

## Relevant References<sup>1</sup>

### **TF-CBT Books by the Developers**

Cohen, JA., Mannarino, AP., & Deblinger, E. (2006). Treating Trauma and Traumatic Grief in Children and Adolescents. New York: The Guilford Press

Deblinger, E. & Heflin, AH. (1996). Treating Sexually Abused Children and Their Nonoffending Parents: A Cognitive Behavioral Approach. Newbury Park, CA: Sage Publications.

### **Research Articles**

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Deblinger, E., Steer, R.A., Lippmann, J. (1999). Two-year follow-up study of cognitive behavioral therapy for sexually abused children suffering post-traumatic stress symptoms. Child Abuse and Neglect 23(12), 1371-1378.

Deblinger, E., Lippman, J., & Steer, R. (1996). Sexually abused children suffering from post-traumatic stress symptoms: Initial outcome findings. Child Maltreatment 1(4), 310-321.

McLeer, S., Deblinger, E., Henry, D. & Orvaschel, H. (1992). Sexually abused children at high risk for post-traumatic stress disorder. Journal of the American Academy of Child and Adolescent Psychiatry 31(5), 875-879.

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<sup>1</sup> 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.

Deblinger, E., McLeer, S.V., Atkins, M., Ralph, D., & Foa, E. (1989). Post-traumatic stress in sexually abused children, physically abused and non-abused children. International Journal of Child Abuse and Neglect 13, 403-408.

Feiring, C., Taska, L., & Lewis, M. (2002). Adjustment following sexual abuse discovery: The role of shame and attribution style. Developmental Psychology 38, 79-92.

King, N., Tonge, BJ, Mullen, P, Myerson, N, Heyne, D, Rollings, S, Martin, R, & Ollendick, TH (2000). Treating sexually abused children with post-traumatic stress symptoms: a randomized clinical trial. Journal of the American Academy of Child and Adolescent Psychiatry 59(11), 1347-1355.

Sternberg, KJ, Lamb, ML, Hershkowitz, I, Yudilevitch, L, Orbach, Esplin, & M. Hovav (1997). Effects of introductory style on children's abilities to describe experiences of sexual abuse. Child Abuse & Neglect 21(11), 1133-1146.

Stein, Nancy L. Memories for Emotional, Stressful, and Traumatic Events. In Stein, Nancy L. (ed.), Bauer, Patricia J. (ed.) and Rabinowitz, Mitchell (ed.). (2002) Representation, memory, and development: Essays in honor of Jean Mandler. (pp 247-265). Mahwah, NJ, US: Lawrence Erlbaum Associates, Publishers.

Tagney, June P. (1999). The self-conscious emotions: Shame, guilt, embarrassment, and pride. In T. Dalgleish & M. Power (eds.) Handbook of Cognition and Emotion. John Wiley & Sons. Ltd.

Teichner, MH. (2002). Scars that won't heal: The neurobiology of child abuse. Scientific American March, 68-75.

## **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

ISBN 1-892194-25-2

[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

<http://www.stmartins.com/>      [www.difficult.net](http://www.difficult.net)

\*Treating the Tough Adolescent: A Family-Based, Step-by-Step Guide

Author: Scott Sells

Publisher: The Guilford Press

ISBN#: 1-57230-422-7

[www.difficult.net](http://www.difficult.net)

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](http://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](http://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: Childsworck/Childsplay, LLC

ISBN#: 1-58815-005-4

<http://www.childsworck.com/>

The Lion Who Lost Her Roar: A story about facing your fears

Author: Marcia Shoshana Nass

ISBN#: 1-58815-004-6

[www.childsworck.com](http://www.childsworck.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

<http://www.childswork.com/>

\* 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

ISBN 0-55798-812-9

<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](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  
Authors: Lehman & Davis

(CSA, teens)

### **Enhancing Safety**

\* Stauffer, L. & Deblinger, E. (1999). Let's Talk About Taking Care of You: An Educational Book About Body Safety. Hatfield, PA: Hope for Families, Inc.  
<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](http://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](http://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

GROW: No More Hurt. A Growth and Recovery Workbook for Children ages 6-11.  
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](http://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](http://www.creativetherapystore.com) or [www.feelingsfactory.com](http://www.feelingsfactory.com). Also, check [www.bestbookbuys.com](http://www.bestbookbuys.com) to compare prices on books. MOST can be found there...but not all.