Chapter 3 - Problems And Healing Practices

by Marie Mulligan, MD and Rick Geggie, MEd

Books:
- Attunement: Reading the Rhythms of the Child, by Dr. Bruce Perry
- Real Boys: Rescuing Our Sons from the Myths of Boyhood and Real Boys' Voices, by William Pollack
- Reviving Ophelia: Saving the Selves of Adolescent Girls, by Mary Pipher
- The Mood Cure, by Julie Ross

Websites:
- http://www.acestudy.org; The Adverse Childhood Experiences Study website.
- http://www.actionforhealthykids.org; childhood overweight and obesity information.
- http://www.autismtreatmentcenter.org; now the Center for the Son-Rise Program® - offering a unique treatment for autism.
- http://www.bbc.co.uk/relationships/coping_with_grief/bereavement_effectschildren.shtml; discusses the ways in which kids of varying ages can be affected by grief.
- http://www.becomingtheparent.com/subsections1/question28.html; an article on “Rude Behavior.”
- http://www.drsimonelli.com; the website of Dr. Shannon Simonelli, supporting kids and families with emotional, intellectual and educational healing.
- http://www.edap.org; the largest nonprofit dedicated to providing assistance for the prevention and treatment of eating disorders.
- http://www.marypipher.net; books and videos discussing the challenges facing today’s teenagers-especially girls.

Chapter 4 - Aikido For Children & Youth
Resources, Research Papers, Books, DVDs, Websites

- AikiWeb - The Source for Aikido Information: Its principal purpose is to serve the Internet community as a repository and dissemination point for aikido information. Website: http://www.aikiweb.com.

Bibliography


Chapter 5 - Aromatherapy For Children & Youth

by Julia Fischer

Resources, Research Papers, Books, DVD’s, Websites

Books:

- L’Aromatherapie Exactement/Pierre Franchomme & Dr. Daniel Penoel (in French).

Periodicals:


Bibliography


Chapter 6 - Attitudinal Healing For Children & Youth

by Kathy Harris, Carolyn Smith, Marilyn Robinson

Resources, Research Papers, Books, DVD’s, Websites

- Center for Attitudinal Healing; 33 Buchanan Drive; Sausalito, CA 94965; 415-331-6161; Fax 415-331-4545; Website: http://www.attitudinalhealing.org; Email: info@attitudinalhealing.org.
Chapter 7 - Ayurveda For Children & Youth
by Dr. Marc Halpern, DC, CAS

Resources, Research Papers, Books, DVD’s, Websites

There are hundreds in the U.S. and thousands in India, mostly on the pharmacological aspects of the herbs and on the benefits of meditation. Dozens of articles/research papers are available on the website of the California College of Ayurveda at http://www.ayurvedacollege.com.

Bibliography


Chapter 8 - Biofeedback For Children & Youth
by Bill Barton, Ph.D

Resources, Research Papers

- Clinical Applications of Biofeedback and Applied Psychophysiology; a series of White Papers prepared in the public interest by the Association for Applied Psychophysiology and Biofeedback (each paper includes references to articles, and research); available from AAPB phone: 303-422-8436 (in 2001); Website: http://www.aapb.org.

Bibliography

- Clinical Applications of Biofeedback and Applied Psychophysiology; a series of White Papers prepared in the public interest by the Association for Applied Psychophysiology and Biofeedback (each paper includes references to articles, and research); available from AAPB phone: 303-422-8436 (in 2001); Website: http://www.aapb.org.

Chapter 9 - Child Psychiatry
by Kristi Panik, MD

Bibliography


Chapter 10 - Chiropractic Care For Children And Youth
by Lana Surgenor, DC

Resources, Research Papers, Books, DVD’s, Websites
Many reputable Chiropractic schools have reliable sources of information and guidance. To name a few: [http://www.lifewest.edu](http://www.lifewest.edu); [http://www.life.edu](http://www.life.edu); [http://www.sherman.edu](http://www.sherman.edu); [http://www.parkercc.edu](http://www.parkercc.edu); [http://www.palmer.edu](http://www.palmer.edu).


General books on Chiropractic care to start with: Chiropractic First, by Terry A. Rondberg, DC; Discover Wellness: How staying healthy can make you rich, by Dr. Bob Hoffman, DC and Dr. Jason A.Deitch; and Enhance Your Life Experience, by Dr. Joseph B. Strauss, DC.


