

Telehealth Outreach Program

For Traumatized Youth



**CHILDREN'S
ADVOCACY
CENTERS**
OF NORTH DAKOTA

Books used in TF-CBT Telehealth

*K  Available on Kindle *NCTSN PDF – Available on nctsn.org

Psychoed

1. *A Memory Box, A Book About Grief*
2. *A Place for Starr*
3. *A Safe Circle for Little U*
4. *A Terrible Thing Happened*
5. *Brave Bart, A Story for Traumatized and Grieving Children*
6. *Foster Care One Dog's Story of Change*
7. *Murphy's Three Homes*
8. *My Mom Has a Bad Temper*
9. *Once I was Very Very Scared* *K
10. *Speranza's Sweater*
11. *The Day My Daddy Lost His Temper*
12. *Trauma Teaching Kids All About Trauma*
13. *When Dinosaurs Die A Guide To Understanding Death*
14. *Mommy's Black Eye* *K
15. *I Miss You (A First Look At Death)* *K

Relaxation

1. *A Boy and A Bear*
2. *A Goodnight Caterpillar*
3. *Master of Mind How to Be Your Own Superhero in Times of Stress*
4. *Peaceful Piggy Yoga* *K
5. *Moody Cow Meditates* *K
6. *Relax Kids The Wishing Star 52 Meditations for Children (Ages 5+)*
7. *Breathe Like A Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere* *K
8. *Meditation is an Open Sky: Mindfulness for Kids* *K
9. *Mindful Movements: Ten Exercises for Well-Being* *K
10. *Listening to My Body* *K

Affect Regulation

1. *The Feelings Book* *K
2. *How to Take the GRR out of Anger*
3. *The Way I Feel* *K
4. *Today I Feel Silly & Other Moods That Make My Day*
5. *When I'm Feeling Happy*
6. *When I'm Feeling Lonely*

7. *When I'm Feeling Nervous*
8. *When I'm Feeling Scared*
9. *When Sophie Gets Angry Really Really Angry*
10. *Angry Octopus: Children Learn How to Control Anger, Reduce Stress and Fall Asleep Faster *K*
11. *Wilma Jean the Worry Machine*

Cognitive Coping

1. *Cordelia*
2. *Dear Boy*
3. *I Can Do Hard Things*
4. *Jonathan James and the What if Monster*
5. *Listening with my Heart *K*
6. *Start where You Are Journal*
7. *Thanks for the Feedback... I Think: My Story About Accepting Criticism and Compliments... The Right Way! *K*
8. *The Hyena Who Lost Her Laugh*
9. *The Little Engine That Could*
10. *I Think, I Am *K*
11. *I Believe in Me *K*
12. *The Can Do duck: A Story About Believing in Yourself *K*
13. *I will Be Okay! *K*
14. *Alexander and the Terrible, Horrible, No Good, Very Bad Day *K*

Trauma Narrative

1. *Please Tell! A Child's story about sexual abuse *K*
2. *Ready to Remember Jeremy's Journey of Hope and Healing *NCTSN PDF*
3. *Rosie Remembers Mommy Forever in Her Heart *NCTSN PDF*

Enhancing Safety

1. *When You are Brave *K*
2. *Amazing You!*
3. *Do you have a Secret?*
4. *I said No! A Kid's Guide to keeping private parts private *K*
5. *My Body Belongs to Me*
6. *No More Secrets For Me*
7. *What's the Big Secret?*
8. *Your Body Belongs to You*
9. *Making Friends is an Art! *K*
10. *Personal Space Camp*
11. *The Invisible String *K*
12. *Kids Need to Be Safe: A Book for Children in Foster Care *K*
13. *The "What's Happening to My Body? Book for Boys *K*