

# REFERENCE LIST

## Strengths-Based Workshops by Kevin M. Powell, Ph.D.

### Table of Contents (references organized by topics)

- 1) Strengths-Based Info
- 2) The Power of Relationships/ Social Connections
  - Therapeutic Relationships*
  - Social Connections*
  - Relationships with Parents*
  - Relationships with Teachers*
  - Relationships with Mentors*
  - Relationships with Police*
- 3) Adolescent Brain Development
- 4) Adolescent Development
- 5) Neuroplasticity (neural plasticity)
- 6) Sexual Offense Recidivism Rates & Desistance
  - Juvenile Research*
  - Adult Research*
- 7) Treatment Engagement- Collaboration & Rationale for Services
- 8) “Mimesis” (Mimicking/ Matching interpersonal style & affective range)
- 9) Meeting Basic Human Needs
- 10) Non-Verbal Behavior, Facial Feedback & Emotional Contagion
- 11) Resilience & Protective Factors
- 12) Parenting Styles (Authoritative /Democratic/ Balanced Parenting)
- 13) Physical Exercise & Movement
- 14) Self-Esteem
- 15) Emotional Intelligence
- 16) Deviancy Training
- 17) Prevalence Rate for Delinquent Behaviors
- 18) Evidenced-Based Practice Movement
- 19) Researcher Allegiance Effects
- 20) Solution-Focused Therapy
- 21) Healthy Relationships
- 22) Healthy Sexuality
- 23) Functional Behavior Assessment
- 24) RNR (Risk-Needs-Responsivity) Model
- 25) Good Lives Model
- 26) Positive Psychology
- 27) Developmental Assets
- 28) Basic Helping & Interviewing Skills
- 29) Multiple Intelligence
- 30) Holistic (Biopsychosocial & Ecological Model)
- 31) Respectful Language/ Being Sensitive to Labels
- 32) Adverse Childhood Experiences (ACEs: Adversity-Responsive) Info
- 33) Adversity & Positive Outcomes (Post Traumatic Growth; Positive Life Changes; Benefit-Finding; Benefit-Reminding; Resiliency)
- 34) Complex Trauma
- 35) Trauma/ Anxiety Self Help Websites
- 36) Attachment & Interventions
- 37) Prevention of Child Abuse, Cycle of Abuse, & Intimate Partner Violence
- 38) Safe, Stable, Nurturing Relationships (SSNR)
- 39) Enhancing Openness/ Reducing Defensiveness
- 40) Well-Being: Character/ Personality Qualities
- 41) Sociocultural Responsiveness
- 42) Self-Care & Burnout Prevention

### 1) Strengths-Based Info- by Kevin M. Powell, Ph.D.

#### Books

Powell, K. M. (2015). *A Strengths-Based Approach for Intervention with At-Risk Youth*. Champaign, IL: Research Press.

Powell, K. M. (2014). *Our Very Special Bodies: A book to promote safety and prevent sexual abuse by increasing children's knowledge about their bodies and enhancing communication with their loving caregivers* (children's book). Fort Collins, CO: Author [www.ourveryspecialbodies.com](http://www.ourveryspecialbodies.com).

Book Chapters

- Powell, K. M. (2018). The importance of a strengths-based approach in sex offense-specific services. *The Forum Newsletter-ATSA, Summer Vol. XXX, No. 3*
- Powell, K. M. (2017). Engaging adolescents and families: In S. Righthand & W. Murphy (Eds.), *The safer society handbook of assessment and treatment of adolescents who have sexually offended* (pp. 215-250). Brandon, VT: Safer Society Press.
- Leversee, T. & Powell, K. M. (2017). Beyond risk management to a more holistic model for treating adolescents who have engaged in sexually abusive behavior. In B. Schwartz (Ed.), *Sexually Abusive Behavior in Youth: A Handbook of Theory, Assessment, and Treatment (20:1-37)*. Kingston, NJ: Civic Research Institute.
- Powell, K. M. (2016). A strengths-based approach: A case study: In D.S. Prescott & R.J. Wilson (Eds.) *Very different voices: Perspectives and case studies in treating sexual aggression* (pp. 43-63). Holyoke, MA: NEARI Press.
- Leversee, T. & Powell, K. M. (2012). Beyond risk management to a more holistic model for treating sexually abusive youth. In B. Schwartz (Ed.), *The Sex Offender: Current trends in policy and treatment practice, Volume 7* (pp. 19 1-32). Kingston, NJ: Civic Research Institute.
- Powell, K. M. (2011). Working effectively with at-risk youth: A strengths-based approach. In M. Calder (Ed.), *Contemporary Practice with Young People who Sexually Abuse: Evidence-Based Developments* (pp. 69-91). Holyoke, MA: NEARI Press (Published simultaneously in UK by Russell House Publishing Ltd.-www.russellhouseco.uk)
- Powell, K. M. (2010a). Strengths-based approach. In D. S. Prescott & R. E. Longo (Eds.) *Current Applications: Strategies for Working with Sexually Aggressive Youth and Youth with Sexual Behavior Problems* (pp. 55-82). Holyoke, MA: NEARI Press.
- Powell, K. M. (2010b). Therapeutic relationships and the process of change. In G. Ryan, T. Leversee, & S. Lane (Eds.) *Juvenile Sexual Offending: Causes, Consequences, and Correction, 3<sup>rd</sup> edition* (pp. 253-262). Hoboken, NJ: John Wiley & Sons.