Bibliography


Chapter 11 - Craniosacral For Children & Youth

by Hugh Milne, DO

Resources, Research Papers, Books, DVD’s, Websites

- Feeley, Richard; “Clinical Cranial Osteopathy”.

Bibliography


Chapter 12 - Developmental Optometry For Children & Youth

by Dr. Tanya Mahaphon, OD, FCOVD, FAAO

Research Papers


Bibliography

- The following books may be obtained directly from the Optometric Extension Program (OEP). (See: [http://www.oep.org](http://www.oep.org).)
Chapter 13 - Drumming For Children & Youth

by Christine Stevens and Heather MacTavish

Research Papers

Note: Most of the research has been done on adults, so papers pertaining to children specifically are not available.

- “Central timing system” found in bimanual motor sequences. Central mesial cortex prevails, including parietal cortex, cerebellum and basal ganglia.

Bibliography


Chapter 14 - Emdr: Eye Movement Desensitization & Reprocessing For Children & Youth

by Sandra Wilson, PhD and Robert Tinker, PhD,

Resources, Research Papers, Books, DVDs, Websites

- Refer to the EMDR Institute – See above.

Bibliography


Chapter 15 - Environmentally Healthy Home Consultants

by Susan Bahl

Resources, Research Papers, Books, DVD’s, Websites

Please look up papers outlined on these websites: (If you don't have a computer, ask your local librarian to help you.).

- Centers for Disease Control and Prevention Environmental Health; 1600 Clifton Rd.; Atlanta, GA 30333; 800-311-3435, or 404)-498-1515; Website:
Bibliography

- American Lung Association, Indoor Air Quality Education for Schools, Parents, etc.: http://www.lungusa.org/air/air00_liaq.html.
- Water quality standards are also available at the website of the Environmental Protection Agency: http://epa.gov/safewater/faq/faq.html#test.
- Advice from EPA on mold: http://www.epa.gov/iaq/molds/moldguide.html.
- Healthy House Institute provides extensive information about creating a healthy home environment. Their website is: http://www.healthyhouseinstitute.com/.
- There are videos covering a variety of topics available from the website of Dr. Doris J. Rapp: http://www.drrapp.com/publications.htm.
- American Chemical Society. Available at: http://www.acs.org.

Chapter 16 - Expressive Arts Therapy For Children & Youth

Research Papers


Bibliography


Chapter 17 - The Feldenkrais Method® For Children & Youth

by Russell Delman and Linda Evans Delman

Resources, Research Papers, Books, DVD's, Websites


Bibliography

Chapter 18 - Flower Essences For Children & Youth

by Katharina Johnson, MD (Austria)

Research Papers

Recent research into the links between emotions and the immune system supports and reinforces the view that emotional balance and well-being directly affect and influence our physical health. More and more medical experts now agree that a healthy mind really does ensure a healthy body.

The Flower Essence Society does research on Flower Essences on an ongoing basis. Studies are published on their website.

Bibliography


Chapter 19 - Herbology For Children & Youth

by Karyn Sanders

Resources, Research Papers, Books, DVDs, Websites


Bibliography


Chapter 20 - Homeopathy For Children & Youth

by Dian Wagner, Randy Jane Reitzes, LVN, CMT, CCHH and Lisette Narragon CCH, BRCP

Research Papers

- The Samueli Institute’s website provides numerous articles on Homeopathy. Website: http://www.siib.org.

Bibliography

- The best sources for books on Homeopathy are the two largest Homeopathic booksellers in the U.S.:
  - Minimum Price Books; P.O. Box 2187; Blaine, WA 98231; (UPS only: 250 H Street, Blaine, WA 98230); Orders: 800-663-8272; Fax: 604-597-8304; Website: http://www.minimum.com; Email: orders@minimum.com.
  - Homeopathic Educational Services; 2124B Kittredge St.; Berkeley, CA 94704; 510-649-0294; Fax: 510-649-1955; Website: http://www.homeopathic.com; Email: available through the website.
- Homeopathy Today: The magazine of the National Center for Homeopathy. (See above.)
Chapter 21 - Hypnotherapy For Children & Youth

by Randi Farkas, MA, MFT

Bibliography

- The journal that has great articles about Hypnotherapy in general is the American Journal of Clinical Hypnotherapy. When you access ASCH’s website (see above), you can find short versions of articles.

