

Recommended Books for Parents:

The Connected Child by Dr. Karyn Purvis

The Connected Child provides the parents of adopted at risk children easy to follow practical advice on how to handle behavior problems in a calm, gentle, effective manner." The adoption of a child is always a joyous moment in the life of a family. Some adoptions, though, present unique challenges.

The Deepest Well

(Healing the long term effects of childhood adversity) by Nadine Burke Harris

The Deepest Well explains how toxic stress impacts the body down to a cellular level by hijacking the body's fight-or-flight response. The book outlines how such experiences can shape the development of brain and body, and how toxic stress can even cause epigenetic changes that can be passed down through generations.

The Body Keeps the Score

The Body Keeps The Score teaches you how to get through the difficulties that arise from your traumatic past by revealing the psychology behind them and revealing some of the techniques therapists use to help victims recover.

The Explosive Child

A groundbreaking approach to understanding and parenting children who frequently exhibit severe fits of temper and other intractable behaviors, from a distinguished clinician and pioneer in this field, now updated to include the most recent research. ...

The YES brain

A positive mindset transforms the way we engage with the world. The Yes Brain is an outlook that combines four key character traits: balance, resilience, insight and empathy. Cultivate these qualities in your children, and they'll be set for life.

The Whole Brain Child

The Whole-Brain Child focuses on helping kids with integration, making neural connections between different areas of the brain as they work to make sense of their emotions and thoughts. Topics covered in this book include: Strategies for bringing together the left and right hemispheres of the brain.

No Drama Discipline

No-Drama Discipline is a refreshing approach to parenting that looks at the neuroscience of a developing child's brain to understand how to best discipline and teach kids while making them feel loved.

Healing Trauma: Attachment, mind, body, and brain

Born out of the excitement of a convergence of ideas and passions, this book provides a synthesis of the work of researchers, clinicians, and theoreticians who are leaders in the field of trauma, attachment, and psychotherapy.

Born to Love-Bruce Perry

The groundbreaking exploration of the power of empathy by renowned child-psychiatrist Bruce D. Perry, co-author, with Oprah Winfrey, of What Happened to You?

Born for Love reveals how and why the brain learns to bond with others—and is a stirring call to protect our children from new threats to their capacity to love.

The Boy who was raised as a dog-Bruce Perry

Perry has helped children faced with unimaginable horror: genocide survivors, murder witnesses, kidnapped teenagers, and victims of family violence. In the classic The Boy Who Was Raised as a Dog, Dr. Perry tells their stories of trauma and transformation and shares their lessons of courage, humanity, and hope.

The Soul of Shame

We're all infected with a spiritual disease. Its name is shame. Whether we realize it or not, shame affects every aspect of our personal lives and vocational endeavors. It seeks to destroy our identity in Christ, replacing it with a damaged version of ourselves that results in unhealed pain and brokenness. But God is telling a different story for your life.

The Soul of Desire

But both our craving to be known and our ability to create beauty have been marred by trauma and shame, collapsing our imagination for what God has for us and blinding us to the possibility that beauty could ever emerge from our ashes. Drawing on his work in interpersonal neurobiology and clinical practice, Thompson presents a powerful picture of the capacity of the believing community to reshape our imaginations, hold our desires and griefs together, and invite us into the beauty of God's presence.