

Week 2

Resources and Module References

Brain Resources

1. Chamberlain, L. *The Amazing Brain Series* Institute for Safe Families.
User-friendly brochures to help families understand changes that are happening in the brain. Provides practical strategies for parents and caregivers of children/teenagers and enhancing communication.
 - The Amazing Brain: Trauma and the Potential for Healing
 - Partnering with Parents: Apps for Raising Happy, Healthy Children
 - The Amazing Brain: What Every Parent and Caregiver Needs to Know
 - The Amazing Teen Brain: What Parents Need to Know
 - The Amazing Brain and DisciplineDownload from: <http://www.instituteforsafefamilies.org/materials/amazing-brain>
2. Alaska Family Violence Prevention Project –has many resources about brain development
<http://dhss.alaska.gov/dph/chronic/pages/injuryprevention/akfvpp/default.aspx>

Websites and Videos about the Brain

1. Public Broadcasting Stations and the National Science Foundation *The Secret Life of the Brain* <http://www.pbs.org/wnet/brain/illusions/index.html> You-Tube series available under the same title for specific developmental stages Baby, Child, Teenage, Adult, and the aging brain.
2. National Scientific Council on the Developing Child Research based organization at Harvard, explores child development, health, learning, and behavior and innovative programs to reduce and practice disparities in well-being.
<http://developingchild.harvard.edu/index.php/activities/council/>
3. Dr. Daniel Siegel presenting a Hand Model of the Brain
<https://www.youtube.com/watch?v=DD-lfP1FBFk>
www.newleaders.org/wp-content/uploads/Brain-in-the-Palm-of-Your-Hand.pdf
4. Mindful Awareness Research Center : <http://marc.ucla.edu>
5. [Mindsight Institute](http://www.mindsightinstitute.com): <https://www.mindsightinstitute.com>

Additional Articles and Books about the Brain

1. Barry, P. (2006) *How to be Brain Wise: The Proven Method for Making Smart Choices*. Innisfree Press.
2. Graham, L. (2013) *Bouncing Back. Rewiring your Brain for Maximum Resilience and Wellbeing*. New World Library.

3. Kluger, J. Ed. (2009) *Your Brain: A Users Guide*. Time Inc.
4. Medina, J. (2008). *Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School* Pear Press, Seattle, WA.
5. Ratey, J.J (2008). *SPARK: The Revolutionary New Science of Exercise and the Brain*. Little, Brown and Company, NY, NY.
6. Shonkoff, J.P, et. al. (2012) The Lifelong Effects of Early Childhood Adversity and Toxic Stress. American Academy of Pediatrics. 2012;129:e232.
<http://pediatrics.aappublications.org/content/129/1/e232.full.html>
7. Siegel, D.J. (2006). An interpersonal neurobiology approach to psychotherapy: How awareness, mirror neurons and neural plasticity contribute to the development of well-being. *Psychiatric Annals*, 36(4), 248-258.
8. Siegel, D.J. (2010). *Mindsight: The New Science of Personal Transformation*. New York: W.W. Norton & Company. (Offers the general reader an in-depth exploration of the power of the mind to integrate the brain and promote well-being.
9. Siegel, D.J. (2012). *Pocket guide to interpersonal neurobiology: An integrative handbook of the mind*. New York: W.W. Norton & Company.
10. Taylor, J. B. (2008) *My Stroke of Insight: A brain scientist's personal journey*. Viking press (Brain researcher who experienced a severe hemorrhage in the left hemisphere of her brain in 1996. See website <http://drjilltaylor.com/> & Ted Talks

Self Talk Resources

1. National Public Radio. *Why Saying Is Believing – The Science of Self Talk*. 10.10 2014
2. Kross, S et. al, (2014) Self-Talk as a Regulatory Mechanism: How You Do It Matters. *Journal of Personality and Social Psychology*. 2014, Vol. 106, No. 2, 304–324 © 2014 American Psychological Association. http://selfcontrol.psych.lsa.umich.edu/wp-content/uploads/2014/01/KrossJ_Pers_Soc_Psychol2014Self-talk_as_a_regulatory_mechanism_How_you_do_it_matters.pdf
3. Zourbanos, N. et.al. (2009). Automatic Self-Talk Questionnaire for Sports (ASTQS): Development and preliminary validation of a measure identifying the structure of athletes' self-talk. *The Sport Psychologist*, 23, 233-251
4. Reach-Out Blog: <http://au.reachout.com/what-is-self-talk>
5. Mayo clinic. *Self Talk and Chronic Disease*, Blog: <http://www.mayoclinic.org/diseases-conditions/diabetes/expert-blog/self-talk/bgp-20056570>
6. Martin, B. (2010). Challenging Negative Self-Talk. *Psych Central*. Retrieved on November 13, 2014, from <http://psychcentral.com/lib/challenging-negative-self-talk/0003196>

7. Katherine D. (2011) Blog: How To Stop Negative Thinking: Tips, Tricks and Exercises for a More Positive Mind. November 23, 2011.
<https://inspiredeverymoment.wordpress.com/2011/11/23/how-to-stop-negative-thinking/>
8. Bernstein, E. (2014) '*Self Talk*': When Talking to Yourself, the Way You Do It Makes a Difference. The Wallstreet Journal May 5, 2014,
<http://online.wsj.com/articles/SB10001424052702304831304579543772121720600>

Module References

1. Larson R.W., Gillman, S. (1999). Transmission of emotions in the daily interactions of single-mother families. *Journal of Marriage and Family*, 61, 21-37. In, D. R. Crand, E.J. (2009). *Handbook of Families & Interdisciplinary Perspectives*. 62-78. New York. University Press of America.
2. Fuchs E. Flügge, G. (2014) "Adult Neuroplasticity: More Than 40 Years of Research," Neural Plasticity, vol. 2014, Article ID 541870, 10 pages, 2014. doi:10.1155/2014/541870
3. Kays, J.L. (2012) Windows to the Brain The Dynamic Brain: Neuroplasticity and Mental Health Neuropsychiatry Clin Neurosci 24:2, Spring 2012 pp. 118-124.
<http://neuro.psychiatryonline.org/doi/full/10.1176/appi.neuropsych.12050109>
4. Kross, S et. al, (2014) Self-Talk as a Regulatory Mechanism: How You Do It Matters. *Journal of Personality and Social Psychology*. 2014, Vol. 106, No. 2, 304–324 © 2014 American Psychological Association. http://selfcontrol.psych.lsa.umich.edu/wp-content/uploads/2014/01/KrossJ_Pers_Soc_Psychol2014Self-talk_as_a_regulatory_mechanism_How_you_do_it_matters.pdf
5. Zourbanos, N. et.al. (2009). Automatic Self-Talk Questionnaire for Sports (ASTQS): Development and preliminary validation of a measure identifying the structure of athletes' self-talk. *The Sport Psychologist*, 23, 233-251