***BIT Bibliography & Resource List***

*Alphabetical by Topic*

*Jaynee Hodgkins*

*Original Design Connections*

Allergies

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***The Adoption Exchange.*** 14232 E. Evans Ave. Aurora CO 80014/ 303-755-4756. www.adoptex.org

***Family to Family Adoption Support Program***. Parker Adventist Hospital 9395 Crown Crest Blvd. Parker, CO 80138. 303-269-4000. www.parkerhospital.org (Rebecca Vahle 720-936-9021 or rebeccavahle@centura.org).

***Journey to Me***. www.JourneyToMe.com

***Nurturing Newborns Infant Care Education for Adoptive Families***. Centennial CO. 720-252-4503 www.nurturingnewborns.com

***Pass Center for Families.*** Janelle Althen, LCSW 662 Grant Street Denver CO 80203. 720-837-3907.  [www.PassCenterForFamilies.com](http://www.passcenterforfamilies.com/)

***Post Institute for Family-Centered Therapy***. Dr. B. Bryan Post, PhD, LCSW. 5700 S.E. 89th St. Oklahoma City, OK 73135. 1-866-848-POST. www.postinstitute.com

***Project 1.27 - A Ministry from the Churches of Colorado to the Orphans of Colorado***. 3651 S. Colorado Blvd. Englewood, CO 80013.

303-256-1225 .  [www.Project127.com](http://www.project127.com/)

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303-346-7493 www.zumasrescueranch.com

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Behavioral Kinesiology

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Brain Health

Gene Testing :  [http://www.genomixnutrition.com](http://www.genomixnutrition.com/) - Cheek Swab test for allergies/sensitivities

Genomind/Genecept Assay Report- Can be drawn by medical professionals such as Psychiatric Nurse Practitioners.

Gene Testing :  [www.23andme.com](http://www.23andme.com/) is a two-step process to get data into a format that can be analyzed by a practitioner. After receiving 23andme data, run raw data through [www.livewello.com](http://www.livewello.com/) to generate usable report. Blood Draw. Breakdown of ancestry.

[4]

Neurochemistry :<http://wwwcoffeewithdrstewart.com/category-s/1823.htm>. Dr. Stewart MD is in Texas and has trained Providers in other states to correct neurochemistry.

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Cain, Susan. ***Quiet: The Power of Introverts in a World That Can't Stop Talking.*** New York: Crown, 2012.

Doidge, Norman. ***The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science.*** Carlton North, Vic.: Scribe Publications, 2008.

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***The Secret Life of The Brain***. PBS DVD. Can borrow from the Castle Rock Phillip Miller Library.

Dyslexia

Barton, Susan. ***The Barton Reading and Spelling System.*** Bartonreading.com BrightSolutions.US

Biel, Lindsey M.A., OTR/L and Nancy Peske. ***Raising A Sensory Smart Child. The Definitive Handbook for Helping Your Child with Sensory Integration Issues.*** New York, NY. Penguin Publishers. 2005. ISBN 0-14-303488-X.

Levinson, Harold N. ***Smart But Feeling Dumb: Revised Edition.***New York, Warner Books: Revised and Updated, 2003. This book ties Dyslexia together with ADD, Speech Disorders and other learning disabilities. Dr. Levinson makes a good case for all of these things being related to the vestibular system of the brain.

EFT Tapping

Kayembe, Charity Virkler. ***EFT for Christians Tapping into God's Peace and Joy.*** Travelers Rest, SC: True Potential, 2016.

Rice, Smith Sherrie. ***Eft for Christians.*** Place of Publication Not Identified: Energy Psychology Pr, 2015. Print.

***The Tapping Solution App***

[5]

Enneagram

**The Ennegram**

**An ancient personality typing system that helps people understand themselves; relationships; spiritual formation; work and more**

***Here are a couple of tests for enneagram:***

1. RisoHudson is a very good test. More cognitive. $12 test is

[https://tests.enneagraminstitute.com/](https://tests.enneagraminstitute.com/%252522%252520%25255Ct%252520%252522_blank) They also have a free one but it is worth paying for a more thorough one.

1. The WEPSS has more of a psychological take. Excellent results to read in a cool way I can help you if you need help understanding results.. Allow an hour to take this one.:It is $15.

[https://wepss.com/buy.asp](https://wepss.com/buy.asp%252522%252520%25255Ct%252520%252522_blank)

***Great Podcasts:***

1. The Road Back to You with Ian Morgan Cron and Suzane Stabile

2.TheLiturgists Podcasts Enneagram (2 hour podcast August 22 2016 Episode 37)

3.The Enneagram Journey with Suzane Stabile (I love her podcasts!)

4.Typology Ian Morgan Cron

5.Sleeping at Last (Enneagram songs that are fabulous as well as podcasts that describe the number and details on how the song was written).

***Books:***

There are lots of great books!

