

Useful Resources

Websites

<https://treehousetraining.net/wp/>
<https://www.eastriding.gov.uk/living/children-and-families/fostering/>
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/>
<https://www.crisisprevention.com/en-GB/sectors/social-care/>
<https://www.wellistic.com/blog/basics-of-cpi-training-explained/>

YouTube

Treehouse Training - <https://www.youtube.com/@TreehouseTraining/videos>
Dan Siegal – the adolescent brain <https://youtu.be/TLULtUPyhog?si=r5WeSXM3ABvkGX9u>
Nadine Burke Harris – Childhood Trauma <https://youtu.be/95ovlJ3dsNk?si=OIXmel2AqGrnxpmg>
Dan Hughes – PACE https://youtu.be/KtBGFY7I2AQ?si=Q8quSo_8sCmZaa3y
Nora Boesem – FASD https://youtu.be/c_4O7P-pNkk?si=YrEfG3n53_M1eya6
Bryan Post – Lying <https://youtu.be/rHIJEr4ebM0?si=VYm0i10TGPQ7P-kC>
Brené Brown on Empathy <https://youtu.be/1Evwgu369Jw?si=33z7mq4TD4n9jBTe>
Happify - Mindfulness Is a Superpower: <https://youtu.be/w6T02g5hnT4?si=GxoUatUuHScZFirA>
UK Trauma Council <https://youtu.be/xYBUY1kZpf8?si=RC4cyUuuQAdxx0zz>
Supporting students with CPI - <https://youtu.be/Qn0JtYxw9RY?si=n0yEfwMzYG3JTMFD>

Books for adults

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**

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**

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**

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