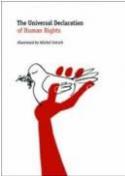
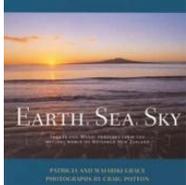
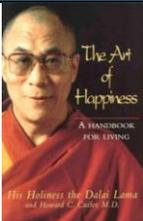
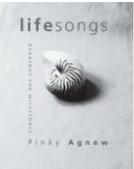
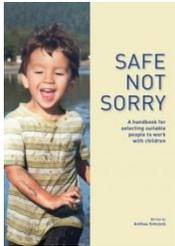


Literature (L): and Arts, Writings for Reflection and Reference Books (REF)

<p><u>The Universal Declaration of Human Rights</u> Michel Streich 2008</p> 	<p>A vivid and strikingly illustrated edition of the United Nations Declaration of Human Rights. Powerful, moving, simple and forceful, it speaks to us all about hope, about our ideals, about the sort of world we want to create and live in.</p>
 <p><u>Earth, Sea, Sky</u> By Patricia Grace, Waiariki Grace, Craig Potton .October 2003</p>	<p>Patricia and Waiariki Graces lyrical translations and explanations of Maori poetry and traditional wisdom are presented alongside Craig Potton's evocative natural New Zealand photographs</p>
 <p><u>The Art of Happiness</u> By Dalai Lama XIV, Howard C. Cutler October 1998</p>	<p>The world's greatest spiritual leader teams up with a psychiatrist to share, for the first time, how he achieved his hard-won serenity and how we can find the same inner peace. Through meditations, stories, and the meeting of Buddhism and psychology, the Dalai Lama shows us how to defeat day-to-day depression, anxiety, anger, jealousy, or just an ordinary bad mood. He discusses relationships, health, family and work to illustrate how to ride through life's obstacles on a deep and abiding source of inner peace. Based on 2,500 years of Buddhist meditations and a healthy dose of common sense, THE ART OF HAPPINESS is a book that crosses the boundaries of traditions to help readers with a difficulties common to all human beings.</p>
 <p><u>Spirit Abroad : A second selection of New Zealand spiritual verse</u> AUTHOR : Paul Morris, Harry Ricketts & Mike Grimshaw :September 2004</p>	<p>This selection of Poems, like its predecessor Spirit in a Strange Land, comprises approximately 100 poems. It is divided into six sections - these sections are frames around the notion of New Zealand identity and the hotly contested debates about who we are: * Iconic Kiwis * Waitangi and beyond * Anzacs * Wealth, welfare, wharfies * Imports and expats * Pacific voices The selection presents a wide range of work by well-known and lesser-known New Zealand poets, including Fleur Adcock, Peter Bland, James Brown, Albert Wendt, Robert Sullivan, Les Cleveland, Alistair Te Ariki Campbell, James K Baxter, Allen Curnow, Charles Brasch, Kapka Kassabova, Jenny Bornholdt, Lauris Edmond, Hone Tuwhare, Janet Frame, Keri Hulme, Glen Colquhoun, Kate Camp, ARD Fairburn, Ian Wedde, Anne French, and CK Stead. These poems explore the struggles at the core of attempts to articulate our identity</p>
<p><u>Lifesongs: Readings for Milestones</u> By Pinky Agnew 2006</p> 	<p>LIFESONGS contains a selection of readings suitable for all life's celebrations and milestones. From the classic and traditional to the modern and humorous, it contains readings for naming and christening ceremonies, birthday and anniversary celebrations, funerals and memorial services as well as a selection of readings suitable for weddings and commitment ceremonies. A companion volume to the successful HEARTSONGS - READINGS FOR WEDDINGS, this new book acts as a stand-alone compendium of quotes, readings, prayers, prose and poetry for ceremonies based around any of life's significant passages. LIFESONGS is beautifully produced in metallic duotone.</p>



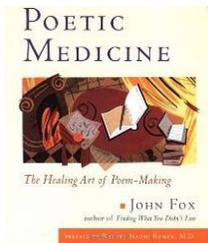
"Safe Not Sorry" is an essential guide for every organisation where adults are involved with children and young people, including schools, early childhood centres, sporting or cultural groups, after school care, youth groups, church group and more.

"Safe Not Sorry" is a practical, easy to use handbook, complete with sample application forms, checking forms and more, to help keep child abusers out of organisations responsible for children. It is an essential tool for all those involved with children.

Author: Anthea Simcock

Poetic Medicine

M/L/SH



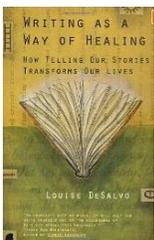
Powerful and exciting, Poetic Medicine illustrates the unique role that poem-making can have in addressing the situations that lead us to renewal in our lives.