***The Road Back to You*** is great for finding your type and your “wings”

***The Path Between Us*** is great is great for using it for relationships and conflict management

***The Sacred Enneagram: Finding Your Unique Path to Spiritual Growth*** by Chris Heuertz.

***The Complete Enneagram*** by Beatrice Chestnut for deeper knowledge on the three instincts of each type.

***9 Types of Leadership: Mastering the Art of People in the 21st Century Workplace*** by Beatrice Chestnut. Post Hill Press. 2017.

Want more? Let me know, I’ve got more to give you!

***App***

***Know your Type*** $2.99 app where you can learn your type and see how to interact with other types. Great starter app if you are new to the Enneagram.

***EnneaApp*** Free. Great App for those more familiar with the Enneagram. Covers wings, subtypes and stress and growth movement.

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Gifted Children

Neihart, Maureen. ***The Social and Emotional Development of Gifted Children: What Do We Know?*** Waco, TX: Prufrock, 2002.

Webb, James T. PhD and Meckstroth, Elizabeth M.S.W. ***Guiding the Gifted Child. A Practical Source for Parents and Teachers.*** Scottsdale AZ 2005.

ISBN – 0-910707-00-6

Gluten Free

Amsterdam, Elana. ***The Gluten-free Almond Flour Cookbook: Breakfasts, Entrées, and More.*** Berkeley, CA: Celestial Arts, 2009.

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Gundry, Stephen. ***The Plant Paradox: The Hidden Dangers in “Healthy” Foods That Cause Disease And Weight Gain.*** Tantor Media, Inc. 2017.

Gundry, Stephen. ***The Plant Paradox Cookbook: 100 delicious recipes to help you lose weight, heal your gut, and live lectin-free.***  HarperCollins Publishers. 2018.

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Mind Body Connection

Dennison, Paul E. and Gail E. Dennison. ***Brain Gym, Teachers Edition.*** Ventura, CA: Edu-Kinesthetics, Inc., 1989.

Dennison, Paul E. and Gail E. Dennison. ***Personalized Whole Brain Integration.***  Ventura, CA: Edu-Kinesthetics, Inc., 1989.

Glazener, Laurie. Sensorcises: ***Active Enrichment for the Out-of-Step Learner.*** The Brain Store, 2004. ISBN: 1890460397.

Hannaford, Carla. ***The Dominance Factor. How Knowing Your Dominant Eye, Ear, Brain, Hand Foot Can Improve Your Learning.*** Alexander, NC. Great Ocean Publishers, 1997. ISBN: 0-915556-31-6.

Hannaford, Carla. ***Smart Moves: Why Learning is Not All In Your Head.*** Arlington, Virginia: Great Ocean publishers, 1995. ISBN: 0-915556-27-8.

Samples, Bob. ***Openmind/Wholemind. Parenting and Teaching Tomorrow’s Children Today.*** Rolling Hills Estates, CA: Jalmar Press. 1987. ISBN: 0-915190-45-1.

Thorpe, Catherine, MA. ***The Healing Timeline. God's Shalom for the Past, Present and Future. Second Edition.*** Bellevue, WA: TimeLine Press, LLC. 2009. ISBN-10: 0-9819137-0-9.

Narcissism

Fjelstad, Margalis. S***top care taking the Borderline or Narcissist: How to End The Drama ad Get On With Your Life.*** Lanham, MD: Rowman & Littlefield Publishing Group, Inc. 2014.

McBride, Karyl. Will I Ever Be Good Enough: Healing the Daughters of Narcissistic Mothers. New York, NY. Atria Paperback, a Division of Simon & Schuster, Inc. 2008.

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Neurobiology/NeuroTheology

(Also Soul Care & Safe Community)

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Wilder, James. ***Joyful Journey: Listening to Immauel.***  Illinois: Shepherd’s House Inc. 2015.

Wilder, James, Khouri, Coursey, Sutton. Joy Starts Here: The Transformation Zone. East Peoria, IL. Shepherd’s House Inc. 2014.

Wilder, Dr. Jim Numerous books, YouTubes. See Thrive, LifeModel.org and https://deeperwalkinternational.org/

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Siegel, Dan phD . ***Aware: the Science and practice of Presence and Mindsight.*** Numerous YouTubes and his website is [www.drdansiegel.com](http://www.drdansiegel.com/)

[10]

Nutrition

Blaylock, Russell. ***Excitoxins***

Compart, Pamela J., Godbout Laake, Dana. [The Kid-Friendly ADHD & Autism Cookbook, 3rd edition: The Ultimate Guide to Diets that Work](https://www.amazon.com/Kid-Friendly-ADHD-Autism-Cookbook-3rd/dp/159233850X/ref%3Dsr_1_2?crid=1VP1XEYYL2MAV&keywords=kid+friendly+autism+and+adhd+cookbook&qid=1551011537&s=gateway&sprefix=kid+friendly+auto%25252Caps%25252C164&sr=8-2)***s.*** 2019

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Simontacchi, Carol. ***The Crazy Makers.***

www.Mercola.com

www.trilifehealth.com

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Taylor, Jill Bolte. ***My Stroke of Insight: a Brain Scientist's Personal Journey.*** New York: Plume, 2009.

