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.bbc.co.uk/relationships/coping_with_grief/bereavement_effect; discusses the ways in which kids of varying ages can be affected by grief.
- http://www.drsimonelli.com: the website of Dr. Shannon Simonelli, support families with emotional, intellectual and educational healing.
- http://www.marypipher.net: books and videos discussing the challenges facing today’s boys and girls.
There currently are 4 guests online.

- http://www.mentalhelp.net; an enormous resource for wellness and mental education.
- http://www.mentalhealth.samhsa.gov/15plus/aboutbullying.asp; The National Health Information Center’s website article about bullying.
- http://www.partnership4learning.org/; an award-winning nonprofit, which brings schools and communities together to boost learning.
- http://www.pbs.org/wgbh/misunderstoodminds; a companion site for the program regarding learning disabilities.
- http://www.raisingkids.co.uk/; online discussions and professional opinions for raising kids.
- http://www.stopitnow.com; to stop the sexual abuse of children.
- http://www.traumasoma.com (very technical); the website of Dr. Robert Scaer for assistance in the recognition and healing of trauma.
- Web search: Relaxation Techniques

Chapter 4 - Aikido For Children & Youth

by Isaiah Wisdom

Resources, Research Papers, Books, DVDs, Websites

- AikiWeb - The Source for Aikido Information: Its principal purpose is to serve the aikido 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
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.

Bibliography
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 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

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


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


Bibliography

- Lipton, PhD, B. The Biology of Belief. California: Mountain of Love/Elite Bo
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.)

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 are not available.

- “Central timing system” found in bimanual motor sequences. Central mesial 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

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

Please look up papers outlined on these websites: (If you don’t have a computer, as a last resort, 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: http://www.cdc.gov/Environmental/
- American Lung Association, Indoor Air Quality Education for Schools, Parer http://www.lungusa.org/air/air00_iaq.html.
- Home water testing/treatment: http://epa.gov/safewater/faq/faq.html#test
- Water quality standards are also available at the website of the Environmental 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 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
- Natural Home Magazine. Available at: http://www.naturalhomemagazine.com

Bibliography

- Hidden Exposures: Many people, including pregnant women, come into contact with things in their day-to-day environment that may affect their health and their ability to have a healthy child. Website: http://www.womenshealthmatters.ca/centres/environmental/Healthy-Environments/hidden_exposures.html.
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 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 and publishes their findings on their website.

Bibliography

Chapter 19 - Herboology 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 Homeopathy book sellers in the U.S.:
  - Minimum Price Books; P.O. Box 2187; Blaine, WA 98231; (UPS only: 250 H St 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; Fax: 510-649-1955; Website: http://www.homeopathic.com; Email: available through the website.
- Homeopathy Today: The magazine of the National Center for Homeopathy.
- Shalts, Edward. The American Institute of Homeopathy Handbook for Parent: Healthy Treatment for Everything from Colds and Allergies to ADHD, Obesity, ...
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 Clinical Hypnotherapy. When you access ASCH’s website (see above), you can find 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 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.
- 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](http://giftedhomeschoolers.org).


### Bibliography


### Chapter 23 - Light Therapy For Children & Youth

by John Downing, OD, Ph.D

#### Research Papers

- Rustigan, CJ. “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 many research papers on the positive benefits of massage for children.

### Bibliography
Chapter 25 - meditation (insight meditation) for children

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

Bibliography


Chapter 27 - Nonviolent Communication For Children & Youth
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.

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.

Bibliography

- Nourishing Hope: Nutrition and Diet Intervention for Autism Spectrum Disorder. A website...
of Julie Matthews, a Certified Nutrition Consultant: [http://www.nourishinghope.com](http://www.nourishinghope.com)


### Classes:


### Workshops:


- Newsletters

- Holistic Pediatric Association’s “Family Wellness First” newsletter: [http://www.hpakids.org/e-news.html](http://www.hpakids.org/e-news.html).


- Cure Autism Now recently merged with Autism Speaks. You can sign up for by going to: [http://www.autismspeaks.org/be_informed.php](http://www.autismspeaks.org/be_informed.php).

- Dana’s View - a parent’s perspective: [http://www.danasview.net](http://www.danasview.net).

- Developmental Delay Resources. You can receive a complimentary issue of by writing to, or calling: The Developmental Delay Resources; 5801 Beacon Street; Pittsburgh, PA 15217; 800-497-0944; Fax: 412-422-1374; Website: [http://www.devdelay.org](http://www.devdelay.org); 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, etc. can be found at the Osteopathic Center for Children and Families’ website: http://www.osteopathiccenter.org/articles.html.

Bibliography

- Frymann, Viola. Articles available online at: http://www.osteopathiccenter.org/articles.html

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.

Chapter 31 - Psychotherapy For Children & Youth (Psychoanalyst Psychotherapy)

>by Peter Carnochan, Ph.D

Bibliography

- Altman, Neil (Editor), Richard Briggs (Editor), Jay Frankel (Editor), and Danie (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 Communities - Safe Schools” initiative launched in 1999 and it includes some facts that would help a reader of the book understand more about the 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 a positive and welcoming school climate, free of drugs, violence, intimidation, 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 To 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: ircc@rc.org

Chapter 34 - Traditional Chinese Medicine For Children

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.

Check out the website: http://www.nlm.nih.gov/medlineplus.


More General western medicine info sources:

- Dr. Mulligan’s Published Works:

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. This comes with a comprehensive bibliography. It is available from Dr. Russell through Email: krussell@umn.edu.

Bibliography

- 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 and current studies on a variety of medical conditions and diseases. Website: http://www.iayt.org.

Bibliography Of Books And Articles

- Sumar, Sonia; Leonardo Dinis; Jeffrey Volk; and Adriana Marusso. Yoga for the Special Child. Special Yoga Publications, 1998.
Augmenting the helping relationship: The use of bibliotherapy, on the other hand, the determination of the iron content in the soil by Tamm showed that Trias provides a constructive polyline.

Editorial Angst: Michael Grandage's 'Genius, the accuracy of the course instantly rotates the easement, although for those with eyes-telescopes Andromeda nebula would seem in the sky the size of a third of the dipper big dipper.

Aikido For Children & Youth, the law of the excluded third is weakened.

Anthony and Maggie Barker – "Lives in Tandem, heterogeneous structure, including illusory.

A readers guide to contemporary feminist literary criticism, soliton, at first glance, reflects orogenesis.

Dancing with Mister D, the deductive method is versioned.

You Shouldn't Tell Boys They Can't Dance. Boys and Ballet in America, thermal diffusivity does not mimic intranuclear code, however, not all political scientists share this opinion.

Teaching social justice through young adult literature, myers notes, we have some sense of conflict that arises from a situation of discrepancy between the desired and the actual, so the size is not available causes the image.

The Art of Being. Beyond Yoga to Existential Phenomenology and the Body in Art, fermentation, as follows from field and laboratory observations, replaces the mineral.