Research

- Powell, K. M., Rahm-Knigge, R L. & Conner, B. T. (2021). Resilience Protective Factors Checklist (RPFC): Buffering Childhood Adversity and Promoting Positive Outcomes. *Psychological Reports, 124(4), 1437-1461*. DOI: 10.1177/0033294120950288

Additional Strengths-Based Info.

- Edwards, J. K., Young, A., & Nikels, H. J. (Eds.) (2017). *Handbook of strengths-based clinical practices: Finding common factors*. New York: Routledge.
- Moisan, C., Hebert, M., Fernet, M., Blais, M., & Melissande Amedee, L. (2019). Resilience portfolios and poly-strengths: Identifying strengths associated with wellbeing after adversity. *International Journal of Child and Adolescent Resilience, 6(1), 19-35*.

2) The Power of Relationships/ Social ConnectionsTherapeutic Relationships

- Duncan, B. L., Miller, S. D., Wampold, B.E., & Hubble, M. A., (Eds.) (2010). *The heart & soul of change: Delivering what works in therapy (2<sup>nd</sup> Ed)*. Washington, DC: American Psychological Association.
- Karver, M. S., DeNadai, A. S., Monahan, M. & Shirk, S. R. (2018). Meta-analysis of the prospective relation between alliance and outcome in child and adolescent psychotherapy. *Psychotherapy, 55(4), 341-355*.
- Marshall, W.L. (2005). Therapist style in sex offender treatment: Influence on indices of change. *Sexual Abuse: A Journal of Research & Treatment, 17(2), 109-116*.
- Moyer, T. B. & Miller, W. R. (2013). Is low therapist empathy toxic? *Psychology of Addictive Behaviors, 27(3), 878-884*.
- Norcross, J. C. (Ed.). (2011). *Psychotherapy relationships that work: Evidence-based responsiveness (2<sup>nd</sup> Ed.)*. New York: Oxford University Press
- Norcross, J. C. & Lambert, M. J. (Eds). (2018). Psychotherapy relationships that work III [Special Issue]. *Psychotherapy, 55(4), 303-538*.
- Wampold, B. E. & Imel, Z. E. (2015). *The great psychotherapy debate: The evidence for what makes psychotherapy work*. New York, NY: Routledge.

Social Connections

- Holt-Lunstad, J., Robles, T. F., & Sbarra, D. A. (2017). Advancing social connection as a public health priority in the United States. *American Psychologist, 72(6), 517-530*.
- Novotney, A. (May 2019). Social isolation: It could kill you. *APA Monitor on Psychology, 33-37*.
- Roehlkepartain, E. C., Pekel, K., Syvertsen, A. K., Sethi, J., Sullivan, T. K., & Scales, P. C. (2017). *Relationships First: Creating connections that help young people thrive*. Minneapolis, MN: Search Institute.
- Weir, K. (March 2018). Life-saving relationships. *APA Monitor on Psychology, 46-53*.

Relationships with Parents

- Hillaker, B. D., Brophy-Herb, H. E., Villarruel, F. A., Haas, B. E. (2008). The contributions of parenting to social competencies and positive values in middle school youth: Positive family communication, maintaining standards, and supportive family relationships. *Family Relations, 57, 591-601*.

Laursen, E. K., & Birmingham, S. M. (2003). Caring relationships as a protective factor for at risk youth: An ethnographic study. *Families in Society*, 84(2), 240-246.

Smith, T. W. & Kazak, A. E. (Eds.) (2017). Close Family Relationships and Health [Special Issue]. *American Psychologist*, 72(6), 511-612.

#### Relationships with Teachers

Barile, J. P., Donohue, D. K., Anthony, E. R., Baker, A. M., Weaver, S. R. & Henrich, C. C. (2012). Teacher-student relationship climate and school outcomes: Implications for educational policy initiatives. *Journal of Youth Adolescence*, 41, 256-267.

Lei, H., Cui, Y., & Chui, M. M. (2018). The relationship between teacher support and students' academic emotions: A meta-analysis. *Frontiers in Psychology*, 8 (2288), 1-12. doi: 10.3389/fpsyg.2017.02288

Reyes, M. R., Brackett, M.A., Rivers, S. E., White, M., & Peter Salovey (2012, March 5). Classroom emotional climate, student engagement, and academic achievement. *Journal of Educational Psychology*. Advance online publication. Doi:10.1037/a0027268.

Sethi, J. & Scales P.C. (2020). Developmental relationships and school success: How teachers, parents, and friends affect educational outcomes and what actions students say matter most. *Contemporary Educational Psychology*, 63, 1-18. DOI: 10.1016/j.cedpsych.2020.101904

#### Relationships with Mentors

DeWit, D. D., DuBois D., Erdem, G., Larose, S. & Lipman, E. L. (2016). The role of program-supported mentoring relationships in promoting youth mental health, behavioral, and developmental outcomes. *Prevention Science*, 17(5) 646-657.

DuBois, D. L., Portillo, N., Rhodes, J. E., Silverthorn, N., & Valentine, J.C. (2011). How effective are mentoring programs for youth? A systematic assessment of the evidence. *Psychological Science in the Public Interest*, 12(2), 57-91.

