The Journey of Attachment

A Practical Roadmap for Parents and Children

External Resources

Books and Articles

Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children
Hearts are for loving. But hearts fractured by early neglect and abuse don't know how to love. Using a composite figure, Katie, a fragmented, tormented, isolated girl in foster care who is filled with terror, shame, rage, and despair, this book exposes the tragedy of the unattached child. It alternates Katie's story with an analysis of the effects of her early life experiences. BUILDING THE BONDS OF ATTACHMENT realistically portrays the experiences of poorly attached children and offers practical strategies for helping them overcome their difficulties. (Tapestry Books)

Facilitating Developmental Attachment: The Road to Emotional Recovery and Behavioral Change in Foster and Adopted Children
"All children, at the core of their beings, need to be attached to someone who considers them to be very special and who is committed to providing for their ongoing care." Hughes provides a framework for interventions with children who have had difficulty forming and maintaining attachment with a primary caregiver. Therapists and parents will find an approach that can help them provide better outcomes for the children in their care.

Attachment, Trauma and Healing: Understanding and Treating Attachment Disorder in Children and Families
ATTACHMENT, TRAUMA and HEALING examines the causes of attachment disorder and provides in-depth discussion of effective solutions-including attachment-focused assessment and diagnosis, specialized training and education for caregivers, the innovative "in-arms" treatment for children and caregivers, and early intervention and prevention programs for high-risk families.

Becoming Attached
This seminal work on attachment theory for the general audience offers fresh insight into some of the most fundamental and fascinating questions about emotional life. Starting with the history of attachment theory, it continues through to contemporary issues. BECOMING ATTACHED is an eye-opening presentation of the fierce debates that have transformed the way that we think about human bonds. (Tapestry Books)

A Child’s Journey Through Placement
For some children, being in placement is only a brief stop on the way to being reunited with their parents or placed with an adoptive family. Others may wander in and out of foster care, mental health facilities, and juvenile justice programs throughout their childhood. These are the children, victims of broken attachments, who are at greatest risk for sociopathic behavior as adults. A CHILD’S JOURNEY THROUGH PLACEMENT provides the foundation, resources, and tools to help professionals and parents support these children on their way to adulthood. (Tapestry Books)

Our Own: Adopting and Parenting the Older Child
Trish Maskew, 1999
Children adopted as preschoolers or older come with histories, fully formed personalities, and feelings about what they have lost. But they also bring happiness, laughter, and great resilience. In this book, dozens of adoptive families tell about the joys and challenges of adopting an older child. Their stories are backed up by thorough research, interviews with professionals, and opinions from adult adoptees.

Adopting The Hurt Child: Hope for Families with Special-Needs Kids
Adopting children who have experienced past emotional and physical atrocities, interruptions in parent-child bonding cycles, losses, and inappropriate behaviors can entail much frustration and heartache. ADOPTING THE HURT CHILD is a frank and poignant portrayal of the sad and often brutal reality of adoption. But more importantly, it is a source of valuable information, hope and inspiration for adoptive and foster parents, therapists, teachers, social workers, and all others whose lives interact with these children. (Tapestry Books)

Parenting The Hurt Child: Helping Adoptive Families Heal and Grow
Gregory Keck and Regina Kupecky, 2002
Some adoptees come to their new homes with hurts from the past that can affect an entire family. With time, patience, and informed parenting, your adopted child can heal, grow, and develop beyond what seems possible now. PARENTING THE HURT CHILD explains how to raise your child with loving wisdom, resolve, and success, while preserving your stability and sanity. (Tapestry Books)

Attaching In Adoption: Practical Tools for Today's Parents
Deborah Gray, 2002
Many adopted children come to their families at an older age. Their adoptive parents need help in understanding how prior experiences and changes in caregivers, culture, language, and more can create challenges for children trying to form attachments in their new families. ATTACHING IN ADOPTION provides advice about obtaining a proper diagnosis, building a caring professional team, using various approaches to parenting and teaching, and finding a therapist who is adequately informed, prepared, and experienced. (Tapestry Books)

Toddler Adoption: The Weaver's Craft
Mary Hopkins-Best, 1997
Increasingly, adoptive children are entering their forever families past the age of infancy but not yet as older children. TODDLER ADOPTION covers all aspects of adopting and parenting these young children: making an informed decision whether or not to adopt; preparation and education; forming attachments; behavior management; and more. (Tapestry Books)