Professional Reading/Manuals

Ekwall, Eldon E. and James L. Shanker. ***Ekwall/Shanker Reading Inventory, 4th Edition.*** Newton, Mass: Pearson, Allyn and Bacon, 1999. ISBN: 0205304419.

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Traub, Nina, and Francis Bloom. ***Recipe for Reading: New Century Edition.*** Cambridge, Mass. Educators Publishing Service, 2000. This is a great Catalogue; loaded with materials developed by educators. Contains a great deal of material designed for struggling learners and is attune to multi-sensory approach.

Relationships & Attachment

 (See also Neurobiology)

Casey, Karen. ***Let Go Now: Embracing Detachment.*** San Francisco: Conari, 2010. ISBN-10: 157324466X ISBN-13: 978-1573244664 .

Levine, Amir, and Rachel Heller. ***Attached: The New Science of Adult Attachment and How It Can Help You Find - and Keep - Love.*** New York: Jeremy P. Tarcher/Penguin, 2011.

Tatkin, Stan. ***Your Brain On Love.*** The Neurobiology of Healthy Relationships. Audio Sounds True. CD’s are $44 on Amazon or Ibook $29.

Yerkovich, Milan, and Kay Yerkovich. ***How We Love: Discover Your Love Style, Enhance Your Marriage.*** Colorado Springs, CO: Waterbrook, 2008 ISBN-10: 1400072999

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Yerkovich, Milan, Kay Yerkovich, and Milan Yerkovich. ***How We Love Workbook: Making Deeper Connections in Marriage.*** Colorado Springs, CO: WaterBrook, 2006.ISBN-10: 1400073006 ISBN-13: 978-1400073009

The Highly Sensitive Person

Aron, Elaine N. Ph.D. ***The Highly Sensitive Child: Helping our children thrive when the world overwhelms them.*** New York: Broadway Books, a division of Random House, Inc. 2002. ISBN: 0-7679-0872-4.

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Orloff, Judith. ***The Empath's Survival Guide: Life Strategies for Sensitive People***. Sounds True, Inc., 2017.

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Kranowitz, Carol Stock. ***The Out-Of-Sync-Child.*** New York: The Berkley Publishing Group a member of Penguin Group USA Inc. 1998. ISBN: 0-399-52386-3.

Kranowitz, Carol Stock. ***The Out-Of-Sync-Child Has Fun.*** New York: The Berkley Publishing Group a member of Penguin Group USA Inc. 1998. ISBN: 0-399-52843-1.

Trauma

***www. child.tcu.edu*** for videos and resources on Trust Based Relational Interventions. TCU Karyn Purvis Institute of Child Development. TBRI is an attachmnent-based, evidence-based, and trauma informed intervention that is designed to meet the complex needs of vulnerable children. TBRI uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors.

Tutoring

www.[bartonreading.com](http://bartonreading.com/)

www.BrightSolutions.US

Yeast

Trowbridge, Dr. John Parks, and Walker, Dr. Morton. ***The Yeast Syndrome.*** New York: Bantam Books, 1986. ISBN: 0-553-27751-0.

Attachment in Relationships

(Self, Others, Community, God)

Poole Heller, Diane Ph.D **The Power of Attachment: How to Create Deep and Lasting Intimate Relationships.** Boulder, CO. Sounds True. 2019. LCCN 2018031640.

Poole, Heller, Diane Ph.D. **Healing Your Attachment Wounds: How to Create Deep and Lasting Intimate Relationships Audio CD – Audiobook, CD, Unabridged.** Boulder, CO. Sounds True. 2017. **ISBN-10:** 1622038738.

Tatkin, Stan and Sounds True. **Your Brain on Love: The Neurobiology of Healthy Relationships Audio CD – Audiobook, CD, Unabridged**. Sounds True. 2013. ISBN-10: 1604079681

Websites (not already listed by topic or author)

***www.braintransformations.com***

***www.celiac.com (gluten free foods)***

<http://www.denverear.com/> ***Dr. Esses*** (Ear doctor)

[www.Diannecraft.org](http://www.diannecraft.org/)

***www.hugthemonkey.com*** (blog on oxytocin and bonding)

<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/>

Link for PBS Frontline Teen Brain Program

www.postinstitute.com (attachment challenged)

www.SENGifted.org (gifted kids)

www.Thebrainstore.com

\* The library will have many of these on hand so that you don't need to spend the money to buy them. You can also go to the following link and request up to 5 books, CDs and DVDs daily. <http://douglascountylibraries.org/Catalog/index.php?pageName=MaterialsRequest>

Questions:

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