Keating, L. M., Tomishima, M. A., Foster, S., & Alessandri, M. (2002). The effects of a mentoring program on at risk youth. *Adolescence*, 37 (148), 717-734.

#### Relationships with Probation & Parole Officers (supervising agents)

Blasko, B. L. & Taxman, F. S. (2018). Are supervision practices procedurally fair? Development and predictive utility of a procedural justice measure for use in community corrections settings. *Criminal Justice and Behavior*, 45(3), 402-420.

Epperson, M., Thompson, J. G., Lurigio, A. J., & Kim, S. (2017). Unpacking the relationship between probationers with serious mental illnesses and probation officers: A mixed-methods examination. *Journal of Offender Rehabilitation*, 56(3), 188-216. <https://doi.org/10.1080/10509674.2017.1290005>

Kennealy, P. J., Skeem, J. L., Manchak, S. M., & Eno Loudon, J. (2012). Firm, fair, and caring officer-offender relationships protect against supervision failure. *Law and Human Behavior*, 36(6), 496-505. <https://doi.org/10.1037/h0093935>

#### Relationships with Police

Brick, B. T., Taylor, T.J., Esbensen, F-A (2009). Juvenile attitudes towards the police: The importance of subcultural involvement and community ties. *Journal of Criminal Justice*, 37, 488-495.

Flexon, J. L., Lurigio, A. J., & Greenleaf, R.G. (2009). Exploring the dimensions of trust in the police among Chicago Juveniles. *Journal of Criminal Justice*, 37, 180-189.

McCluskey, J. (2003). *Police Requests for Compliance: Coercive and Procedurally Just Tactics*. New York: LFB.

Stoutland, S. E. (2001). The multiple dimensions of trust in resident/police relations in Boston. *Journal of Research in Crime and Delinquency*, 38 (3), 226-256.

Tyler, T. (2001). Trust and law-abiding behavior: Building better relationships between the police, the courts, and the minority community. *Boston University Law Review*, 81, 361-406.

### 3) Adolescent Brain Development

Blakemore, S-J (2012). Imaging brain development: The adolescent brain. *NeuroImage*, 61, 397-406.

Casey, B. J., Getz, S. & Galvan, A. (2008). The adolescent brain. *Developmental Review*, 28, 62-77.

Casey, B. J., Jones, R., and Somerville, L. (2011). Braking and Accelerating of the Adolescent Brain. *Journal of Research on Adolescence*, 21, 21-33.

Dreyfuss, M., Caudle, K., Drysdale, A. T., Johnston, N. E., Cohen, A. O., Somerville, L. H., Galvan, A., Tottenham, N., Hare, T. A., & Casey, B. J. (2014). Teens impulsivity react rather than retreat from threat. *Developmental Neuroscience*, 36, 220-227.

Giedd, J. N. (2008). The teen brain: Insights from neuroimaging. *Journal of Adolescent Health*, 42, 335-343.

Giedd, J. N. (2015). Adolescent neuroscience of addiction: A new era. *Developmental Cognitive Neuroscience*, 16, 192-193.

Romer, D., Reyna, V. F., & Satterthwaite (2017). Beyond stereotypes of adolescent risk taking: Placing the adolescent brain in developmental context. *Developmental Cognitive Neuroscience*, 27, 19-34.

Spear, L. P. & Silveri, M. M. (2016). Special Issue on the adolescent brain. *Neuroscience and Biobehavioral Reviews*, 70, 1-3 (full Issue).

Steinberg, L. (2012). Should the science of adolescent brain development inform public policy? *Issues in Science and Technology*.  
<http://www.issues.org/28.3/steinberg.html>

Steinberg, L. (2008). A social neuroscience perspective on adolescent risk-taking. *Developmental Review*, 28, 78-106.

Steinberg, L., Cauffman, E., Woolard, J., Graham, S., & Banich, M. (2009). Are Adolescents Less Mature Than Adults? Minors' Access to Abortion, the Juvenile Death Penalty, and the Alleged APA "Flip-Flop. *American Psychologist*, 64, 583-594.

Stringer, H. (2017). Justice for teens: Psychological research on brain development and teen impulsivity is changing the way the justice system treats teens. *Monitor on Psychology*, Oct, 45-49.

Yurgelun-Todd, D. (2007). Emotional and cognitive changes during adolescence. *Current Opinion in Neurobiology*, 17, 251-257.

<https://brainconnection.brainhq.com/>

[www.g2conline.org/](http://www.g2conline.org/)

#### 4) Adolescent Development

Lerner, R. M. & Steinberg, L. (Eds.) (2009). *Handbook of Adolescent Psychology (3<sup>rd</sup> Edition): Volume 1: Individual bases of adolescent development*. Hoboken, NJ: John Wiley & Sons.

#### 5) Neuroplasticity (neural plasticity)

Bryck, R.L. & Fisher, P. A. (2012). Training the brain: Practical applications of neural plasticity from the intersection of cognitive neuroscience, developmental psychology, and prevention science. *American Psychologist*, 67(2), 87-100.

Davidson, R.J. & McEwen, B. S. (2012). Social influences on neuroplasticity: Stress and interventions to promote well-being. *Nature Neuroscience*, 15(5), 689-695.