Adopting The Older Child
If you have already adopted an older child or are considering doing so, this book is indispensable. ADOPTING THE OLDER CHILD describes a child's transition from the honeymoon period through the testing phase and on to the full integration into a family. It gives practical, caring advice on how to handle each situation. This book, by the expert in the field (having both personal and professional credentials), is highly recommended. (Tapestry Books)

The Out-of-Sync Child: Recognizing and Coping with Sensory Integration Dysfunction
Difficult. Picky. Oversensitive. Clumsy. Unpredictable. Inattentive. Do these words describe your child? He or she may actually be suffering from Sensory Integration Disorder, a frequently misdiagnosed condition, that can manifest itself in abnormal activity levels, problems with motor coordination, or inappropriate sensitivity to sensation and movement. THE OUT-OF-SYNC CHILD explains how to recognize and treat children with this common disorder.

Daniel A. Hughes
A good brief explanation of the issues involved with attachment and adoption. Hughes points out the behaviors that children with attachment problems exhibit; what attachment is and what impairs it; how to assess RAD; and what parents need to do to help kids with attachment problems. He also offers a brief overview of possible treatments and suggestions for other post-adoption support services.

**Theraplay**
Ann M. Jernberg and Phyllis B. Booth, 1999
A book to help parents and children build better relationships through attachment-based play.

**Book Sources**

**Tapestry Books**
www.tapestrybooks.com
800-765-2367
Distributor of books about adoption and related materials for adoptive parents, adoptees and birth families. Annotated catalog available online and in print. Discounts on featured books and sets.

**Perspectives Press, Inc: The Infertility and Adoption Publisher**
www.perspectivespress.com
Publisher of books about adoption and infertility.
See also: Promoting Attachment through the Senses by Pat Johnston, adapted from Launching a Baby's Adoption.

**Yeong and Yeong**
www.yeongandyeong.com
Publisher of books for adoptive families and adoptees from Asia.

**PACT An Adoption Alliance**
pact.best.vwh.net/booksource
Comprehensive reference guide to books on adoption, foster care, race and cultural issues. Includes reviews, "who-should-read" guides, and brief synopses. 100 percent of the catalogue's profits support Pact's services for adoption of children of color.

**Reader’s Guide to Adoption-Related Literature**
members.aol.com/billgage/lit-list.htm
Annotated listing of adoption-related books by topic, with links to Amazon.com.

**Amazon.com**
www.amazon.com
On the Amazon homepage, select "books" in the Search box and enter "adoption" in the For box...to browse hundreds of titles for both parents and children.

**Barnes & Noble Online Store**
www.barnesandnoble.com
In the Search box, select "bookstore" and enter keyword "adoption" for a complete list of adoption titles.

**Comeunity.com**
www.comeunity.com/adoptions/books/index.html
Books recommendations and reviews with links to purchase materials. Also includes a newsletter on adoption book reviews.
Magazines and Newsletters

Adoptive Families Magazine
www.adoptivefamiliesmagazine.com
Well-known and long-standing adoption magazine.

The Red Thread
www.redthreadmag.com
For families with adoptees from China.

Adoption Today
www.adoptinfo.net/adoptinfo.html
Primarily for families with adoptees from Asia, but expanding.

Mavin Magazine
The Mavin Foundation
www.mavinmag.com
Magazine for "the mixed race experience" - published by an adoptee.

Naczine
National Adoption Center
naczine.org
Online magazine developed by NAC to provide information about featured children, adoption stories, breaking news on adoption.

Directory of Adoption Newsletters in the United States
Family Helper
www.familyhelper.net/ad/adnlu.html
Comprehensive list of newsletter-type publications.

Real Moms Online Newsletter
www.comunity.com/adoption/realmoms
Real Moms adoption newsletter offers support, information and encouragement for domestic adoption to adoptive and prospective adoptive mothers.

Older Child Adoption Online Magazine
www.olderchildadoption.com
Provides practical, honest insights into older child adoption, including articles, information, resources, and links, for families adopting older children.

