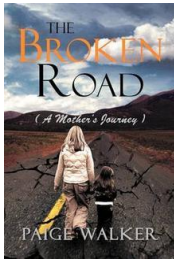


# Parents and Others (PAR)

## The Broken Road- A Mother's Journey.(NZ)

PAR/BT



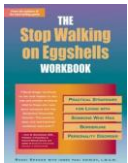
By Paige Walker - Sexual abuse is undoubtedly every mother's worst nightmare and mothers need support and healing too.

Three years ago I found out that my daughter then only 8 years old had been sexually abused by my best friend's husband.

THE BROKEN ROAD by Paige Walker is a moving story of a mother's strength and courage as she dealt with the betrayal, anger and trauma from the sexual abuse of her daughter at the hands of her best friend's husband. It moves through the emotional journey of her need to seek revenge and justice but instead found acceptance and forgiveness of her daughter's perpetrator.

As a survivor (MOTHER) I decided to write a book of my experience as I felt it was important that the trauma, pain and suffering mothers go through is validated and given a voice.

My book The Broken Road is I believe is the first documented account written in New Zealand from a mother's perspective for mothers, it details the affect CSA had on me, but it is also designed as a self help/tool for new parents trying to find their way through this ordeal as I did. It includes a detailed list of organisations affiliated with child sexual abuse for easy access and help. My passion is to highlight the traumatic affects of abuse and help break the silence on Child Sexual Abuse as it is rapidly becoming a worldwide epidemic and it needs to be addressed especially here in New Zealand.



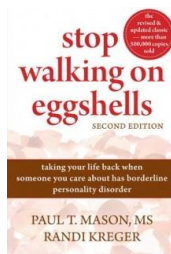
## The Stop Walking on Eggshells Workbook

BM/PAR/SH/Rel

Author Randi Kreger draws on the practical wisdom of the community of relatives and friends of those who have borderline personality disorder that formed in response to her bestselling guide, Stop Walking on Eggshells. Her new workbook offers a wealth of practical strategies to help readers set and enforce limits, care for themselves, and cope with living with someone who has this volatile and exhausting condition. The symptoms of borderline personality disorder include severe mood shifts, unfounded accusations and wildly inappropriate displays of anger, a range of self-destructive behaviours, and frantic efforts to avoid abandonment. For the friends and families of those who have the disorder, the emotional fallout can be devastating. In the first book "Stop Walking on Eggshells", author Randi Kreger drew on her own experience to help readers understand BPD and begin to recognize what they could do to cope with the disorder and begin to take care of themselves. The response was overwhelming, producing thousands of emails to the author's website and a wealth of insight and understanding. In The Stop Walking on Eggshells Workbook, Kreger draws on this material, together with extensive new research, to provide a workbook of practical, proven advice to help readers successfully survive life with someone who has BPD. Readers begin by facing their core beliefs about BPD and learning what they need to do to handle their own negative feelings and transform their assumptions about the person with BPD in their life. Step-by-step suggestions help readers set and enforce personal limits, communicate clearly, cope with putdowns and rage, develop a safety plan, and make realistic decisions. Interwoven throughout the text are an array of worksheets, checklists, and exercises that build on one another and enable readers to apply the suggestions they find to their own lives. By Randy Kreger, 2003

Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder

By Paul T. Mason, Randi Kreger ; 2010



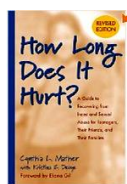
Do you feel manipulated, controlled, or lied to? Are you the focus of intense, violent, and irrational rages? Do you feel you are "walking on eggshells" to avoid the next confrontation? If the answer is "yes," someone you care about may have borderline personality disorder (BPD). Stop Walking on Eggshells has already helped nearly half a million people with friends and family members suffering from BPD understand this destructive disorder, set boundaries, and help their loved ones stop relying on dangerous BPD behaviours. This fully revised edition has been updated with the very latest BPD research and includes coping and communication skills you can use to stabilize your relationship with the BPD sufferer in your life.