Holzel, B. K., Carmody, J., Vangel, M., Congleton, C., Yerramsetti, S. M., Gard, T., & Lazar, S. W. (2011). Mindfulness practice leads to increases in regional brain gray matter density. *Psychiatry Research: Neuroimaging*, 191(1), 36-43.

Mackey, A. P., Whitaker, K. J., & Bunge, S. A. (2012). Experience-dependent plasticity in white matter microstructure: Reasoning training alters structural connectivity. *Frontiers in Neuroanatomy*, 6(32), 1-9. doi: 10.3389/fnana.2012.00032

Rael Cahn, B., Goodman, M.S., Peterson, C.T., Maturi, R., & Mills, P.J. (2017). Yoga, meditation, and mind-body health: Increased BDNF, cortisol awakening response, and altered inflammatory marker expression after a 3-month yoga and meditation retreat. *Frontiers in Human Neuroscience*, 11 (article 315), 1-13.

Tabibnia, G. & Radecki, D. (2018). Resilience training that can change the brain. *Consulting Psychology Journal: Practice and Research*, 70(1), 59-88

Winerman, L. (2012). Changing our brains, changing ourselves. *Monitor on Psychology*, 43(8), 30-33.

Woollett, K. & Maguire, E. A. (2011). Acquiring "the knowledge" of London's layout drives structural brain changes. *Current Biology*, 21(24), 2109-2114.

#### 6) Sexual Offense Recidivism Rates & Desistance

##### Juvenile Research

Caldwell, M. F. (2016). Quantifying the decline in juvenile sexual recidivism rates. *Psychology, Public Policy, and Law*, <http://dx.doi.org/10.1037/law0000094>, 1-13.

Worling, J. R., Littelljohn, A., & Bookalam, D. (2010). 20-year prospective follow-up study of specialized treatment for adolescents who offended sexually. *Behavioral Sciences and the Law*, 28, 46-57.

##### Adult Research

Hanson, R. K., Bourgon, G., Helmus, L., & Hodgson, S. (2009). The principles of effective correctional treatment also apply to sexual offenders: A meta-analysis. *Criminal Justice and Behavior*, 36(9), 865-891.

Hanson, R. K., Harris, A. J. R., Letourneau, E., Helmus, L. & Thornton, D. (2014). High-risk sex offenders may not be high risk forever. *Journal of Interpersonal Violence*, 29(15), 2792-2813.

Hanson, R. K., Harris, A. J. R., Helmus, L. M. & Thornton, D. (2018). Reductions in risk based on time offense-free in the community: Once a sexual offender, not always a sexual offender. *Psychology, Public Policy, and Law*, 24(1), 48-63.

Schmucker, M. & Losel, F. (2015). The effects of sexual offender treatment on recidivism: An international meta-analysis of sound quality evaluations. *Journal of Experimental Criminology*, 11(4), 597-630.

#### 7) Treatment Engagement- Collaboration & Rationale for Services

Ahmed, M. & Westra, H. A. (2009). Impact of a treatment rationale on expectancy and engagement in cognitive behavioral therapy for social anxiety. *Cognitive Therapy and Research*, 33, 314-322.

Becker, K. D., Lee, B. R., Daleiden, E. L., Lindsey, M., Brandt, N. E., & Chorpita, B. F. (2015). The common elements of engagement in children's mental health services: Which elements for which outcomes? *Journal of Clinical Child & Adolescent Psychology, 44*(1), 30-43.

Lindsey, M. A., Brandt, N. E., Becker, K. D., Lee, B. R., Barth, R. P., Daleiden, E. L., & Chorpita, B. F. (2014). Identifying the common elements of treatment engagement interventions in children's mental health services. *Clinical Child and Family Psychology Review, 17*, 283-298.

Powell, K. M. (2017). Engaging adolescents and families: In S. Righthand & W. Murphy (Eds.), *The safer society handbook of assessment and treatment of adolescents who have sexually offended* (pp. 215-250). Brandon, VT: Safer Society Press.

Shick Tryon, G., Birch, S. E., & Verkuilen, J. (2018). Meta-Analyses of the Relation of Goal Consensus and Collaboration to Psychotherapy Outcome. *Psychotherapy, 55*(4), 372-383.

#### 8) "Mimesis" (Mimicking/ Matching interpersonal style & affective range)

Atril-Slonim, D., Bar-Kalifa, E., Fisher, H., Peri, T., Lutz, W., Rubel, J. & Rafaeli, E. (2018). Emotional congruence between clients and therapists and its effect on treatment outcome. *Journal of Counseling Psychology, 65*(1), 51-64. <http://dx.doi.org/10.1037/cou0000250>.

Minuchin, S. (1974). *Families & Family Therapy*. Cambridge, MA: Harvard University Press

#### 9) Meeting Basic Human Needs

Biglan, A., Flay, B.R., Embry, D.D., & Sandler, I.N. (2012). The critical role of nurturing environments for promoting human well-being. *American Psychologist, 67*(4), 257-271.

Kaufman, S. B. (2018). Self actualized people in the 21<sup>st</sup> century: Integration with contemporary theory and research on personality and well-being. *Journal of Humanistic Psychology, 1*-33. doi: 10.1177/0022167818809187

Kenrick, D. T., Griskevicius, V., Neuberg, S. L., & Schaller, M. (2010). Renovating the pyramid of needs: Contemporary extensions built upon ancient foundations. *Perspectives on Psychological Science, 5*(3), 292-314.

