ The Trials of Gabriel Fernandez is a true crime docuseries on Netflix. It covers the horrific and devastating case of Gabriel Fernandez, an eight-year-old boy who was murdered by his mother and her boyfriend, and the repeated failure of social workers and police officers to intervene. The six-part series is based on the in-depth reporting of LA Times journalist Garret Therolf. While this is currently the most popular documentary on Netflix, it is a heartbreaking story. One bright spot is that it has inspired people across the country to learn more about becoming a CASA or GAL volunteer and the difference they could personally make in a child’s life. \*Content Warning: Expect to see graphic photographs of the injuries the boy sustained over a prolonged period of abuse and hear detailed descriptions of what he endured. There’s also explicit language, references to sexuality and sexual gratification, references to drug use, and discussions of sexual assault.
* [Unadopted (Short Documentary)](https://www.kcet.org/shows/unadopted/episodes/unadopted)
	+ Foster care alum Noel Anaya reflects on his own experiences within the foster care system, and follows 2 other teens as they grapple with decisions surrounding adoption. [27 min.]