John Fox's book is designed for readers wanting to tap their creative energy in order to make a difference in the world, including educators, therapists, parents and their children, writers, couples, and the infirm. As the author demonstrates, we all possess the ability to write. This gift enables us to access unlimited spiritual resources that restore our genuine voices and meaning in our lives, while healing and creatively satisfying us.

Discussed are numerous stories of people from the author's workshops who exemplify how poetry has aided them in becoming more whole. Parents understand how to use poetry to foster their relationships with their children, recognizing magical bonds that they never knew existed; persons who are ill learn how to come to terms with their diseases; and those who feel helpless in the surrounding world discover the freedom to act and affect real change.

**Writing as a Way of Healing:
How Telling Our Stories Transforms Our Lives**

M/L/SH

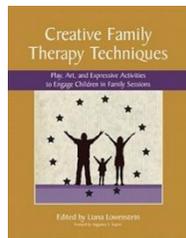


[Louise DeSalvo](#) (Author) In this inspiring book, based on her twenty years of research, highly acclaimed author and teacher Louise DeSalvo reveals the healing power of writing. DeSalvo shows how anyone can use writing as a way to heal the emotional and physical wounds that are an inevitable part of life. Contrary to what most self-help books claim, just writing won't help you; in fact, there's abundant evidence that the wrong kind of writing can be damaging.

DeSalvo's program is based on the best available and most recent scientific studies about the efficacy of using writing as a restorative tool. With insight and wit, she illuminates how writers, from Virginia Woolf to Henry Miller to Audre Lorde to Isabel Allende, have been transformed by the writing process. *Writing as a Way of Healing* includes valuable advice and practical techniques to guide and inspire both experienced and beginning writers.

Creative Family Therapy Techniques

M/HT/L



Play, Art & Expressive Activities to Engage Children in Family Sessions

By [Liana Lowenstein](#) (Edited by)

Bringing together an array of highly creative contributors, this comprehensive resource presents a unique collection of assessment and treatment techniques. The contributors illustrate how play, art, drama, and other approaches can effectively engage families and help them resolve complex problems. Practitioners from divergent theoretical orientations, work settings, or client specialisations will find a plethora of stimulating and useable clinical interventions in this book.

Table of Contents

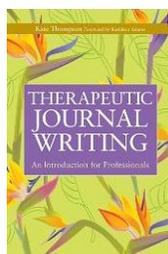
Foreword; Preface; Theoretical Overview; Section One: Engagement & Assessment Techniques -- Basketball; Beach Ball Game; Boat-Storm-Lighthouse Assessment; Bull's Eye Assessment; Create-A-Family Collage; Family Genograms Using Miniature Objects; Family Strength Genogram; Family Strengths & Needs Game; Family Timeline; Family Trivia Game; First Session Family Card Game; The Flowers & the Weeds; I'm An Animal; My Family As Animals; My Life in the Sandtray; Our Family Life Scavenger Hunt; Our Family Has a Whole World to Play With; Rappin' Family Puppet Interview; Recipe for Success; Thought Bubbles; Video Crew; What is My Role in the Family? Section Two: Treatment Techniques -- Attachment Sandtray; Avoiding Landmines; Beat the Record Routine Race; Behavior Remote; Birthday Celebration; Box of Memories; Building Together-Understanding Together; Chains of Change; Closing Time; Creating a Better World for Our Children; The Doves & the Hunter; Dream-enacting with a Family; Exploding Balloons; Family Jenga; Family Locogram; Family Orchestra; Family Sculpting with Puppets; Family Spectogram; Family-Structured Play; Feeling Body Sculpting; Feeling Checkers; Feelings Hide & Seek; Five Important Things; Follow the Big Leader; Garden of Birds; Hurt Hearts & Healing Hands; Hut! Hut! Hike!; Land of No Rules; Let It Rip!; Love Bug; Make Your Own Board Game; Mapping; Messages in Art; Modified Scribble; Mr. Opposite Man/Miss Opposite Lady; My Story; Nighttime Protection Potion; Piece of the Pie; Pulled From a Hat; Puppet Movie; Red Light, Green Light ... A New Light; Royal Family; Sculpture Musical Chairs; Self-Image; Sibling Rivalry; Silence Ball; Sneaking; Stories Within; Storytelling Card Game; Tiger, Mouse, & Monkey Work Together: An Animal Parts Party for Families; Toss the Ball; W4: Wish, Worry, Why, & Will; Waberjockey Island; Walk a Mile in My Shoes; What Would They Say?; What's the Weather?; When I...; When I Was Your Age: PhotoTherapy Techniques for Families; Wilderness Trail; World Creation; Yuehong Sandplay Encouragement Method. Section Three: Termination Techniques -- Family Shield; Healing Animals; Helping Hands; Last Session; Family Card Game; Thank-You Cards.