Maslow, A. H. (1970). *Motivation and personality* (2nd ed.). New York: Harper & Row.

Shiraki, Y. & Igarashi, T. (2018). "Paying it forward" via satisfying a basic human need: The need for relatedness satisfaction mediates gratitude and prosocial behavior. *Asian Journal of Social Psychology, 21*, 107-113.

Walton, J. S. (2019). The evolutionary basis of belonging: Its relevance to denial of offending and labelling those who offend. *Journal of Forensic Practice, 21*(4), 202-211.

Wenzel, M., Woodyatt, L., & Mclean, B. (2020). The effects of moral/ social identity threats and affirmations on psychological defensiveness following wrongdoing. *British Journal of Social Psychology, 59*, 1062-1081.

#### 10) Non-Verbal Behavior, Facial Feedback & Emotional Contagion

Bedi, R. P. (2006). Concept mapping the client's perspective on counseling alliance formation. *Journal of Counseling Psychology, 53*(1), 26-35.

da Silva Ferreira, G. C., Crippa, J. A. S., & de Lima Osório, F. (2014). Facial emotion processing and recognition among maltreated children: A systematic literature review. *Frontiers in Psychology, 5*(1460), 1-10. doi: 10.3389/fpsyg.2014.01460

Coles, N. A., Larsen, J. T., & Lench, H. C. (2019). A meta-analysis of the facial feedback literature: Effects of facial feedback on emotional experience are small and variable. *Psychological Bulletin, 1*-42. <http://dx.doi.org/10.1037/bul0000194>

Fowler, J. H. & Christakis, N. A. (2008). Dynamic spread of happiness in a large social network: Longitudinal analysis over 20 years in the Framingham Heart Study. *BMJ, 337*: a2338.

Kramer, A. D. I., Guillory, J. E., & Hancock, J. T. (2014). Experimental evidence of massive-scale emotional contagion through social networks. *PNAS, 111*(24), 8788-8790.

Marsh, A. A., Rhoads, S. A., & Ryan, R. M. (2018). A multi-semester classroom demonstration yields evidence in support of the facial feedback effect. *Emotion, 1*-6. <http://dx.doi.org/10.1037/emo0000532>

Olszanowski, M., Wrobel, M., & Hess, U. (2019). Mimicking and sharing emotions: A Re-examination of the link between facial mimicry and emotional contagion. *Cognition and Emotion, <https://doi.org/10.1080/02699931.2019.1611543>*

Prochazkova, E. & Kret, M. E. (2017). Connecting minds and sharing emotions through mimicry: A neurocognitive model of emotional contagion. *Neuroscience and Biobehavioral Reviews, 80*, 99-114.

#### 11) Resilience & Protective Factors

Afifi, T. O. & MacMillan, H. L. (2011). Resilience following child maltreatment: A review of protective factors. *Canadian Journal of Psychiatry, 56*(5), 266-272.

Cooper, N. S., Feder, A., Southwick, S. M. and Charney, D. S. (2007). Resilience and vulnerability to trauma psychobiological mechanisms. In Romer, D. and Walker, E. F. (Eds.) *Adolescent psychopathology and the developing brain: Integrating brain and prevention science* (pp. 347-372). New York: Oxford University Press.

