



## NOTES

### Chapter 1: Everyone Experiences Trauma

1. Bessel Van Der Kolk, *The Body Keeps the Score* (New York: Penguin, 2014), 21.
2. Nancy Newton Verrier, *The Primal Wound: Understanding the Adopted Child* (Baltimore: Gateway Press, 1993, 2016), 1.

### Chapter 2: Trauma and the Brain

1. William C. Shiel Jr., “Medical Definition of Brain Stem,” MedicineNet, December 4, 2018, <https://www.medicinenet.com/script/main/art.asp?articlekey=2517>.
2. “Know Your Brain: Amygdala,” *Neuroscientifically Challenged*, June 24, 2014, <https://www.neuroscientificallychallenged.com/blog/know-your-brain-amygdala?rq=amygdala%20limbic>.
3. Dr. Karyn Purvis teaches on this concept, “Attachment as a House,” through Empowered to Connect parent training sessions, <https://thewholehouse.org/etc-parent-training-2-3/>.

### Chapter 3: Resiliency and Healing

1. Darcia Narvaez, “Believing ‘Children Are Resilient’ May Be a Fantasy,” *Psychology Today*, June 13, 2011, <https://www.psychologytoday.com/intl/blog/moral-landscapes/201106/believing-children-are-resilient-may-be-fantasy?amp>.
2. Michael Unger, *Counseling in Challenging Contexts* (Belmont, CA: Brooks/Cole Cengage Learning, 2010), 14.
3. Bessel Van Der Kolk, *The Body Keeps the Score* (New York: Penguin, 2015), 212.

### Chapter 4: Attachment and Healing

1. Bessel Van Der Kolk, *The Body Keeps the Score* (New York: Penguin, 2015), 212.
2. “Sex Trafficking,” National Foster Youth Institute, <https://www.nfyi.org/issues/sex-trafficking>.

### Chapter 5: How Trauma Disrupts Attachment

1. Nancy Newton Verrier, *The Primal Wound* (Baltimore: Gateway Press, 2016), 20–21.
2. Karyn Purvis, *The Connected Child: Bring Hope and Healing to Your Adoptive Family* (New York: McGraw Hill, 2007), 50.

3. Verrier, *Primal Wound*, 90.
4. Verrier, *Primal Wound*, 21.

### **Chapter 6: Building the Foundation for Healthy Attachments**

1. Karyn Purvis, *The Connected Child* (New York: McGraw Hill, 2007), 51.
2. Karyn Purvis, *Empowered to Connect* Simulcast, 2015, empoweredtoconnect.org.

### **Chapter 8: Is It Bad Behavior or Something Else?**

1. Joyce Cooper-Kahn and Laurie Dietzel, “What Is Executive Functioning?” Learning Disabilities Online, <http://www.ldonline.org/article/29122/>.

### **Chapter 11: Managing Crisis Behavior**

1. Karyn B. Purvis, David R. Cross, Donald F. Dansereau, and Sheri R. Parris, “Trust-Based Relational Intervention (TBRI): A Systemic Approach to Complex Developmental Trauma,” National Center for Biotechnology Information, October 2013, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3877861/>.

### **Chapter 12: Emotional Regulation and Self-Care for the Caregiver**

1. As Dr. Kristen Neff points out in *Self Compassion: The Proven Power of Being Kind to Yourself*.
2. “Dialectical Behavior Therapy,” *Psychology Today*, <https://www.psychologytoday.com/us/therapy-types/dialectical-behavior-therapy>.
3. Mike Berry, *Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption* (Eugene, OR: Harvest House, 2017), 146–48.

### **Chapter 16: Parenting Your Children into Adulthood**

1. Bureau of Developmental Disabilities Services, Family and Social Services Administration, <https://www.in.gov/fssa/ddrs/2639.htm>.
2. For more ways to leverage your influence now to see massive relational dividends when your child becomes an adult, see Mike Berry, *Winning the Heart of Your Child: Nine Keys to Building a Positive Lifelong Relationship with Your Kids*.
3. We encourage you to follow us on Instagram @confessionsofaparent to learn more.