This compassionate guide will enable you to: Make sense out of the chaos Stand up for yourself and assert your needs, Defuse arguments and conflicts, Protect yourself and others from violent behaviour

"This book is urgently needed now that a National Institutes of Health study shows that 6 percent of the general population has borderline personality disorder (BPD). I constantly get requests from families needing resources on BPD, and I recommend "Stop Walking On Eggshells "almost every time. This second edition is really easy to read and packed with even more useful tips for family members in distress." [New Harbinger Publications](#): 15+ years

How Long Does It Hurt: A Guide to Recovering from Incest and Sexual Abuse for Teenagers, Their Friends, and Their Families

Y/Par/Others

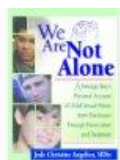


by Cynthia L. Mather (Author), Publisher: Jossey-Bass; Revised 2004

The many aspects and complexities of incest and sexual abuse are well covered in this book. Notwithstanding the comprehensive presentation of factual information, its strength lies in its emphasis on empowerment and healing. How Long Does It Hurt? , fully achieves its claim as a guide to recovering from incest and sexual abuse for teenagers, their friends, and their families and will likely fulfill the author's wish that teens will learn that they are not alone and can successfully continue on from the pain." "The most helpful aspects of the book are the case examples and testimonials of victims. Especially useful are the personalized descriptions of possible reactions in self or from others and the accompanying message to have the strength and courage to find a way to recover despite the obstacles."

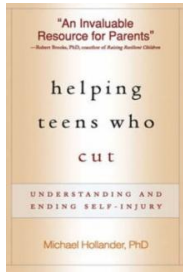
We Are Not Alone: A Teenager Boy's Personal Account of CSA...

Y/Par



by Jade Angelica  
Haworth Maltreatment & Trauma Press, 2002

**We are Not Alone: A teenage boy's personal account of child sexual abuse from disclosure through prosecution and treatment.** Any teenage boy who discloses sexual abuse is facing an emotional ordeal. This workbook can help him understand and endure the process. As it tells the first-person story of Joe, whose neighbour molested him, it offers an opportunity to discuss emotional issues, learn the fact of the process, and gain the sense of solidarity and support so crucial to the recovery of abused children. This book is also available as a companion volume for therapists, teachers, legal and law enforcement professionals and parents.



By [Michael R. Hollander](#)

Discovering that their teen 'cuts' is absolutely terrifying for parents. Without a clear understanding of what motivates cutting, many worry their teen may be contemplating suicide. Michael R. Hollander, a leading authority on teen self-injury, gives parents the straight facts about this alarming behavior - and explains what they can do to make it stop. Drawing on years of clinical practice and the latest research, Dr. Hollander shows how overwhelming emotions lead some teens to hurt themselves, and how various treatments - chief among them dialectical behavioral therapy (DBT) - can provide effective routes to wellness. Parents learn what to look for in a therapist, how to talk to their teen about cutting without making it worse, and practical strategies for helping their teen cope with extreme emotions in a healthier way. "Helping Teens Who Cut" also provides much-needed suggestions for reducing stress and improving family communication and problem solving.

**Table of Contents**

Introduction: Kids Who Deliberately Hurt Themselves. Part I: Understanding Self-Injury. Fact versus Fiction: Bringing Self-Injury into the Light. What Sets the Stage for Self-Injury? How Does Hurting Themselves Make Some Kids Feel Better? DBT: The Right Therapy for Your Teen. Part II: Helping Your Teen in Treatment and at Home. Making the Most of DBT. Resetting the Stage: How to Help Your Teen Restore Emotion to its Proper Place. Writing a Better Script: New Ways to Discourage Self-Injury. Taking Care of Yourself to Take Care of Your Teen. How to Speak with Siblings, Friends, and the School about Your Child's Troubles. Appendix A: Effectiveness of Adolescent Intensive Dialectical Behavior Therapy Program. Appendix B: Intensive Treatment.