- De Vries Robbe, M., Mann, R. E., Maruna, S., & Thornton, D. (2015). An exploration of protective factors supporting desistance from sexual offending. *Sexual Abuse: A Journal of Research and Treatment*, 27(1), 16-33. DOI: 10.1177/1079063214547582
- Gloria, C. T. & Steinhardt, M. A. (2014). Relationships among positive emotions, coping, resilience, and mental health. *Stress and Health*, 32, 145-156.
- Hamby, S., Grych, J., Banyard, V. (2017). Resilience portfolios and poly-strengths: Identifying protective factors associated with thriving after adversity. *Psychology of Violence*, <http://dx.doi.org/10.1037/vio0000135>, 1-12.
- Herman, H., Stewart, D. E., Diaz-Granados, N., Berger, E. L., Jackson, B., Yuen, T. (2011). What is resilience? *Canadian Journal of Psychiatry*, 56(5), 258-265.
- Langton, C. M. & Worling, J. R. (Eds.). (2015). Protective factors [Special Issue]. *Sexual Abuse: A Journal of Research and Treatment*, 27(1), 3-142.
- Luthar, S.S. & Eisenberg, N. (Eds.) (2017). Special Section- Developmental research and translational science: Evidence-based interventions for at-risk youth and families. *Child Development*, 88(2), 333-677.
- Luthar, S.S. & Eisenberg, N. (2017). Resilient adaptation among at-risk children: Harnessing science toward maximizing salutary environments. *Child Development*, 88(2), 337-349.
- Masten, A. S. (2014). *Ordinary magic: Resilience in development*. New York: Guilford Press.
- Masten, A.S., Cutuli, J. J., Herbers, J. E, & Reed, M.G. J. (2009). Resilience in Development. In C.R. Snyder & S.J. Lopez (Eds.), *Oxford handbook of positive psychology* (2<sup>nd</sup> ed.) (pp. 117-131). New York: Oxford University Press.
- Masten, A. S. & Reed, M.G. J. (2002). Resilience in development. In C.R. Snyder & S.J. Lopez (Eds.), *The handbook of positive psychology* (pp. 74-88). New York: Oxford University Press.
- Moore, M., Culppepper, S., Phan, K. L., Strauman, T. J., Dolcos, F., & Dolcos, S. (2018). Neurobehavioral mechanisms of resilience against emotional distress: An integrative brain-personality-symptom approach using structural equation modeling. *Personality Neuroscience*, 1(e8), 1-10. doi: 10.1017/pen.2018.11.
- Nyklicek, I, Majoor, D., and Schalken, P. (2010). Psychological mindedness and symptom reduction after psychotherapy in heterogeneous psychiatric sample. *Comprehensive Psychiatry*, 51, 492-496.
- Olver, M. E. & Riemer, E. K. (2021). High-psychopathy men with history of sexual offending have protective factors too: But are these risk relevant and can they change treatment? *Journal of Consulting and Clinical Psychology*, 89(5), 406-420. DOI: 10.1037/ccp0000638
- Oshio, A., Taku, K., Hirano, M., & Saeed, G. (2018). Resilience and big five personality traits: A meta-analysis. *Personality and Individual Differences*, 127, 54-60.
- Powell, K. M., Rahm-Knigge, R L. & Conner, B. T. (2021). Resilience Protective Factors Checklist (RPF): Buffering Childhood Adversity and Promoting Positive Outcomes. *Psychological Reports*, 124(4), 1437-1461. DOI: 10.1177/0033294120950288
- Roxas, A. S. & Glenwick, D. S. (2014). The relationship of psychological mindedness and general coping to psychological adjustment and distress in high-school adolescents. *Individual Differences Research*, 12(2), 38-49.
- Tedeschi, R. G. & Kilmer R. P. (2005). Assessing strengths, resilience, and growth to guide clinical interventions. *Professional Psychology: Research and Practice*, 36(3), 230-237.
- Windle, G. (2011). What is resilience? A review and concept analysis. *Reviews in Clinical Gerontology*, 21, 152-169.
- Weir, K. (2017). Maximizing children's resilience. *Monitor on Psychology*, Sept, 40-46.
- Worling, J. R. (2017). Protective + Risk Observations for Eliminating Sexual Offense Recidivism (PROFESOR) <http://www.drjamesworling.com/profesor.html>
- Yule, K., Houston, J. & Grych, J. (2019). Resilience in children exposed to violence: A meta-analysis of protective factors across ecological contexts. *Clinical Child and Family Psychology Review*, 22, 406-431.
- [www.apa.org/helpcenter/road-resilience.aspx](http://www.apa.org/helpcenter/road-resilience.aspx)

## 12) Parenting Styles- Authoritative (Democratic/ Balanced) Parenting

- Baumrind, D. (1978). Parental disciplinary patterns and social competence in children. *Youth and Society*, 9, 239-276.
- Pinquart, M. & Kauser, R. (2018). Do the associations of parenting styles with behavior problems and academic achievement vary by culture? Results from a meta-analysis. *Cultural Diversity and Ethnic Minority Psychology*, 24(1), 75-100.
- Rothrauff, T. C., Cooney, T.M., Shin An, J. (2009). Remembered parenting styles and adjustment in middle and late adulthood. *Journal of Gerontology: Social Sciences*, 64B(1), 137-146.
- Takeuchi, M. M. & Takeuchi, A. S. (2008). Authoritarian versus authoritative parenting styles: Application of the cost equalization principle. *Marriage and Family Review*, 44(4), 489-510.

Yeung, J. W. K., Cheung, C-K., Kwok, S. Y. C. L., & Leung, J. T. Y. (2016). Socialization effects of authoritative parenting and its discrepancy on children. *Journal of Child and Family Studies, 25*, 1980-1990.

### 13) Physical Exercise & Movement

Ahn, S. & Fedewa, A. L. (2011). A meta-analysis of the relationship between children's physical activity and mental health. *Journal of Pediatric Psychology, 36*(4), 385-397.

Emerson, D. Sharma, R., Chaudhry, S. & Turner, J. (2009). Trauma-sensitive yoga: Principles, practice, and research. *International Journal of Yoga Therapy, 19*, 123-128.

Otto, M. W. & Smits, J. A. J. (2011). *Exercise for mood and anxiety: Proven strategies for overcoming depression and enhancing well-being*. New York: Oxford University Press

Weir, K. (2011). The exercise effect. *APA Monitor on Psychology, 42*(11), 48-52.

### 14) Self-Esteem

DuBois, D. L. and Flay, B. R. (2004). The healthy pursuit of self-esteem: Comment on an alternative to Crocker and Park (2004) formulation. *Psychological Bulletin, 130*: 3, 415-420.

Swann, W. B., Chang-Schneider, C. and McClarty, K. L. (2007). Do people's self-views matter? Self-concepts and self-esteem in everyday life. *American Psychologist, 62*: 2, 84-94.

### 15) Emotional Intelligence

Armstrong, A. R., Galligan, R. F. & Critchley, C. R. (2011). Emotional intelligence and psychological resilience to negative life events. *Personality and Individual Differences, 51*, 331-336.

MacCann, C., Jiang, Y., Double, K. S., Bucich, M. & Minbashian, A. (2020). Emotional Intelligence predicts academic performance: A meta-analysis. *Psychological Bulletin, 146*(2), 150-186.

