Relevant References

**TF-CBT Books by the Developers**


**Research Articles**


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1 Original document developed by Deblinger and colleagues at UMDNJ. Supplemented by Shannon Dorsey, Ph.D., and colleagues at Duke University School of Medicine and the Center for Child and Family Health.


**Books, Games and other Therapy Materials to Assist in Using TF-CBT**

**Parenting**

* Off Road Parenting: Practical Solutions for Difficult Behavior (comes with a DVD to show use of skills)
  Author: Caesar Pacifici, Patricia Chamberlain, & Lee White
  [www.northwestmedia.com](http://www.northwestmedia.com) or 541-343-0177

* Parenting the Strong-Willed Child: the clinically proven five-week program for parents of two- to six- year- olds
  Author: Rex Forehand & Nicholas Long
  Publisher: Contemporary Books
  ISBN#: 0-07-138301-8

* Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love
  Author: Scott Sells
  Publisher: St. Martin’s Press
  ISBN#: 0-312303-01-7

*Treating the Tough Adolescent: A Family-Based, Step-by-Step Guide
  Author: Scott Sells
  Publisher: The Guilford Press
  ISBN#: 1-57230-422-7
Win the Whining War and Other Skirmishes: A Family Peace Plan
Author: Cynthia Whitman
Publisher: Perspective Publishing
ISBN#: 0-9622036-3-7
http://www.familyhelp.com/Books.html or 1-800-330-5851

* Our favorites that we use frequently

**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
http://www.tcavjohn.com/orderform.htm

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

**Psychoeducation (CSA: Child Sexual Abuse; DV: Domestic Violence; OV: other violence witnessed; FC: Foster Care; CPA: Child Physical Abuse; EA: Emotional Abuse)**

* Maybe Days: A Book for Children in Foster Care (FC)
Authors: Wilgocki & Kahn Wright
Publisher: APA Magination Press
ISBN #: 1-55798-802-1
http://www.maginationpress.com/ or 800-374-2721

* 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 OR 1-800-477-4776

**Relaxation and Cognitive Coping**

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
http://www.childswork.com/

The Lion Who Lost Her Roar: A story about facing your fears
Author: Marcia Shoshana Nass
ISBN#: 1-58815-004-6
www.childswork.com

The Penguin who Lost Her Cool: A story about controlling your anger
Author: Marla Sobel
ISBN#1-882732-98-7
Affective Identification and Regulation

All Feelings are OK - It’s what you do with them that counts
Author: Lawrence E. Shapiro
Publisher: Childswork/Childsplay
ISBN#: 1-882732-04-9
http://www.childswork.com/

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

Double-Dip Feelings: Stories to Help Children Understand Emotions (Second edition)
Author: Barbara Cain
Publisher: APA Magination Press
http://www.maginationpress.com/ or 800-374-2721

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

The Feelings Book: The care & keeping your emotions
Author: Dr. Lynda Madison
Publisher: Pleasant Company Publications
ISBN#: 1-58485-528-2
http://www.pleasantcopublications.com/ or 1-800-233-0264

Josh’s Smiley Faces
Author: Gina Ditta Donahue
Publisher: APA Magination Press
ISBN#: 1-59147-001-3
http://www.maginationpress.com/ or 800-374-2721

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

Today I Feel Silly and Other Moods That Make My day
Author: Jaime Lee Curtis
Publisher: Haper Collins
ISBN#: 0-06-024560-3

The Way I Feel
Author: Janan Cain
Publisher: Parenting Press
ISBN#: 1-884734-71-5
http://www.parentingpress.com/b_feel.htm or 800-992-6657
Trauma Narrative

I Can’t Talk About It: A child’s book about sexual abuse (CSA)
Author: Doris Sanford
Publisher: Gold’n Honey Books
ISBN#: 0880701498

* Please Tell! A Child’s Story About Sexual Abuse (CSA)
Author: Jessie (Sandra Hewitt)
Publisher: Hazelden Foundation
ISBN#: 0-89486-776-8
http://www.hazelden.org or 800-328-9000

Uncle Willy’s Tickles (CSA)
Author: Marcie Aboff
Publisher: APA Magination Press
ISBN#: 0-945354-67-3
http://www.maginationpress.com/ or 800-374-2721

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

When I was Little Like You (CSA)
Author: Jane Porett
Publisher: Child Welfare League of America Press
ISBN#: 0-87868-530-8
http://www.cwla.org/pubs

* A Place for Starr (DV)
Author: Howard Schor
Publisher: Kidsrights
ISBN#: 1558640827
http://www.jist.com/kidsrights/ or 800-892-5437

Something Happened and I’m Scared to Tell ages 3-8
Author: Patricia Kehoe, Ph.D.; illustrated by Carol Deach
Publisher: Parenting Press
ISBN#: 0943990297
http://www.parentingpress.com