**About the Author**

Michael R. Hollander, PhD, is Director of Adolescent Services at Two Brattle Center, a renowned psychiatric facility in Cambridge, Massachusetts. Dr. Hollander has worked with adolescents and their families for more than 30 years and is a recognized expert in the treatment of self-injury. He conducts DBT with adolescents at McLean Hospital in Belmont, Massachusetts, and serves on the psychiatry teaching faculty of Massachusetts General Hospital and Harvard Medical School. Dr. Hollander takes the mystery out of this confusing but all-too-prevalent behavior, debunks the many myths surrounding it, and deftly delineates state-of-the-art treatment principles. This is an extremely thoughtful, wise, and empathic guide for the parents of teens caught up in the painful and complex web of self-injury. Both down to earth and practical, the book draws on substantial clinical experience and the latest scientific data. Dr. Hollander takes the mystery out of this confusing but all-too-prevalent behaviour, debunks the many myths surrounding it, and deftly delineates state-of-the-art treatment principles. Dr. Hollander has done us all a great service with this book." - Dr. Hollander writes not only with insight and understanding, but also with empathy, humor, and practical wisdom. Self-injury presents an overwhelming dilemma for both parents and professionals, and this book should be required reading. Empathic, easy to read, and jargon free-"Dr. Hollander's book is a lifeline to parents, offering reassurance and wisdom supported by experience. He seems to really understand how frightening it is to be the parent of a teen who cuts. This book provides relief, hope, and guidelines to follow What I appreciated most about the book were the explanations of the root causes of self-injury and the guidance on how to interact with your child in ways that support recovery." [Guilford Publications](#): 15+ years

**Why Me? Help for Victims of Child Sexual Abuse (Even if they are adults now).**

Y/PAR



4th Ed. by Lynn, Daugherty  
Cleanan Press, Inc.; 4  
edition February 1, 2007)

Adults and adolescents who were sexually abused as children find help and healing in this classic bestseller from a respected Clinical Psychologist. Now in its fourth edition, this warm and personal, beginning guide gives you

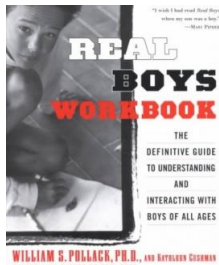
- answers to child sexual abuse questions
- stories of male and female victims
- insights into sexual abusers
- explanations of effects on victims
- step-by-step guidance to begin your recovery
- resources for additional assistance

How Parents React When They Hear the News By [Bryce McDougall](#)




Each year a number of brave men and women will sit down and tell their parents that they are gay. By the time they tell their parents they will have lived with this knowledge for some time. It is often the parents who have only a split second to react. My Child is Gay is a compilation of letters written by parents who have a gay or lesbian child. The letters have been written to be shared - both to help parents cope with and come to term with their feelings, and for gay men and women who are contemplating sharing the truth. Few parents are accepting from the start and many feel perplexed. They are unsure where to turn to for help and how to deal with their feelings of grief and loss. Here the parents talk about how they dealt with the many emotions they experienced - anger, embarrassment, guilt and confusion. Together these letters reaffirm the regenerative power of love and allow those with first hand experience to outline the important steps on the road to understanding. My Child is Gay shows how ordinary families have found love and happiness again. [Allen & Unwin](#): 15+ years

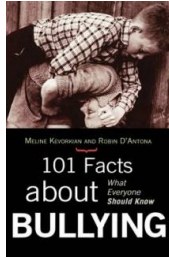
Real Boys Workbook



By [William S Pollack](#), [Kathleen Cushman](#), [Kathleen Cushman](#)

**The Real Boys' Workbook** is a unique, instructive workbook, full of advice, exercises, and stories to help parents, professionals, and boys themselves understand boys—and how to make life with them better. How to listen to boys, talk and be with them, exercises to teach you new ways to handle situations, and strategies for coping with problems (drug and alcohol abuse, gender identity, depression, bullies) are addressed, as readers are encouraged to respond to questions and situations, to learn how to think about boys with new understanding, and to react more creatively. Through writing down responses in the workbook, using the charts and summaries, and taking part in the provocative question-and-answer sections, you will gain insight into boys and their problems and be better able to be with them in effective and powerful ways. [Villard Books](#): 15+ years

