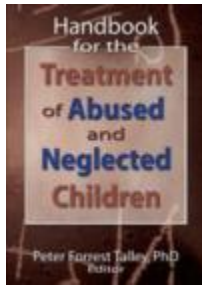


## BOOK REVIEWS: Mental Health Needs of Foster Children

Compiled by Joann Grayson, Ph.D.

for Virginia Child Protection Newsletter, Volume 85

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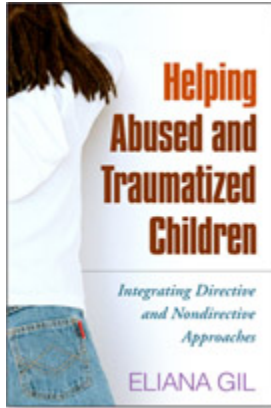
### **Handbook for the Treatment of Abused and Neglected Children,**

by P. Forest Talley, Ph.D., Editor, 2005, 494 pages, \$59.95 (hard), \$44.95 (soft).

Available from: The Haworth Press, Inc. 10 Alice Street, Binghamton, NY 13904-1580,

(800) 429-6784, Web site: [www.haworthpress.com/](http://www.haworthpress.com/)

Practitioners will appreciate the diversity of information presented in this volume. It includes research about effects of maltreatment, a description of the child welfare system, and a description of medical diagnostic procedures and medical considerations. It discusses assessment of children. There are chapters on legal issues and consideration of cultural factors. Most important for the topic of this VCPN are the chapters on therapy, including three chapters that describe evidence-based practices. Azar and Cote review cognitive-behavioral interventions with neglectful parents. Parent-Interaction Therapy is described, and Stauffer and Deblinger discuss cognitive-behavioral interventions with non-offending parents. This well-rounded guide can assist clinicians in providing more comprehensive service and working together as part of a team.



**Helping Abused and Traumatized Children: Integrating**

**Directive and Nondirective Approaches**, Eliana Gil, 2006, The

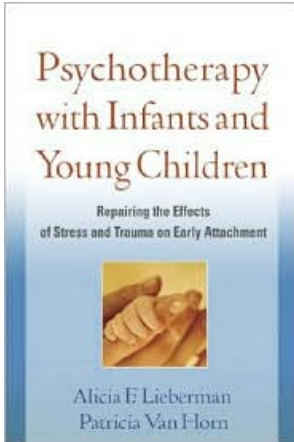
Guilford Press, 254 pages, \$32.00.

Available from: The Guilford Press, 72 Spring Street, New York, NY 10012 (800)

365-7006 Fax (202) 966-6708 Website <http://www.guilford.com/cgi->

[bin/cartscript.cgi?page=pr/gil7.htm&dir=pp/ca&cart\\_id=602255.25757](http://www.guilford.com/cgi-bin/cartscript.cgi?page=pr/gil7.htm&dir=pp/ca&cart_id=602255.25757)

The book begins with guidelines for assessment and treatment. The next chapters describe different types of therapies which can be employed with a traumatized or abused child. These therapies include expressive, cognitive-behavioral, and family play therapy. Gil uses examples to demonstrate each therapy. She discusses the benefits of each technique and how techniques can be matched to particular child symptoms. The book contains four different case examples with each case focusing on a different type of treatment. These case studies offer an in-depth explanation at how to modify techniques to fit a particular child's unique needs.