Websites: General

Pact: An Adoption Alliance
www.pactadopt.org
Pact's goal is to create and maintain the internet's most comprehensive site addressing issues for adopted children of color, offering articles on related topics as well as profiles of triad members and their families, links to other internet resources, and a book reference guide with a searchable database. The site provides opportunities to interact with other triad members and to ask questions of birth parents, adopted people, adoptive parents and adoption professionals.

North American Council on Adoptable Children
www.nacac.org
Offers information on how to adopt, adoption subsidies, adoptive parenting, transracial parenting, and public policy.

**National Adoption Center: The Learning Center**
www.adoptnet.org
NAC's Learning Center offers a variety of online adoption education, information and support services, including weekly moderated chats and interaction with adoptive families and professionals through the Message Board.

**Adoption.com**
www.adoption.com
Resources, news, information, and support for adoptive families.

**National Adoption Information Clearing House**
naic.acf.hhs.gov
A comprehensive resource on all aspects of adoption, including extensive list of articles and publications.

**Rainbow Kids**
www.rainbowkids.com/onlineres.html
Comprehensive list of adoption websites.

**The Evan B. Donaldson Adoption Institute**
www.adoptioninstitute.org
Research, public policy, and professional education in adoption.

**Comeunity.com**
comeunity.com
Comeunity addresses adoption and special needs issues. Offerings include professional and parent articles, newsletters, mailing lists, and resource directories.

**Insight: Open Adoption Resources and Support**
www.openadoptioninsight.org/index.htm
Extensive resources on open adoption, including articles, books, CDs, conference information, message board, and links.

**The Children's Bureau**
www.adoptuskids.org
AdoptUSKids.org is dedicated to finding permanent, loving, adoptive families for the thousands of U.S. children who are currently waiting in foster care.

**Websites: International**

**InternationalAdoption.org**
international.adoption.com
InternationalAdoption.org provides fact sheets, adoption information, travel information, culture and heritage, maps, weather, books, currency exchange rates, periodicals, news, and much more for dozens of different countries with active international adoption programs. Communicate with other parents using the message boards, discussion lists and chat rooms.

**Families with Children from China**
www.fcny.org
A not-for-profit organization of families who have adopted children from China. A special newsletter section addresses attachment issues.
Parents’ Network for the Post-Institutionalized Child
www.pnpic.org
A support network devoted to understanding the medical, developmental, emotional, and educational needs of children adopted from hospitals, orphanages and institutions throughout the world.

Practical Attachment
home.att.net/~PracticalAttachment/index.html
This web site may help you understand some useful concepts and strategies for young children who have problems associated with living in an orphanage during their infancy. You need to be aware of problems that are often confused with attachment issues so that you won't be caught off guard if they should develop in your child. Not all children from orphanages fit this profile, so your experience may be different.

Websites: Attachment

Attach-China.org
www.attach-china.org
Resources for parents of children adopted from China who have PTSD or other attachment issues. Explanations of attachment, comparison of RAD, ADD, and Bipolar; therapy suggestions; link to listserv.

Focus Adolescent Services
www.focusas.com/Attachment.html
List of information and resources about attachment specifically targeted toward parents of adopted adolescents.

Institute for Attachment and Child Development
www.instituteforattachment.org
A licensed, non profit, internationally recognized treatment, training and child placement agency for children with attachment disorder. IACD uses a family-centered therapy approach to treat children with severe behavioral disturbances, enabling them to adapt to their environment, both socially and emotionally.

The Association for Treatment and Training in the Attachment of Children (ATTACH)
www.attach.org
The Association for Treatment and Training in the Attachment of Children (ATTACH) is an international coalition of parents, professionals and others working to increase awareness about attachment and its critical importance to human development. Founded in 1989 by leaders in the children's mental health field, ATTACH promotes clinical education, training and research, standards for ethical practice. ATTACH also helps develop diagnostic classifications in the mental health field, generates public policy discussions and offers family support. Membership in ATTACH is open to any therapist, parent or individual interested in attachment issues.

Attachment Disorder Network
www.radzebra.org
Founded by an adoptive mother of children with RAD, this site contains lots of suggestions, stories, and support for RAD families.

Attachment Disorder Site
www.attachmentdisorder.net
Information about attachment disorder, including books, videos, school suggestions, and an attachment disorder support forum.