Therapeutic Journal Writing:

M/HT/L/SH

An Introduction for Professionals (Writing for Therapy or Personal Development)

[Kate Thompson](#)



Writing a journal is not just about keeping a record of daily events - journal writing provides a unique therapeutic opportunity for facilitating healing and growth. The author of this book guides the reader through developing journal writing to use as a therapeutic tool. Keeping a journal can help the writer to develop a better understanding of themselves, their relationships and the world around them, as well as improve skills of problem-solving, decision-making and planning. As such, journal writing can be a powerful complement to verbal therapy, offering an effective and affordable way of extending support to troubled clients. The book includes advice on working with individuals, facilitating a therapeutic writing group, proposed clinical applications, practical techniques, useful journal prompts, exercises and case vignettes. This clear guide to the basics of journaling and its development as a therapeutic medium will be a valuable handbook for therapists, health and social care practitioners, teachers, life coaches, writing facilitators and any professional seeking personal development in themselves or their clients.

Therapeutic Engagement of Children and Adolescents

M/HT/TY/L

THERAPEUTIC
ENGAGEMENT OF
CHILDREN AND

ADOLESCENTS

PLAY, SYMBOL, DRAWING, AND
STORYTELLING STRATEGIES

DAVID A. CRENSHAW

Play, Symbol, Drawing, and Storytelling Strategies

By [David A. Crenshaw](#) Addresses the challenges faced when children who refuse to talk, children who lack psychological mindedness, teens who experience an aversion to the influence of any adult, and children and teens who mask their woundedness by hostility or diffidence show up for therapy. This book describes tools that can be utilized within a range of approaches.

About the Author

David A. Crenshaw, Ph.D., is a licensed psychologist, board certified in clinical psychology by the American Board of Professional Psychology (ABPP), and fellow of the Academy of Clinical Psychology. He is a registered play therapist-supervisor by the Association of Play Therapy and co-founder and current president of the New York Association for Play Therapy.

A Terrible Thing Happened

TY/Child/ PAR/L

- A story for children who have witnessed violence or trauma

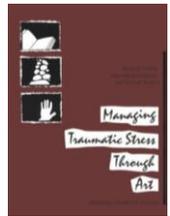
By [Margaret M. Holmes](#)

Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but soon something inside him started to bother him. He felt nervous for no reason. Sometimes his stomach hurt. He had bad dreams. And he started to feel angry and do mean things, which got him in trouble. Then he met Ms. Maple, who helped him talk about the terrible thing that he had tried to forget. Now Sherman is feeling much better. This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers extensive suggestions for helping traumatized children, including a list of other sources that focus on specific events. 5-9 years

Managing Traumatic Stress Through Art: Drawing from the Center

M/HT/L/SH

[Barry M. Cohen](#) (Author), [Mary-Michola Barnes](#) (Author), [Anita B. Rankin](#) (Author)



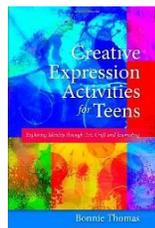
Three art therapists collaborate to produce this unique workbook. Designed especially for trauma survivors, Managing Traumatic Stress Through Art introduces inventive ways to understand, manage, and transform the aftereffects of trauma. This dynamic workbook consists of carefully structured step-by-step art projects, augmented by tearout images, and writing experiences. The book's first section, Developing Basic Tools For Managing Stress, is devoted to establishing a safe framework for trauma resolution. The second section, Acknowledging and Regulating Your Emotions, helps the trauma survivor to make sense of overwhelming emotional experiences. The final section, Being and Functioning in the World, focuses on self and relational development, leading into the future. Managing Traumatic Stress Through Art will inspire survivors to explore the aftermath of traumatic stress as it affects self-image, relationships with others, and functioning in the world. The 26 projects in this book encourage creative growth and help to establish a sense of personal safety, while exploring and honoring feelings of anger, fear, shame, and sadness. The art experiences are broad enough to be of value to survivors of a wide variety of traumatic experiences, ranging from childhood abuse to accidents to disabling mental illness. This workbook offers an opportunity to everyone, regardless of previous experience or artistic talent, to manage symptoms of traumatic stress in a creative, life-affirming way.

Creative Expression Activities for Teens:

M/HT/L/TY

Exploring Identity Through Art, Craft and Journaling

Bonnie Thomas



Coping with life's stresses is difficult for everybody, but can be especially challenging for teenagers who feel isolated and misunderstood. Creative expression through art, craft and writing is a very natural and effective way of helping young people to explore and communicate personal identity. This book is bursting with art and journal projects, creative challenges, and miniature projects for personal spaces, all of which help teenagers to understand and express who they are and what is important to them. Activities are diverse, can be tailored to suit the individual, and require minimal equipment and even less artistic know-how, so can be enjoyed by all. The book concludes with a useful appendix for counsellors and other professionals who work with young people, which explains how these activities can be incorporated into treatment goals. This imaginative and insightful book will be a useful resource for all therapists, social workers and counsellors who wish to encourage self-expression in teens.