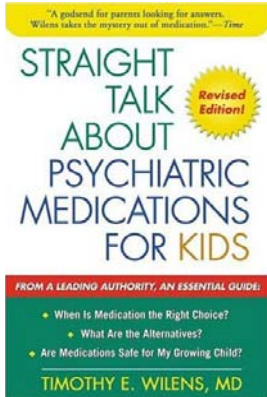


**Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment** by Alice F. Lieberman

and Patricia Van Horn, 2008, 366 pages, \$40.00

Available from The Guilford Press, 27 Spring Street, New York, NY 10012 (212)966-6708, FAX: (212) 966-6708, Web site: [www.guilford.com](http://www.guilford.com)

This book describes child-parent psychotherapy (CPP), a relationship-based treatment for mental health problems of infancy and early childhood. CPP can be useful if children are in foster care and being returned to biological parents or if they are to remain in foster care and need to establish strong relationships with foster parents. The volume details how to implement CPP and how to adapt the therapy to specific challenges. Case illustrations assist the reader in understanding the model. Important for this issue of VCPN is the chapter on how to integrate CPP with other service systems such as child protective services.



**Straight Talk about Psychiatric Medications for Kids**, by Timothy E.

Wilens, MD, 2009, 325 pages, \$17.95 (paper), \$38.00 (cloth).

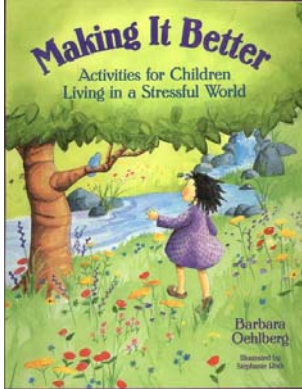
Available from: Guilford Publications, 72 Spring Street, New York, NY 10012, (212) 431-

9800, ext 257, FAX: (212) 966-6708, Web site: Guilford.com

Parents and practitioners alike will find this book invaluable. Dr. Wilens states the goal of offering the information needed to make treatment decisions for children who have psychiatric conditions that might benefit from medication. He achieves that goal and has produced a resource that is both comprehensive and user-friendly.

The initial chapters explain the diagnostic process and the evaluation that is necessary prior to prescribing. They offer general information about how parents can work with professionals in order to detect and manage a child's psychiatric disorder. The second part of the book reviews the disorders most likely to require psychiatric intervention: attention problems; autism-spectrum disorders; mood disorders; anxiety-related disorders; schizophrenia and psychotic conditions; neurological problems; eating disorders; sleep problems; enuresis; and substance use disorders. The third section considers psychotropic medications and their properties.

Dr. Wilens is an Associate Professor of Psychiatry at Harvard Medical School. He specializes in pediatric and adult psychopharmacology in his clinical work at Massachusetts General Hospital, where he is currently Director of Adolescent Substance Abuse Services.

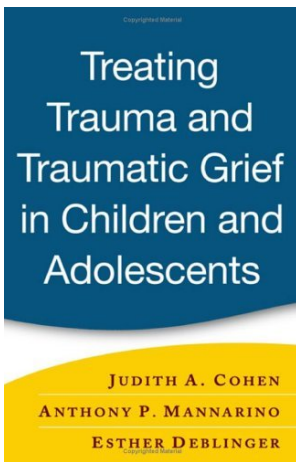


**Tools for Helping Children Cope with Overwhelming  
Memories and the Effects of Trauma: Suggested Activities  
that Foster Parents Can Use to Restore Resiliency in  
Children,** by Barbara Oehlberg, 2006, 12 pages, free of charge.

Available from: [www.reachingdifficultkids.org](http://www.reachingdifficultkids.org) (click on foster care)

This booklet is dedicated to children who arrive with few belongings but much memory baggage, nightmares, and dashed hopes and to the foster parents who provide guided care, safety and the “blanket of grace.”

The booklet begins with the child’s arrival and suggestions for welcoming children of various ages. Next is a time of “surprise packages” as children begin to share troubled memories and feelings. The author guides foster parents through the grieving process, describing how children behave and activities to alleviate the pain. The stage of anger follows. There are activities to help with the hurts of: abandonment; betrayal; disappointment; helplessness; embarrassment; and hopelessness. Finally, activities to help with healing traumatic memories are explained.



