### 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 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
www.childswork.com

**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  

* Dealing with Feelings Card Game ages 3-adult  
Author: Plugokinski, Ingram, & Newman  
[www.feelingsfactory.com](http://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/](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/](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/](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: Harper 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](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  
Author: Doris Sanford  
Publisher: Gold’n Honey Books  
ISBN#: 0880701498

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

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

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

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

* A Place for Starr  
Author: Howard Schor  
Publisher: Kidsrights  
ISBN#: 1558640827  

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](http://www.parentingpress.com)

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

* Finding the Right Spot: When Kids Can’t Live With Their Parents  
Author: Janice Levy  
Publisher: Magination Press  
ISBN#: 1-59147-073-0  
[http://www.maginationpress.com/](http://www.maginationpress.com/) or 800-374-2721
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
* 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 Magintaion 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.