Creative Activities for Group Therapy

M/HT/L



Nina Brown

Table of Contents Creative Activities in Group Therapy. Ethical Considerations. The Group Leader's Preparation. Group Dynamics, Group Stages, and Therapeutic Factors. Cultural and Diversity Sensitivity. Procedures and Process for Use of Creative Activities. General Guidelines for Use of Creative Activities. Fairy Tales. Member-Focused Drawing Activities. Group-Focused Drawing Activities. Writing Activities. Poetry, Cinquains, Haiku. Single Session Writing Activities. Journaling. Imagery. Mindfulness and Music. Movement: Dance and Exercise. Movement: Performance Activities. Collage. Melange: ATCs, Flats, Scrapbooking. Applications: Member Concerns. Group Level Challenges. Group Dilemma Cases and

Creative Activities.

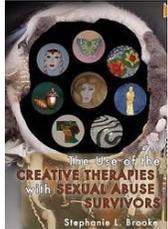
English-Maori Dictionary	-	Ngata	NZ Ref	1
Te Houhanga Rongo (A path to healing)	-	Catholic Church	NZ Ref	1
Pocket Dictionary of Quotes-missing	-		Ref/NFL	1
Good News Bible	-		Ref/NFL	1
Collins Dictionary/Thesaurus	-		Ref/NFL	1
Compassion Writings	-	Dalai Lama	Lit	1
Love Writings	-	Mother Teresa	Lit	1
Raupo Modern Maori Dictionary	-	Ryans (Blue)	NZ Ref	1

Pending

The Use of the Creative Therapies With Sexual Abuse Survivors

M/HT/L

[Stephanie L. Brooke](#) (Editor)

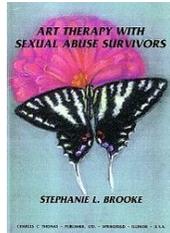


Inspired by Brooke's (1997) work, *Art Therapy with Sexual Abuse Survivors*, *The Use of the Creative Therapies with Sexual Abuse Survivors* is a comprehensive volume that examines the use of art, play, dance, music, and drama to treat trauma related to sexual abuse. The author's primary purpose is to examine treatment approaches which cover the broad spectrum of creative art therapies. The collection of chapters is written by renowned, well-credentialed, and professional creative art therapists in the areas of art, play, dance, music, and drama. In addition, the chapters are complimented with photographs of client art work, diagrams, and tables. The reader is provided with a snapshot on how these various creative therapies are used to treat male and female survivors of sexual abuse as well as children, teens, and adults. This informative book will be of special interest to educators, students, therapists, and creative art therapists working with traumatized survivors of sexual abuse.

Art Therapy With Sexual Abuse Survivors

M/HT/L

[Stephanie L. Brooke](#)



Art expression articulates the layered communication about forgotten or remembered events. Past experience, associated feelings, and references cannot be eliminated from artwork created in the present. Impressions build one upon the other and are influenced by their predecessor. Art reflects and incorporates past experience, its impact on current emotional reactions, and subsequent behaviour. The feelings bonded to those events serve as reflectors through form as content. The communication of image in art expression is a silent visual language, translated into linguist form and through retro-cognition, examination, and experiencing the art object. Art making functions as a sender, the image as a message, the art maker as a receiver. Images in art expression, like dreams, are rooted in personal history, incorporate current events, and in some form, express a wish for the future.

Art Therapy With sexual Abuse Survivors seeks to examine the most basic art therapy approaches to treatment of traumatic conditions due to sexual exploitation or abuse. The book is not structured around new or specialized ideas for treatment. Rather, the focus is a commentary on a collection of publications of art therapist and others who have written on the subject. The book includes general reporting of material to various art therapy approaches and orientations. The theme throughout the book is on the importance of capturing iconographic material, through the use of art therapy, to assess and/or treat individuals who have experienced sexual abuse. I believe the collective content of the book to be especially important to art therapists who are just beginning to work with this victim population. The book provides a compendium and review of a number of historical and controversial areas that are important to art therapists and other disciplines. Table of Contents:- Introduction Chapter 2: Art Therapy Assessments, Graphic Indicators of Sexual Abuse, Memories of Sexual Abuse, Legal Issues, Case work utilizing Art Therapy, Case Example, Group work with Sexual Abuse Survivors, Therapy with a Group of Sexual Abuse Survivors, Art Therapy with Sexually Abusive Families, Family Art Therapy, Conclusion