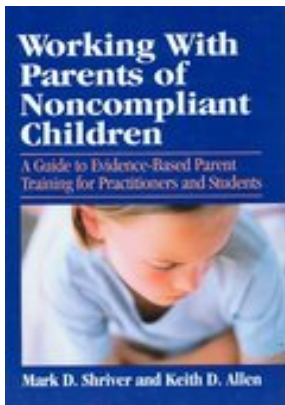
## **Treating Trauma and Traumatic Grief in Children and Adolescents,**

by Judith Cohen, Anthony Mannarino, and Esther Deblinger, 2006, 256 pages, \$32.00.

Available from The Guilford Press, 27 Spring Street, New York, NY 10012 (212)966-

6708, FAX: (212) 966-6708, Web site: [www.guilford.com](http://www.guilford.com)

*Treating Trauma and Traumatic Grief in Children and Adolescents* describes trauma-focused cognitive-behavioral therapy for children affected by posttraumatic stress disorder, depression, and anxiety. The book is divided into three parts. The first section focuses on the impact of trauma and describes the trauma-focused cognitive-behavioral therapy model. The second section introduces trauma-focused components of the model. These include: psycho-education; relaxation; affective expression; cognitive coping; in vivo mastery; ensuring safety. The volume then explores the grief-focused components, including education; resolving ambivalent feelings; preserving positive memories; and committing to present relationships. Authors provide a troubleshooting section at the end of almost every chapter; offering questions with answers in regards to applying the knowledge just learned in the chapter. Also useful handouts and information on obtaining additional training are provided in the appendix.



**Working with Parents of Noncompliant Children: A Guide to Evidence-Based Parent Training for Practitioners and Students,**

Mark D. Shriver and Keith D. Allen, 2008, American Psychological Association, 304 pages, \$59.99.

Available from: American Psychological Association, P.O. Box 92984, Washington, DC 20090-2984 (800) 374-2721 or (202) 336-5510 Fax (202) 336-5502 TDD/TTY (202) 336-6123 Website [www.apa.org/books/](http://www.apa.org/books/)

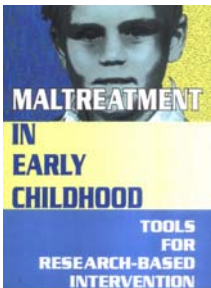
This book, for students and practitioners, summarizes several popular programs for training parents of noncompliant children. The book begins by examining four programs with strong empirical support: Living With Children, The Incredible Years, Helping the Noncompliant Child, and Parent-Child Therapy. Also, several less researched programs are included. Shriver and Allen discuss the strengths and weaknesses of each particular program and present the research on each particular technique. The analysis allows for practitioners to choose an appropriate program for each particular client. Following this analysis of the different programs, Shriver and Allen then present the conceptual foundations on which these programs are based. This includes a discussion on the basic principles of behaviorism, such as operant conditioning and extinction, and how this approach can be used to teach parents how to better interact with their noncompliant children. The book closes by considering ways to implement these programs and examines the possible directions for future research



***Childhood Sexual Abuse: Developmental Effects across the Lifespan, by Felicia Ferrara, 2002, 304 pages, \$59.99.***

***Available from Brooks/Cole, 511 Forest Lodge Road, Pacific Grove, CA 93950  
800-423-0563, [www.brookscole.com](http://www.brookscole.com)***

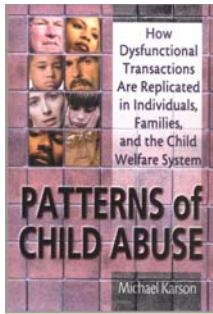
Felicia Ferrara discusses the impact of sexual abuse on children. She reviews theoretical models of sexual abuse and how to diagnose and treat children who have experienced abuse. The volume considers why individuals might sexually abuse children. Also described are developmental milestones children should achieve, and how abuse may affect these milestones. Discussion questions are provided at the end of every chapter to further understanding of the information. The book is a helpful resource for professionals preparing to work with children to enhance understanding of family and individual dynamics in addition to the dynamics of child abuse.