* A Terrible Thing Happened (DV or OV)
Authors: Holmes & Pillo
ISBN#: 1557987017
http://www.maginationpress.com/ or 800-374-2721

* Finding the Right Spot: When Kids Can’t Live With Their Parents (FC)
Author: Janice Levy
Publisher: Magination Press
ISBN#: 1-59147-073-0
http://www.maginationpress.com/ or 800-374-2721
Strong at the Heart: How it Feels to Heal from Sexual Abuse (CSA, teens)
Authors: Lehman & Davis

Enhancing Safety

  http://www.hope4families.com
  (for young kids)

It’s My Body: A book to teach young children how to resist uncomfortable touch
Author: Lory Freeman
Publisher: Parenting Press Inc.
ISBN#: 0943990033
http://www.parentingpress.com

Let’s Talk about Touching- A Therapeutic Game
By Toni Cavanaugh
www.TCavJohn.com or 626-799-4522

My Body Is Private
Author: Linda Walvoord Girard
Publisher: Albert Whitman & Co.
ISBN#: 0-8075-5319-0
http://www.awhitmanco.com

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

* The Teen Relationship Workbook: For Professionals Helping Teens to Develop Healthy Relationships and Prevent Domestic Violence
Author: Kerry Moles
Publisher: Wellness Reproductions & Publishing
ISBN #: 1-893277-03-8
http://wellness-resources.com OR 800-669-9208

Your Body Belongs to You
Author: Cornelia Spelman
Publisher: Albert Whitman & Co.
ISBN#: 0-8075-9473-3
http://www.awhitmanco.com

Sex Education (part of Enhancing Safety)

Changing Bodies Changing Lives
Author: Ruth Bell
Publisher: Three Rivers Press
ISBN#: 0-8129-2990-x

* My Body, My Self: For Boys
Author: Lynda Madaras and Area Madaras
Publisher: Newmarket Press
ISBN#: 1-55704-230-6
800-669-3903

* My Body, My Self: For Girls
Author: Lynda Madaras and Area Madaras
Publisher: Newmarket Press
ISBN#: 1-55704-441-4
800-669-3903

Sexuality Curriculum for Abused Children and Young Adolescents and their Parents
Author: Toni Cavanaugh Johnson
www.TCavJohn.com or 626-799-4522

What’s Happening to Me? An Illustrated Guide to Puberty
Author: Peter Mayle
Publisher: Kensington Publishing Corp.
ISBN #: 0-8184-0312-8
800-221-2647

* Where Did I Come From? The Facts of Life Without any Nonsense and with Illustrations
Author: Peter Mayle
Publisher: Kensington Publishing Corp.
ISBN#: 0-8184-0253-9
800-221-2647

**Workbooks for Children and/or Adolescents (can be used throughout treatment)**

* Back On Track: Boys dealing with sexual abuse
Author: Leslie Bailey Wright and Mindy B. Loiselle
Publisher: Safer Society Press
ISBN#: 1-884444-43-1
802-247-3132

Growth and Recovery Workbooks
c/o Hunter House Inc. To order call
ph: (510) 865-5282 or fax: (510) 865-4295

Author: Wendy Deaton, M.A., M.F.C.C. and Kendall Johnson, Ph.D.
Publisher: Hunter House
ISBN#: 0897930851
http://www.hunterhouse.com

* In Their Own Words: A sexual abuse workbook for teenage girls
Author: Lulie Munson and Karen Riskin
Publisher: Child Welfare League of America Press
ISBN#: 0-87868-596-0
http://www.cwla.org/pubs

Living with My Family, a workbook
Authors: Wendy Deaton & Kendall Johnson
Publisher: Publisher: Hunter House
ISBN#: 0897930843
http://www.hunterhouse.com
* The Me Nobody Knows: A guide for teen survivors  
Author: Barbara Bean and Shari Bennett  
Publisher: Jossey-Bass  
www.josseybass.com

* Shining Through: Pulling it together after sexual abuse  
Author: Mindy B. Loiselle and Leslie B. Wright  
Publisher: Safer Society Press  
ISBN#: 1-884444-39-3  
802-247-3132

Other resources

Helping Abused Children  
Author: Patricia Kehoe, Ph.D.  
Publisher: Parenting Press  
ISBN#: 0943990181

I Want Your Moo  
Author: Marcella Weiner and Jill Neimark  
Publisher: APA Magination Press  
ISBN#: 0945354657  
http://www.maginationpress.com/ or 800-374-2721

No More Secrets for Me  
Author: Orly Wachter  
ISBN#: 0316990426

Something Must Be Wrong With Me  
Author: Doris Sanford  
ISBN#: 0-88070-469-1

The Trouble with Secrets  
Author: Karen Johnson  
Publisher: Parenting Press  
ISBN#: 094399022X  
http://www.parentingpress.com

Some of the above items can be found online at: www.creativetherapystore.com or www.feelingsfactory.com. Also, check www.bestbookbuys.com to compare prices on books. MOST can be found there…but not all.