



Book Recommendations from the NC CTP TF-CBT Consultants

Title	Author	Topic
Let's Talk About It: Adoption	Fred Rogers	Adoption
My New Family: A First Look at Adoption	Pat Thomas	Adoption
Double-Dip Feelings: Stories to Help Children Understand Emotions	Barbara S. Cain	Affective Expression
Sometimes I Feel Like a Mouse	Jeanne Modesitt	Affective Expression
Today I Feel Silly: And Other Moods That Make My Day	Jaime Lee Curtis	Affective Expression
When My Worries Get Too Big!: A Relaxation Book for Children Who Live with Anxiety	Kari Dunn Buron	Affective Expression and Regulation
One	Kathryn Otoshi	Bullying
Simon's Hook: A Story about Teases and Put Downs	Karen Gedig Burnett	Bullying
Back on Track: Boys Dealing with Sexual Abuse	Mindy B. Loiselle	Clinical Resource
Cognitive-Behavioral Therapy for Anxious Children: Therapist Manual	Philip C. Kendall	Clinical Resource

Coping Cat Workbook	Philip C. Kendall	Clinical Resource
Dissociation in Children and Adolescents: A Developmental Perspective	Frank W. Putnam	Clinical Resource
Enhancing Early Attachments: Theory, Research, Intervention, and Policy	Lisa J. Berlin	Clinical Resource
Paper Dolls and Paper Airplanes: Therapeutic Exercises for Sexually Traumatized Children	Geraldine Crisci	Clinical Resource
Shining Through: Pulling It Together after Sexual Abuse	Mindy B. Loiselle	Clinical Resource
The Coping Cat Parent Companion	Philip C. Kendall	Clinical Resource
The Pocket Guide to the DSM-5(TM) Diagnostic Exam	Abraham M. Nussbaum	Clinical Resource
The T.O.P. Workbook for Sexual Health	Joann Schladale	Clinical Resource
Trauma-Focused CBT for Children and Adolescents: Treatment Applications	Judith A. Cohen	Clinical Resource
Eggbert, the Slightly Cracked Egg	Tom Ross	Cognitive Coping
Giraffes Can't Dance	Giles Andreae	Cognitive Coping
Hyena Who Lost Her Laugh: A Story about Changing Your Negative Thinking	Jessica Lamb-Shapiro	Cognitive Coping
My Monster Mama Loves Me So	Laura Leuck	Cognitive Coping
Oh, the Thinks You Can Think!	Dr. Seuss	Cognitive Coping
The Can Do Duck	Ducktor Morty	Cognitive Coping

The Little Engine That Could	Watty Piper	Cognitive Coping
The Little Red Ant and the Great Big Crumb Book & Cassette: A Mexican Fable	Shirley Climo	Cognitive Coping
The Snail and the Whale	Julia Donaldson	Cognitive Coping
The Way I Act	Steve Metzger	Cognitive Coping
You Are Mine	Max Lucado	Cognitive Coping
You Are Special: A Story for Everyone	Max Lucado	Cognitive Coping
Just Me and My Dad (Little Critter Series)	Mercer Mayer	Cognitive Coping: Preschool
Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids	Carol McCloud	Cooperation/Happiness/Kindness
A Place for Starr: A Story of Hope for Children Experiencing Family Violence	Howard Schor	Domestic Violence
When Mommy Got Hurt: A story for young children about domestic violence	Ilene Lee	Domestic Violence
Please Explain Anxiety to Me!	Laurie E. Zelinger	Explaining Fight, Flight or Freeze/Coping
Feelings	Aliki	Feelings
Is a Worry Worrying You?	Ferida Wolff	Feelings
The Way I Feel	Janan Cain	Feelings
The Monster at the End of This Book	Jon Stone	Feelings/Cognitive Coping