***Maltreatment in Early Childhood: Tools for Research-Based Intervention, By Kathleen Coulborn Faller, 1999, 258 pages, \$36.00 (paperback), \$60.00 (hardcover).***

***Available from Haworth Maltreatment & Trauma Press, 10 Alice Street, Binghamton, NY 13904 <http://www.routledgebehavioralhealth.com/>***

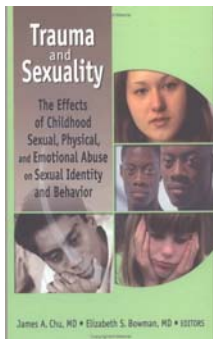
This book examines the mix between social issues and maltreatment of children, for example when divorce and parental violence occur together. The volume helps the professional understand the most efficient way to interview a child who has experienced abuse. It also discusses current research concerning interventions. Written from presentations from the San Diego conference responding to maltreatment, this book is an excellent source for professionals in the legal system and in medical areas. It will help professionals understand children's statements, how to prepare children for court, and how to further assist those individuals who have been abused.



***Patterns of Child Abuse: How Dysfunctional Transactions are Replicated in Individual Families, and the Child Welfare System, by Michael Karson, 2001, 248 pages, \$24.95 (paperback), \$49.95 (hardcover)***

**Available from Haworth Press, 10 Alice Street, Binghamton, NY 13904-1580  
<http://www.routledgebehavioralhealth.com/>**

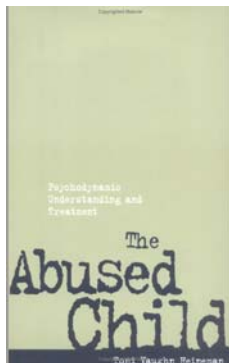
This book not only reviews the physical patterns of child abuse but also the mental patterns. It includes a review of how the mind's thinking contributes to future behavior patterns in children and the purposes behind specific dysfunctional patterns. Michael Karson considers the different types of abusers and the characteristics found in each. He further suggests interventions that operate within a particular pattern, whether it is a pattern of the abuser or the victim.



***Trauma and Sexuality: The Effects of Childhood Sexual, Physical, and Emotional Abuse on Sexual Identity and Behavior, edited by James Chu and Elizabeth Bowman, 2002, 150 pages, \$24.00.***

**Available from Haworth Medical Press, 10 Alice Street, Binghamton, NY 13904- 1580  
<http://www.routledgebehavioralhealth.com/>**

This book reports on childhood trauma: sexual, physical, and emotional abuse and the effects of maltreatment. Researchers present topics relevant to how trauma manifests in a child's adult sexual identity, including developing "masculinity" and "femininity." It discusses how to be sensitive in the treatment of gays, lesbians, bisexuals, and transgender individuals. Other topics, such as how to help a child who may develop sexual addiction/compulsivity or dissociative identity disorder, are addressed. Each chapter is unique and will help the reader understand how to provide services more effectively to trauma victims by understanding the many issues that impact on sexuality.

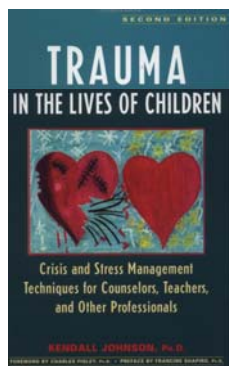


***The Abused Child: Psychodynamic Understanding and Treatment,***  
by Toni Vaughn Heineman, 1998, 243 pages, \$37.00.

Available from Guilford Press, 72 Spring Street, New York, NY 10012

[www.guilford.com](http://www.guilford.com)

*The Abused Child* focuses on the disruption that abuse has on normal development and presents ways in which development deficits can be overcome through psychodynamic psychotherapy. The author highlights issues of memory and disclosure, the relationship between action and spoken language, and between dissociation and externalization. Heineman helps therapists understand the most effective ways of working with parents and caregivers as well as offering advice on using psychodynamic approaches for court-ordered evaluations. Vignettes are present in every chapter to help further clarify the ideas presented and offer practical applications.



