

BEGINNING ATTACHMENT THERAPY: *RESOURCES*



ATTACHMENT BASICS

A 4ever Family www.a4everfamily.org
Attach-China / International www.attach-china.org
Attachment & Trauma Network www.radzebra.org

BOOKS: BUILDING ATTACHMENT

Adoption Parenting: Creating a Toolbox, Building Connections ed. by MacLeod & Macrae Ph.D.

Learning the Dance of Attachment by Holly Van Gulden and Charlotte Vick

Attaching in Adoption: Practical Tools for Today's Parents by Deborah D. Gray

Nurturing Adoptions: Creating Resilience After Neglect and Trauma by Deborah D. Gray

Creating Capacity for Attachment by Arthur Becker-Weidman, Ph.D. and Deborah Shell

Beyond Consequences, Logic, and Control: A Love-Based Approach to Helping Attachment-Challenged Children With Severe Behaviors by Heather T. Forbes, LCSW (VOL 1 & 2, plus NEW "Dare to Love")

ATTACHMENT BARRIERS

SENSORY INTEGRATION DYSFUNCTION

Excellent Checklist: www.sensory-processing-disorder.com/sensory-processing-disorder-checklist.html

Sensory Processing Disorder www.sensory-processing-disorder.com

The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder
by Carol Stock Kranowitz (REVISED Edition)

POST TRAUMATIC STRESS DISORDER / CHILD TRAUMA

Bruce Perry Articles <http://teacher.scholastic.com/professional/bruceperry/index.htm>

Child Trauma Academy www.childtraumaacademy.com

Uplift Program www.upliftprogram.com/article_ptsd.html

National Center for Posttraumatic Stress Disorder www.ncptsd.va.gov

WHOLE-CHILD HELP

Neglected, post-institutional or internationally adopted children may also display sensory, neurological, neurobiological or speech and language issues that need to be addressed by a 'team' of specialists- concurrently with attachment therapy- for best results.

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FINDING AN ATTACHMENT THERAPIST

ATTACH Association for Treatment and Training in the Attachment of Children www.attach.org
Attach-China International www.attach-china.org (Scroll to "Resources")
Families by Design www.attachment.org (Click on Therapists)
Attachment & Trauma Network www.radzebra.org

Directions Not Included: Seeking Help for an Adopted Child www.adoptiontoolbox.com

Selecting and Working with an Adoption Therapist http://www.childwelfare.gov/pubs/r_tips.cfm

EMDR THERAPY

Eye Movement Desensitization and Reprocessing
www.emdr.com
www.childtrauma.com/chpemd.html

CRANIOSACRAL THERAPY

www.craniosacral.com
www.iahp.com (to find a CST practitioner)

BIOMEDICAL INTERVENTIONS

Join the Adopt Bio Med listserv: <http://health.groups.yahoo.com/group/adoptbiomed/>
The Center for Adoption Medicine <http://www.adoptmed.org/>

NEUROFEEDBACK

Join the Neuro Network listserv: <http://health.groups.yahoo.com/group/NEUROnetwork/>
EEG Spectrum International www.eegspectrum.com

PARENT SUPPORT

The Post-Adoption Blues by Karen J. Foli and John R. Thompson

Parenting from the Inside Out by Daniel J. Siegel, M.D. & Mary Hartzell, M.Ed

Attachment & Trauma Network parent support LISTSERV www.radzebra.org
Attach-China Int'l parent support LISTSERV www.attach-china.org

Support for parents is an important component of successful adoption or attachment therapy. If a Mom or Dad is too overwhelmed, depressed or emotionally burned out to participate in the child's treatment, then therapy will fail. A therapist should ideally provide the parent with educational resources, a parent support group and, if necessary, a referral to a personal therapist and anti-depressive medications. Recognizing that the parent continues the work done in the office, at home, seven days a week, is vital on the part of an empathic therapist.

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