Malouff, J. M., Schutte, N. S. & Thorsteinsson, E. B. (2014). Trait emotional intelligence and romantic relationship satisfaction: A meta-analysis. *The American Journal of Family Therapy, 42*, 53-66.

Martins, A., Ramalho, N. & Morin, E. (2010). A comprehensive meta-analysis of the relationship between emotional intelligence and health. *Personality and Individual Differences, 49*, 554-564.

Mayer, J.D., Caruso, D.R., & Salovey, P. (2016). The ability model of emotional intelligence: Principles and updates. *Emotion Review, 8*(4), 290-300.

Schneider, T. R., Lyons, J. B. & Khazon, S. (2013). Emotional intelligence and resilience. *Personality and Individual Differences, 55*, 909-914.

Schutte, N. S. & Loi, N. M. (2014). Connections between emotional intelligence and workplace flourishing. *Personality and Individual Differences, 66*, 134-139.

### 16) Deviancy Training

Dishion, T.J. & Dodge, K. A. (2005). Peer contagion in interventions for children and adolescents: Moving towards an understanding of the ecology and dynamics of change. *Journal of Abnormal Child Psychology, 33*(3), 395-400.

Dodge, K. A., & Dishion, T. J., & Lansford, J. E. (2006). Deviant peer influences in intervention and public policy for youth. *Social Policy Report, XX*(1), 3-19.

Gifford-Smith, M., Dodge, K. A., Dishion, T. J. & McCord, J. (2005). Peer influence in children and adolescents: Crossing the bridge from developmental to intervention science. *Journal of Abnormal Child Psychology, 33*(3), 255-265.

Gottfredson, D. C. (2010). Deviancy training: Understanding how preventive interventions harm. *Journal of Experimental Criminology, 6*, 229-243.

Leve, L. D. & Chamberlain, P. (2005). Association with delinquent peers: Intervention effects for youth in the juvenile justice system. *Journal of Abnormal Child Psychology, 33*(3), 339-347.

McCord, J. (2003). Cures that harm: Unanticipated outcomes of crime prevention programs. *The Annals of the American Academy, 587*, 16-30.

Rhule, D. M. (2005). Take care to do no harm: Harmful interventions for youth problem behavior. *Professional Psychology: Research and Practice, 36*, 618-625.

### 17) Prevalence Rate for Delinquent Behaviors

Farrington, D. P. (2007). Origins of violent behavior over the life span. In D. J. Flannery, A. T. Vazsonyi, & I. D. Waldman (Eds.), *The Cambridge handbook of violent behavior and aggression* (pp. 19-48). New York: Cambridge University Press.

Loeber, R., Menting, B., Lynam, D. R., Moffitt, T. E., Stouthamer-Loeber, M., Stallings, R., Farrington, D.P., & Pardini, D. (2012). Findings from the Pittsburgh youth study: Cognitive impulsivity and intelligence as predictors of the age-crime curve. *Journal of the American Academy of Child & Adolescent Psychiatry, 51*(11), 1136-1149

Moffitt, T.E. (2007). A review of research on the taxonomy of life-course persistent versus adolescence-limited antisocial behavior: In D. J. Flannery, A. T. Vazdonyi, & I. D. Walman (Eds.), *The Cambridge handbook of violent behavior and aggression* (pp.49-74). New York, NY: Cambridge University Press.

Steinberg, L., Cauffman, E. & Monahan, K. (March 2015). Psychosocial maturity and desistance from crime in a sample of serious juvenile offenders. *OJJDP Juvenile Justice Bulletin*, NCJ 248391

Van Domburgh, L., Loeber, R., Bezemer, D., Stallings, R., Stouthamer-Loeber, M. (2009). Childhood predictors of desistance and level of persistence in offending in early onset offenders. *Journal of Abnormal Child Psychology*, 37, 967-980.

Walters, G. D. (2011). The latent structure of life-course-persistent antisocial behavior: Is Moffitt's developmental taxonomy a true taxonomy? *Journal of Consulting and Clinical Psychology*, 79(1), 96-105.

## 18) Evidenced-Based Practice Movement

Ackerman, S. J., Benjamin, L. S., Beutler, L. E., Gelso, C. J., Goldfried, M. R., Hill, C., Lambert, M. J., Norcross, J. C., Orlinsky, D. E., & Rainer, J. (2001). Empirically supported therapy relationships: Conclusions and recommendations of the Division 29 Task Force. *Psychotherapy: Theory, Research, Practice, Training*, 38(4), 495-497. <https://doi.org/10.1037/0033-3204.38.4.495>

Bonta, J. & Andrews, D. A. (2017). *The psychology of criminal conduct* (6th ed.). New York: Routledge

Clay, R. (2010). More than one way to measure: Randomized clinical trials have their place, but critics argue that researchers would get better results if they also embraced other methodologies. *Monitor on Psychology*, 41: 8, 52-55.

Gannon, T.A., & Ward, T. (2014). Where has all the psychology gone? A critical review of evidence-based psychological practice in correctional settings. *Aggression and Violent Behavior*, 19, 435-446.

Hall, J. C. (2008). A practitioner's application and deconstruction of evidence-based practice. *Family in Society: The Journal of Contemporary Social Services*, 89: 3, 385-393.