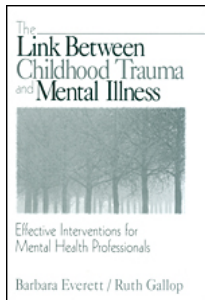
***Trauma in the Lives of Children: Crisis and Stress Management Techniques***  
***Counselors, Teachers, and Other Professionals,***  
by Kendall Johnson, 1998, 352 pages, \$24.95.

Available from Hunter House Inc., Post Office Box 2914, Alameda, CA

984501-0914, (800) 788-3123

[www.hunterhouse.com](http://www.hunterhouse.com)

*Trauma in the Lives of Children* bridges the gap from the clinic to the school. Children are faced with many events that can impact their development socialization, and family life. This book helps further the understanding of how children function after a crisis and how to recognize a child who has been traumatized. The author utilizes an interdisciplinary, solution-based approach, providing useful information from research to help therapists and families assist a traumatized child. The author considers School Crisis Response Teams and preventive responses to trauma, including building resilience for those already affected by a crisis.



***The Link between Childhood Trauma and Mental Illness: Effective Interventions for Mental Health Professionals, by Barbara Everett and Ruth Gallop, 2001, 344 pages, \$43.95.***

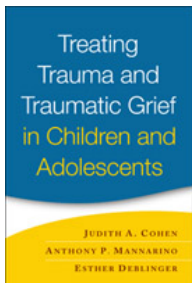
***Available from Sage Publishers, Inc., 2455 Teller Road, Thousand Oaks, CA 91320  
e-mail: [order@sagepub.com](mailto:order@sagepub.com)***

Everett and Gallop provide help for health professionals on how to assist persons who were abused in childhood work through their adult symptoms. The *book* is divided into two parts. The first section, theory and knowledge, covers topics about recognizing the symptoms of abuse and how to ask clients about child abuse. The second part discusses effective interventions and topics about the healing and recovery process, recognizing crises, and different treatment models. For those professionals with clients who have abuse histories, this book provides the skills necessary for working in a direct service role, as well as a practice context. This book will help to understand the effects of childhood abuse and how to incorporate that understanding into everyday practice.



***The Future of Children: Children, Families, and Foster Care, by The David and Lucile Packard Foundation, Winter 2004, 192 pages.  
Available from [www.futureofchildren.org](http://www.futureofchildren.org)***

Children, Families, and Foster Care is the 14<sup>th</sup> edition of The Future of Children, with several contributing authors for each article. This issue touches on topics of family reunification, adoption and guardianship. It also discusses the policy framework of the foster care system, and the research on the effects of child maltreatment and foster care on development. Provided at the end are five commentaries from various writers about how the child welfare system can be improved to better support families and promote healthy development. As a resource, a list of acronyms is provided for the reader to better understand the topics within the articles.



***Treating Trauma and Traumatic Grief in Children and Adolescents*, by Judith Cohen, Anthony Mannarino, and Esther Deblinger, 2006, 246 pages, \$35.00.**

**Available from; The Guilford Press, 27 Spring Street, New York, NY 10012  
[www.guilford.com](http://www.guilford.com)**

*Treating Trauma and Traumatic Grief* offers trauma-focused cognitive-behavioral therapy for children affected by posttraumatic stress disorder, depression, anxiety, and other psychiatric disorders. The book is divided into three parts. The first focuses on how the trauma-focused cognitive-behavioral therapy model works, providing assessment strategies and information on the impact trauma can have on a child. The second part introduces trauma-focused components, such as parenting skills, education, and cognitive coping and processing. Lastly, the book ends with a section on grief-focused components. Authors provide a troubleshooting section at the end of almost every chapter; offering questions with answers in regards to applying the knowledge just learned in the chapter. Also useful handouts and information on obtaining additional training are provided in the appendix.