Chapter 22 - Independent Study For Children & Youth

by June Nason, MsEd

Resources And Websites

- A-Z Home's Cool. This is a list of California home school organizations with state charters. See their website: http://homeschooling.gomilpitas.com.
- California Department of Education's Independent Study Program. See their website: http://www.cde.ca.gov. This site is designed for schools wanting to run an independent study program as well.
- California Department of Education Manual for Independent Study outlines curriculum and instruction for independent study teachers from the California Department of Education...useful information for community resources to enhance curriculum. See: http://www.cde.ca.gov.
- California Consortium for Independent Study. Website for Independent Study Teachers and a state wide organization interested in the advancement of independent study programs. See: http://www.ccis.org.
- Currie, Carol. “History of Homeschooling.” EzineArticles. This website has various links and information to read more about Homeschooling. See: http://ezinearticles.com.
- Stephanie Hood’s article on Public Independent Study Programs and Charter Schools can be found on the Gifted HomeSchoolers Forum website. See: http://giftedhomeschoolers.org.
- National Home Education Research Institute has a wealth of information available. See: http://www.nheri.org.

Bibliography


Chapter 23 - Light Therapy For Children & Youth

by John Downing, OD, Ph.D

Research Papers

- Rustigan, C.J. “Effects of Colored Light and Relaxation Exercise Therapy on Adults with
Learning Disabilities.” Education Resources Information Center 1996.

Bibliography


Chapter 24 - Massage/Touch For Children & Youth

by Peggy Jones Farlow & Alan Jordan

Resources, Research Papers, Books, DVD’s, Websites

Contact the Touch Research Institute in Miami (see above). Dr. Tiffany Field has multiple research papers on the positive benefits of massage for children.

Bibliography


Chapter 25 - meditation (insight meditation) for children & youth

By Heather Sundberg, Spirit Rock Meditation Center Family Program Teacher and Manager

Bibliography


For Teens:


Chapter 26 - Music Lessons For Children & Youth

by Nick Simmons, BA
Chapter 27 - Nonviolent Communication For Children & Youth
by Inbal Kashtan

Resources, Research Papers, Books, DVD’s, Websites

- There are many other books and materials about NVC that are not specific to parents. They are available for purchase at [http://www.cnvc.org](http://www.cnvc.org).

Bibliography


Chapter 28 - Nutrition Consulting For Children & Youth
by Paula Bartholomy, MS, CNC

Research Papers

- Anything by Dr. Stephen Schoenthaler, which can be found by doing a search on the Internet using Google.
- Weston A. Price Foundation for Wise Traditions in Food, Farming and the Healing Arts. The Weston A. Price Foundation; PMB 106-380, 4200 Wisconsin Ave., NW.; Washington DC 20016; 202-363-4394; Fax: 202-363-4396; Website: [http://www.westonaprice.org](http://www.westonaprice.org); Email: info@westonaprice.org.

Bibliography

Classes:


Workshops:

- Newsletters
- Cure Autism Now recently merged with Autism Speaks. You can sign up for their newsletter by going to: http://www.autismspeaks.org/be_informed.php.
- Dana’s View - a parent’s perspective: http://www.danasview.net.
- Developmental Delay Resources. You can receive a complimentary issue of their newsletter by writing to, or calling: The Developmental Delay Resources; 5801 Beacon St.; Pittsburgh, PA 15217; 800-497-0944; Fax: 412-422-1374; Website: http://www.devdelay.org; Email: devdelay@mindspring.com.

Chapter 29 - Osteopathy For Children & Youth

by Carlisle Holland, DO

Research Papers

- Viola Fryman’s articles on academic difficulties, vision problems, scoliosis, asthma, etc. can be found at the Osteopathic Center for Children and Families’ website: http://www.osteopathiccenter.org/articles.html.