 <p><b>David's Sword</b></p> <p>By <a href="#">David Elliot</a>, <a href="#">Lee Elliot</a>, <a href="#">Marybeth Elliot</a></p> <p>January 2009</p>	<p style="text-align: right;"><b>Y- child</b></p> <p>When Davids world changes forever and his friend traps him, he doesnt know how to escape. Confused by the way his friend is acting and not knowing what to do, he plays their game in silence, day after day. Afraid he will lose his friend, David finds himself stuck in a dangerous and scary situation. And then one day he realizes how his sword can help.</p>
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By [Meline M. Kevorkian](#), [Robin D'Antona](#)

Everyone involved with the care and welfare of children and young adults is confronted with the issue of bullying, which is one of life's major pressures facing children. Bullying behaviours create an uncomfortable, threatening, and even hostile environment that make it difficult for children to learn. 101 Facts about Bullying is designed to break down what the research says about bullying and its effects, offering ideas for what can and should be done to minimize or reduce it. Kevorkian systematically discusses topics ranging from relational bullying to cyber bullying to media and video violence to the legal ramifications of bullying, debunking myth and unclocking the facts about bullying and its prevention. **Table of Contents:-**Chapter 1 Introduction Chapter 2 Myths and Facts Chapter 3 Bullying Defined Chapter 4 Victims Chapter 5 Bullies Chapter 6 Bystanders Chapter 7 Relational Bullying Chapter 8 Cyberbullying Chapter 9 Media and Video Violence Chapter 10 Consequences and Legal Ramifications Chapter 11 Viable Solutions

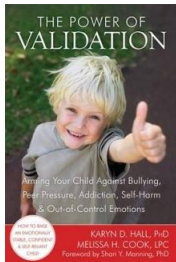
### Reviews

In 101 Facts about Bullying, Dr. Robin D'Antona and Dr. Meline Kevorkian have crafted a down-to-earth and useful guide to a number of basic facts about bullying, its causes, and its consequences.. This book could be useful for parents and for children interested in learning more about bullying and how it is related to issues such as school climate, teaching, interventions, and prevention. [Rowman & Littlefield Education](#) [15+ years](#)

### The Power of Validation

Arming Your Child Against Bullying, Peer Pressure, Addiction, Self-Harm & Out-Of-Control Emotions

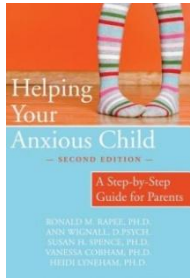
By [Karyn D. Hall](#), [Melissa H. Cook](#), [Shari Y. Manning](#)



#### About the Author

Karyn D. Hall, PhD, is a licensed clinical psychologist who has been in practice for over thirty years. Originally trained as a child psychologist, she now specializes in dialectical behavior therapy and is the director of the Dialectical Behavior Therapy Center in Houston, TX. Melissa H. Cook, LPC, is a dialectical behavior therapist in Houston, TX, specializing in eating disorders and borderline personality disorder.

By recognizing and accepting their child's feelings, parents can improve their child's emotional resilience. The Power of Validation is the first book to explain this critical process and offer parents skills they can use to validate and empower children in order to reduce behavioral problems, instill confidence, and increase children's ability to regulate their own emotions. [New Harbinger Publications](#): 15+years



A Step-by-step Guide for Parents

By [Ronald M. Rapee](#), [Ann Wignall](#)

This expanded and updated version of a best-selling classic guides readers to help a child overcome anxiety and fears. It describes in detail strategies and techniques they can combine into a comprehensive self-help programme for a child's particular needs. From separation anxiety to general anxiety, social anxiety, specific phobia and panic disorder, the book describes the common types of childhood anxiety, how anxiety originates, and options for dealing with the problem, with or without a therapist's help. In this updated version, the progression of chapters reflects the authors' clinical programme, in which major skills are introduced early and then are consolidated and built upon in later chapters. Throughout, the book employs a step-by-step approach that is both structured and directive. Written activities are incorporated throughout the chapters, some intended for the child and others for his or her parent to complete.