Reactive Attachment Disorder
www.radkid.org
By and for parents of children with Reactive Attachment Disorder. Quite a lot of content on the nature of attachment, signs and symptoms, attendant disorders, and resources.

**The Little Prince**
www.thelittleprince.org
Stories, poems and support from parents of children with Reactive Attachment Disorder.

**Older Child Adoption Online Magazine**
www.olderchildadoption.com
Founded by a RAD mom, this site is filled with resources and advice about attachment, including one of the best discussion forums on the web.

### Support Groups

**Adoption Resources by State**
Adoption. About.com
adoption.about.com/library/bladoptres.htm
Adoption resources and professionals, listed by state, including public and private agencies, facilitators, attorneys, laws, and support groups for adoptive parents and those hoping to adopt.

**Find an Adoption Support Group**
Adoptive Families Magazine.Com
www.adoptivefamilies.com/support_group_2002.php
Search by state and type of family, and read articles on support groups.

**Listservs for Adoptive Families**
Adoption Community.com
www.adoptioncommunity.com
Forums, chat rooms and listservs for adoptive families.

**List of Adoption Listservs**
Comeunity.com
www.comeunity.com/adoption/listservs.html
Easy-to-use list of listservs by country of adoption or area of interest, such as medical special needs, and how to sign up.

**Database of Parent Support Groups**
North American Council on Adoptable Children
www.nacac.org/pas_database.html
NACAC's parent group database contains almost 900 adoption-related support groups from across the United States and Canada. The database can be searched by state or province, or by the type of group or the group's activity.

**Parent Support Groups: National List and Articles**
National Adoption Information Clearinghouse
naic.acf.hhs.gov/pubs/f_value.cfm
Comprehensive articles on parent support groups, including What Adoptive Parent Groups Can Do for You, History of Adoptive Parent Groups, The Value of Adoptive Parent Groups, Formation of Groups, Activities of Groups, Where to Find a Group

**Adoptive Families Together**
www.adoptivefamilies.org
617.929.3800
AFT is a network of adoptive families founded in Massachusetts by parents to provide peer support.
Stars of David
www.starsofdavid.org
Stars of David International, Inc. is a nonprofit information and support network for Jewish and interfaith adoptive families.

Attachment Professionals

American Association for Marriage and Family Therapy
AAMFT Consumer Update: Children’s Attachment Relationships
www.aamft.org/families/Consumer_Updates/ChildrenAttachment.asp
The AAMFT is the professional association for the field of marriage and family therapy. The "Child Attachment Relationships" page includes a list of indicators for therapy, what types of therapy are available, and links to therapists and consumer resources.

Evergreen Psychotherapy Center
www.attachmentexperts.com/index.htm
The Evergreen center specifically offers therapy for attachment disorders. The directors of the center are Terry Levy and Michael Orlans, the authors of ATTACHMENT, TRAUMA and HEALING, which outlines their therapeutic approach. The website offers a good introduction to the subject of attachment and how to identify attachment disorders.

Institute for Attachment and Child Development
www.instituteforattachment.org
A licensed, non profit, internationally recognized treatment, training and child placement agency. A particularly good FAQ with answers to questions about attachment therapy, what to expect, and how to identify a child who needs therapy.

The Association for Treatment and Training in the Attachment of Children (ATTACH): Registered Clinicians
www.attach.org/directory_of_members.htm
Registry of attachment therapy professionals. Those registered have met specific objective requirements as outlined on the clinical membership application, and have agreed to abide by ATTACH’s Practice Standards. Registered clinical members are offered as a resource for families with the understanding that families will use discretion when selecting a therapist.

Attachment and Bonding Center of Ohio
abcofohio.net
"At the Attachment and Bonding Center (ABC) of Ohio, we place particular emphasis on fostering the connection between adopted children and their parents. To achieve this end, we provide a variety of services tailored to the specific issues of children with attachment difficulties, as well as programs for those whose lives are intertwined with theirs.” Gregory C. Keck, PhD

Dyadic Developmental Psychotherapy: Daniel A. Hughes
danielahughes.homestead.com
"Children with serious psychological problems secondary to histories of abuse, neglect, and/or multiple placement provide a serious challenge to parents and therapists. For the past 15 years Dr. Hughes has specialized in the treatment of children who manifest serious deficits in their emotional, cognitive, and behavioral development, and at the same time demonstrate considerable difficulty establishing and maintaining secure attachment relationships.”