Bibliography


Chapter 30 - Precision Teaching For Children & Youth

by Elizabeth Haughton, MA

Resources, Research Papers, Books, DVD’s, Websites

- Go to http://www.Fluency.org for hundreds of articles and research papers on Precision Teaching.
- Lindsley, Ogden R. “Ten Products of Fluency.” Journal of Precision Teaching and
Chapter 31 - Psychotherapy For Children & Youth (Psychodynamic Psychotherapy)

>by Peter Carnochan, Ph.D

Bibliography

- Altman, Neil (Editor), Richard Briggs (Editor), Jay Frankel (Editor), and Daniel Gensler (Editor). Relational Child Psychotherapy. New York: Other Press, 2002.

Chapter 32 - Safe School Ambassadors® For Children & Youth

by Rick Phillips, MsEd

Resources, Research Papers, Books, DVDs, Websites

- University of Colorado - Center for the Study & Prevention of Violence. They have a “Safe Communities - Safe Schools” initiative launched in 1999 and it includes some models and fact sheets that would help a reader of the book understand more about the issue from a school perspective, including steps a school can take.
- “CSPV developed the Safe Communities-Safe Schools Model to assist each school in designing an individualized safe school plan. The goal of this model is to create and maintain a positive and welcoming school climate, free of drugs, violence, intimidation and fear—an environment strongly supported by the community in which teachers can teach and students can learn.” For more on this topic, see: http://www.colorado.edu/cspv/safeschools/index.html.
- The Center for Evaluation and Education Policy at Indiana University, Bloomington, has a Safe and Responsive Schools Project; Russell Skiba is the Director. For a news release from the University, and a helpful overview of the Center’s findings about Zero Tolerance, see: http://newsinfo.iu.edu/news/page/normal/1333.html.

Chapter 33 - Support For Parents

by Theresa Beldon, MA, MFTI, Bodynamic Analyst

Resources, Research Papers, Books, DVDs, Websites

- Bodynamic Institute USA; P.O. Box 1708; Novato, CA 94948; 415-258-4805; Website: http://www.bodynamicusa.com; Email: info@bodynamicusa.com.
- The Re-evaluation Counseling Communities; 719 Second Avenue North; Seattle, WA 98109; 206-284-0311; Fax: 206-284-8429; website: http://www.rc.org; Email: irc@rc.org.

Chapter 34 - Traditional Chinese Medicine For Children & Youth

by Bob Flaws, Practitioner, Teacher, Publisher

Bibliography/Research Papers/Resources


Chapter 35 - Western Medicine For Children & Youth (Also Known As Bio Medicine Or Allopathic Medicine)

by Marie Mulligan, MD
Resources, Research Papers, Books, DVD’s, Websites

- Many reputable medical schools and health care institutions have reliable sources of information. To name a few: http://www.aap.org; http://www.familydoctor.org;
  http://www.mayoclinic.com; http://www.health.harvard.edu;
  http://www.healthletter.tufts.edu; and many others.
- An excellent source for evidence based Complementary and Alternative Medicine:
  http://hslibrary.ucdenver.edu/.

More General western medicine info sources:

- Dr. Mulligan’s Published Works:
  Contributor, Natural Medicines Comprehensive Database, Publishers of Pharmacist’s
- Farley M, JM Golding, G Young, M Mulligan, JR Minkoff. “Trauma history and relapse
  probability among patients seeking substance abuse treatment.” Journal of Substance

Chapter 36 - Wilderness Therapy For Children & Youth

by Robert Cooley, Ph.D

Resources, Research Papers, Books, DVD’s, Websites

- Dr. Keith Russell’s dissertation and program of Wilderness Treatment outcomes
  research. This comes with a comprehensive bibliography. It is available from Dr.
  Russell. Contact through Email: krussell@umn.edu.

Bibliography

- “How Big Is The Risk of Wilderness Treatment of Adolescents,” by Rob Cooley,
  The above are available by request from Freer Wilderness Therapy.

Chapter 37 - Yoga/Therapeutic Yoga For Children & Youth

by Brenda Bakke, Med, PT, CYT

Resources, Research Papers, Books, DVD’s, Websites

- International Association of Yoga Therapists (IAYT) displays research papers, articles,
  and current studies on a variety of medical conditions and diseases. Website:

Bibliography Of Books And Articles

- Sumar, Sonia; Leonardo Dinis; Jeffrey Volk; and Adriana Marusso. Yoga for the Special
- Komitor, Jodi; and Eve Adamson. The Complete Idiot’s Guide to Yoga with Kids. New