Kids Need to Be Safe: A Book for Children in Foster Care	Julie Nelson	Foster Care
Maybe Days: A Book for Children in Foster Care	Jennifer Wilgocki	Foster Care
Zachary's New Home: A Story for Foster and Adopted Children	Geraldine Molettiere Blomquist	Foster Care/Adoption
Zach Gets Frustrated	William Mulcahy	Frustration/Anger/Frustration Triangle (name it, tame it, reframe it)
Asking about Sex and Growing Up: A Question-and-Answer Book for Kids	Joanna Cole	Future Development
Teen Relationship Workbook: For Professionals Helping Teens to Develop Healthy Relationships and Prevent Domestic Violence	Kerry Moles	Future Development
The Everlasting Snowman	Hunter D. Darden	Grief
The Boy's Body Book: Everything You Need to Know for Growing Up YOU	Kelli Dunham	Healthy Sexuality
The Care and Keeping of You: The Body Book for the Younger Girl	Valorie Schaefer	Healthy Sexuality for young girls
David Goes to School	David Shannon	Kids Behavior Problems
How to Lose All Your Friends	Nancy Carlson	Kids who have trouble with social skills
The Worst Day of My Life Ever!	Julia Cook	Kids who misbehave or don't listen
Off-Road Parenting: Practical Solutions for Difficult Behavior	Caesar Pacifici	Parenting
Raising an Emotionally Intelligent Child	Daniel Goleman	Parenting
What Only a Mother Can Tell You About Child Sexual Abuse	Karen L. Schaefer	Parenting

When the Bough Breaks: A Helping Guide for Parents of Sexually Abused Children	Aphrodite Matsakis	Parenting
Amazing You!: Getting Smart About Your Private Parts	Gail Saltz	Private Parts/Safety
A Terrible Thing Happened	Margaret M. Holmes	Psycho-ed 1
Brave Bart: A Story for Traumatized and Grieving Children	Caroline H. Sheppard	Psycho-ed 1
The Care and Keeping of You 2: The Body Book for Older Girls	Cara Familian Natterson	Psycho-ed 2/Future Development
Strong at the Heart: How It Feels to Heal from Sexual Abuse	Carolyn Lehman	Psycho-ed 2/Trauma Narrative Intro
Bird Child	Nan Forler	Psycho-ed 2: Bullying
Why Did Grandpa Die?: A Book about Death	Barbara Shook Hazen	Psycho-ed 2: Grief
Families Change: A Book for Children Experiencing Termination of Parental Rights	Julie Nelson	Psycho-ed 2: TPR
A Family That Fights	Sharon Chesler Bernstein	Psycho-ed 2:DV
A Safe Place to Live: A Story for Children Who Have Experienced Domestic Violence	Michelle Harrison	Psycho-ed 2:DV
What Do You Do With a Problem?	Kobi Yamada	Psycho-ed/Avoidance/Cognitive Coping/Termination/Meaning Making
I Am Yoga	Susan Verde	Relaxation
Moody Cow Meditates	Kerry Lee MacLean	Relaxation
Peaceful Piggy Meditation	Kerry Lee MacLean	Relaxation

Relax	Catherine O'Neill	Relaxation
A Very Touching Book: For Little People and For Big People	Jan Hindman	Safety
I Said No!: A kid-to-kid guide to keeping private parts private	Kimberly King	Safety
Let's Talk about Taking Care of Me: An Educational Book about Body Safety for Young Children	Lori Stauffer	Safety
Some Parts are NOT for Sharing	Julie K. Federico	Safety
Uncomfortable Secrets. A Children's Book That Will Help Prevent Child Sexual Abuse. It Teaches Children To Say No To Inappropriate Physical Contact, Understand Their Emotions And Recognize A Trustworthy Person To Talk To.	Sephanie Halfen	Safety
This is Gabriel Making Sense of School: A Book about Sensory Processing Disorder	Hartley Steiner	Sensory Issues
Little Red Riding Hood	Debbie Lavreys	Smoke Alarms/Safety
The Family Book	Todd Parr	Talking about different types of families/Adoption/Foster care
Oh, the Places You'll Go!	Dr. Seuss	Termination
The Invisible String	Patrice Karst	Termination (foster care)/Grief
Please Tell!: A Child's Story about Sexual Abuse	Jessie	Trauma Narrative
The Hurt	Teddi Doleski	Trauma Narrative Intro/Psycho-ed 1