

## Useful Resources

### Websites

<https://treehousetraining.net/wp/>  
[www.attachment.org](http://www.attachment.org)  
<https://www.adoptionuk.org/>  
<https://childtrauma.org/>  
<https://www.nspcc.org.uk/>  
<https://www.rospa.com/resources/>  
<http://www.erscb.org.uk/#procedures>  
<https://www.gov.uk/foster-carers>  
<https://www.gov.uk/government/publications/working-together-to-safeguard-children--2>  
<http://www.fosterline.info/about-fosterline/>  
<https://www.thefosteringnetwork.org.uk/>

### YouTube

Treehouse Training - <https://youtube.com/channel/UCBEtGI6uwkplv2MPZ3Hp6g>  
Christine Moers - Welcome to my Brain [https://www.youtube.com/watch?v=23u\\_gPM2qkk](https://www.youtube.com/watch?v=23u_gPM2qkk)  
Dan Siegal – the adolescent brain <https://www.youtube.com/watch?v=0O1u5OEc5eY>  
Nadine Burke Harris – Childhood Trauma <https://www.youtube.com/watch?v=95ovlJ3dsNk>  
Sarah Naish – Therapeutic Parenting <https://www.youtube.com/watch?v=Y-oWUZNhEXo>  
<https://www.youtube.com/watch?v=o-1YIkDIkgk>  
Dan Hughes – PACE  
<https://www.youtube.com/watch?v=xuRagD9ES9w&list=PLIOh1uRayLeh1W5ZsWqh9qc2ShGeYQMfE>  
Nora Boesem – FASD  
[https://www.youtube.com/watch?v=ECaLJAWkuDA&list=PLm\\_lo4gc5eKaOxzkNK-e7cQNwmtwT8jnA&index=6](https://www.youtube.com/watch?v=ECaLJAWkuDA&list=PLm_lo4gc5eKaOxzkNK-e7cQNwmtwT8jnA&index=6)  
Bryan Post – Lying  
[https://www.youtube.com/watch?v=rHIJEr4ebM0&list=PLEfPNvqu2JI720de\\_bN3aC7mhd1uyhv8g](https://www.youtube.com/watch?v=rHIJEr4ebM0&list=PLEfPNvqu2JI720de_bN3aC7mhd1uyhv8g)  
Brené Brown on Empathy <https://www.youtube.com/watch?v=1Evwgu369Jw>  
Happify.com - Why Mindfulness Is a Superpower: An Animation  
<https://www.youtube.com/watch?v=w6T02g5hnT4>

### Books for adults

Why Can't My Child Behave?: Empathic Parenting Strategies that Work for Adoptive and Foster Families - **Amber Elliot**(2013)

Reparenting the Child Who Hurts ; A Guide to Healing Developmental Trauma and Attachments - **Caroline Archer and Christine Gorden** (2013)

Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment - **Daniel Hughes and Jonathan Baylin** (2012)

Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children - **Dan Hughes** (2006)

Settling Troubled Pupils to Learn: Why Relationships Matter in School - **Louise Michelle Bomber, Daniel A. Hughes** (2013)

Inside I'm Hurting: Practical Strategies for Supporting Children with Attachment Difficulties in Schools- **Louise Bomber** ( 2007)

Attachment, Trauma and Resilience: Therapeutic Caring for Children - **Kate Cairns** (2008)

'When Love is Not Enough: A Guide to Parenting with RAD - Reactive Attachment Disorder – **Nancy Thomas** (2008)

The Whole-Brain Child: 12 Proven Strategies to Nurture Your Child's Developing Mind - by **Dr Tina Payne Bryson , Dr. Daniel Siegel** (2012)

The Yes Brain Child - help your child be more resilient, independent and creative – **Dr Daniel Siegal and Dr Tian Payne Bryson**

The Great Behaviour Breakdown (2009) - **Bryan Post**

The Teenage Brain – **Frances E Jensen. MD**

Blame My Brain – **Nicola Morgan**

Therapeutic Parenting in a Nutshell

The A-Z of Therapeutic Parenting: Strategies and Solutions

Therapeutic Parenting Essentials: Moving from Trauma to Trust

But He Looks So Normal!: A Bad-Tempered Parenting Guide for Adopters and Foster Parents - **Sarah Naish**

The Unofficial Guide to Therapeutic Parenting - The Teen Years (2019) - **Sally Donovan, Foreword by Dr Vivien Norris**

A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma: Creative Techniques and Activities (Therapeutic Treasures Collection) (2017) - **Dr. Karen Treisman**

#### Books for children

- William Wobbly and the Very Bad Day: A story about when feelings become too big
- Charley Chatty and the Wiggly Worry Worm: A story about insecurity and attention-seeking
- Sophie Spikey Has a Very Big Problem: A story about refusing help and needing to be in control
- Rosie Rudey and the Very Annoying Parent: A story about a prickly child who is scared of getting close
- Katie Careful and the Very Sad Smile: A story about anxious and clingy behaviour

**Sarah Naish**

Billy Bramble and The Great Big Cook Off: A Story about Overcoming Big, Angry Feelings at Home and at School **Sally Donovan**

The Boy Who Built a Wall Around Himself **Ali Redford**

A Terrible Thing Happened **Margaret M. Holmes**

What's Happening to Me? (Girls Edition) (Facts of Life)

**Susan Meredith**

What's Happening to Me?: Boy Edition (Facts Of Life)

**Alex Frith**