Center for Family Development
www.center4familydevelop.com
The Center for Family Development is Western New York's only attachment center specializing in the treatment of adopted and foster families with trauma and attachment disorders. Website includes an approach to therapy, as well as articles on attachment, attachment disorder and sensory integration checklists, and links to additional resources.

**Child Development**

*Child Development Basics*
www.cdipage.com
Information on the physical, mental and emotional growth, and development in children and teenagers, to help parents know what to expect from their children as they mature. Not focused on adopted children.

**Theories of Development**
childstudy.net
Developed by a professional social worker, this site offers a tutorial on the developmental theories of Freud, Mahler and Erikson.

**Adoption and the Stages of Development**
naic.acf.hhs.gov/pubs/f_stages.cfm
Excellent series of articles on developmental stages in the context of adoption. Includes What to Expect at Different Ages, Answering Questions about the Facts of Life, Children Who Are Adopted When They Are Older or Who Are a Different Race, Emotional Impact of Adoption, and Searching for Birth Parents.

**Is It Toddlerhood or Is It Adoption?**
adoption.about.com/library/chat/bltoddlerhood.htm
Article on toddler behavior in the context of adoption.

**Adoption and School Issues**
naic.acf.hhs.gov/pubs/f_school.cfm
Articles on the impact of school on adopted children, specific educational concerns of adopted children, and increasing the sensitivity of school personnel to adoption issues.

**Teen Depression: Detection, Prevention and Causes**
www.teen-depression.info
Comprehensive website on teen depression, including symptoms and treatment alternatives.

**Thirty Things Adolescent Adoptees Wish They Knew About Their Birthparents - But Often Are Afraid To Ask**
comeunity.com/adoption/realmoms/2teensask.html
"Real Moms" is an online newsletter for adoptive mothers published by Comeunity, a website on adoption and special needs.

**Parenting the Adopted Adolescent**
naic.acf.hhs.gov/pubs/f_adoles.cfm
Articles on How Children Develop, Typical Adolescent Behavior, Adoption and Adolescence, Teens Adopted at an Older Age, and When Parents Should Become Concerned...What They Can Do.

**Being Adopted: The Lifelong Search For Self**
David M. Brodzinsky, Marshall D. Schechter, Robin Marantz Henig
A rather thin volume that nevertheless will reassure adoptees that it is usual for questions about adoption and birth parents to persist throughout life. Using Erik Erikson's stages of life as a framework, Brodzinsky (Psychology/Rutgers) and Schechter (Psychiatry/Univ. of Pennsylvania), here writing with Henig (Your Premature Baby, 1983, etc.), call upon years of experience as researchers and counselors in the field of
adoption to describe the continual adjustments that adoptees make as they grow from infancy to old age. (From Kirkus Reviews on Amazon.com)

**Sensory Integration**

*Sensory Integration Network*
www.sinetwork.org/home/index.html
A bit difficult to navigate, this site includes articles describing SI research, a comprehensive resource list, and a guide to finding a therapist.

*Sensory Integration International*
home.earthlink.net/~sensoryint/
Sensory Integration International (SII) brings together professionals, individuals, families, and researchers who want to know more about sensory integration, to improve quality of life for persons with sensory processing disorders. Site includes a comprehensive list of resources. The list of therapists, however, is a work in progress.

**Bedwetting**

*No More Bedwetting: How to Help Your Child Stay Dry.*
Arnold, Samuel J.

Genevieve Slomski, Ph.D.
A thorough explanation of the causes and treatments of day and nighttime enuresis. It includes a variety of suggestions for coping with bedwetting, include alternative treatments like homeopathic remedies and hypnosis.

White, Kevin, and Ray D. Wallace.

*National Association for Continence*
www.nafc.org
P.O. Box 8310, Spartanburg, SC 29305. (800) 252-3337.

*National Kidney Foundation: Bed-Wetting*
www.kidney.org/patients/bw/index.cfm
A comprehensive site with information for parents, children and medical professionals to help deal with children's bedwetting issues. Includes information on medication, alarms, incontinence products, and a voiding diary for children.