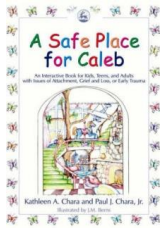
**Reviews** "In "Helping Your Anxious Child", parents are provided a step-by-step guide for assisting their children in overcoming a panoply of worries, fears, and anxieties. The strategies described are well-established ones, backed by considerable scientific support. Parents will find this book engaging, easy to read, and full of important ideas about how best to help their children." --Thomas H. Ollendick, Ph.D., University Distinguished Professor in the department of psychology, Virginia Tech: [New Harbinger Publications,U.S.: 15+ years](#)

**A Safe Place for Caleb**

TY/BM Adult/SH/HT

**An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma**

By [Kathleen A. Chara](#), [Paul J. Chara](#), [Joel M. Berns](#) (Illustrated by) A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with



attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults. The first half of the book is an interactive story that follows the experiences of Caleb, a young boy who relates his difficulties and frustrations in forming and sustaining healthy relationships. He learns strategies for coping with attachment issues during his journey to the Safe Tree House, where he is introduced to the four "attachment healing keys". These act as therapeutic tools to unlock difficulties with attachment, and are presented using text and illustrations that are easily accessible for readers of all ages, even for young children. The second half of the book presents a summary of current scientific thought on attachment styles and disorders, and provides a wide array of assessment tools, photocopiable material and healing techniques to address attachment difficulties. Lists of helpful organizations and relevant reading materials are also presented. Based on established psychological principles, the book is a unique and imaginative guide for professionals, parents, caregivers, and people of all ages who are dealing with

attachment issues. **Table of Contents**

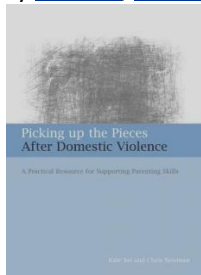
Acknowledgements. Introduction. A Safe Place for Caleb. Tables, Tools and Techniques: A. Attachment Tables. B. Assessment Tools and Parental Handouts for Professionals. C. Healing Techniques for Family Attachment. Resources.

Publisher: [Jessica Kingsley Publishers](#)

Age Range: [15+ years](#)

A Practical Resource for Supporting Parenting Skills

By [Kate Iwi](#), [Chris Newman](#)

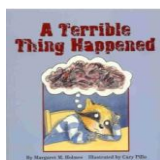


How does domestic violence affect children and parents, and their relationships with each other? How can a parent who has been abused regain authority over the children? Can a parent who has scared a child in the past engage in child discipline? "Working with Parents and Domestic Violence" includes expert advice and techniques, as well as exercises and worksheets for use with both abusing and non-abusing parents.. Domestic violence can have a powerful and distorting impact on the family.. Children may feel threatened by or protective towards their parents and family power relationships turned upside down. Parents are left struggling with issues of separation, wondering how to discuss what's happened and how to adapt to the changes in the family dynamic. Borrowing from different areas of parenting work to meet the varying needs of both abusing and non-abusing parents, this toolkit offers guidance on risk assessment and provides a framework for assessing parents' needs. This book includes all the materials needed to create a sequence of engaging group or individual sessions, including worksheets, ideas for role plays, safety plans and family agreements. This practical step-by-step guide will benefit children and family social workers, children's centre workers, therapists, counsellors and anyone supporting a family recovering from the trauma of domestic violence.

**Table of Contents** Introduction. Needs Assessment and Risk Management. Getting Started. Goal Setting. Agreements and Safety Planning. Techniques for Consistent Non-Abusive Discipline. Working with Parents on the Impact of Domestic Violence on their Children. Helping Parents Make Links With Their Own Experience of Being Parented. Helping Parents Understand their Child's Development. Becoming More Parent Centred. Becoming more Child Centred. Therapeutic Parenting. Domestic Violence and Parental Separation. References. Index. [Jessica Kingsley Publishers](#)  
[15+ years](#)

**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](#)