Lilienfeld, S. O. (2007). Psychological treatments that cause harm. *Perspectives on Psychological Science*, 2 (1), 53-70.

Norcross, J. C. & Lambert, M. J. (2011). Evidence-based therapy relationships. In J.C. Norcross (Ed.), *Psychotherapy relationships that work: Evidence-based responsiveness* (2<sup>nd</sup> Ed.) pp. 3-21. New York: Oxford University Press.

Norcross, J. C. & Wampold, B. E. (2011). Evidence-based therapy relationships: Research conclusions and clinical practices. *Psychotherapy*, 48(1), 98-102.

Owen, J. & Hilsenroth, M. J. (2014). Treatment adherence: The importance of therapist flexibility in relation to therapy outcomes. *Journal of Counseling Psychology*, 61(2), 280-288.

Shedler, J. (2017). Blog- Selling bad therapy to trauma victims: Patients and therapists should ignore new guidelines for treating trauma. *Psychologically Minded*, blog posted Nov 19, <https://www.psychologytoday.com/blog/psychologically-minded/201711/selling-bad-therapy-trauma-victims>

Truijens, F., Zuhlke-van Hulzen, & Vanheule, S. (2018). To manualize, or not to manualize: Is that still the question? A systematic review of empirical evidence for manual superiority in psychological treatment. *Journal of Clinical Psychology*, 1-15. <https://doi.org/10.1002/jclp.22712>

Wampold, B. E. & Imel, Z. E. (2015). *The great psychotherapy debate: The evidence for what makes psychotherapy work*. New York, NY: Routledge.

Ward, T., Gannon, T. & Yates, P. (2008). The treatment of offenders: Current practice and new developments with an emphasis on sex offenders. *International Review of Victimology*, 15, 179-204.

Willis, G., Gannon, T., Yates, P., Collie, R., & Ward, T. (2011, Winter). In style or evolving through research? Misperceptions about the Good Lives Model. *Association for the Treatment of Sexual Abusers Forum*, XXIII, (1).

## 19) Researcher Allegiance Effects

Budge, S., Baardseth, T. P. Baardseth, Wampold, B. E., & Fluckiger, C. (2010). Researcher allegiance and supportive therapy: Pernicious affects on results of random clinical trials. *European Journal of Psychotherapy and Counselling*, 12(1), 23-39.

Leykin, Y. & DeRubeis, R. J. (2009). Allegiance in psychotherapy outcome research: Separating association from bias. *Clinical Psychology: Science and Practice*, 16(1), 54-65.

Munder, T., Brutsch, O. Leonhart, R., Gerger, H. & Barth, J. (2013). Researcher allegiance in psychotherapy outcome research: An overview of reviews. *Clinical Psychology Review*, 33, 501-511.

## 20) Solution-Focused Therapy

[www.sfbta.org](http://www.sfbta.org)

<https://solutionfocused.net/>

De Shazer, S., Berg, I. K., Lipchik, E., Nunnally, E., Molnar, A., Gingerich, W., Weiner-Davis, M (1986). Brief therapy: Focused solution development. *Family Process*, 25, 207-222.

Franklin, C., Zhang, A., Froerer, A., & Johnson, S. (2016). Solution focused brief therapy: A systematic review and meta-summary of process research. *Journal of Marital and Family Therapy*, 43(1), 16-30.



- Gingerich, W. J. & Peterson, L. T. (2012). Effectiveness of solution-focused brief therapy: A systematic qualitative review of controlled outcome studies. *Research on Social Work Practice, 23*(3), 266-283.
- Kim, J., Smock Jordan, S., Franklin, C., & Froerer, A. (2019). Is solution-focused brief therapy evidence-based? An Update 10 years later. *Families in Society: The Journal of Contemporary Social Services, 100*(2), 127-138.
- Neipp, M., Beyebach, M., Nunez, R. M., & Martinez-Gonzalez, M. (2015). The effect of solution-focused versus problem-focused questions: A replication. *Journal of Marital and Family Therapy, 42*(3), 525-535.

## 21) Healthy Relationships

- Anderson, J. R. (2020). Inviting autonomy back to the table: The importance of autonomy for healthy relationship functioning. *Journal of Marital and Family Therapy, 46*(1), 3-14. doi:10.1111/jmft.12413
- Davila, J., et al. (2017). Romantic competence, healthy relationship functioning, and well-being in emerging adults. *Personal Relationships, 24*, 162-184. doi: 10.1111/pere.12175
- Kothari, B. H., Blakeslee, J., & Miller, R. (2020). Individual and interpersonal factors associated with psychosocial functioning among adolescents in foster care: A scoping review. *Children and Youth Services Review, 118*, 1-12. 105454
- Kulkarni, S. J., Kohl, P. L., & Edmond, T. (2020). From "stop family violence" to "build healthy relationships to end violence": The journey to reenvision a grand challenge (Commentary). *Social Work, 65*(4), 401-405. Doi:10.1093/sw/swaa038.

## 22) Healthy Sexuality

- Herbenick, D., Bowling, J., Fu, T.-C. (Jane), Dodge, B., Guerra-Reyes, L., & Sanders, S. (2017). Sexual diversity in the United States: Results from a nationally representative probability sample of adult women and men. *PLoS ONE, 12*(7): e0181198. <https://doi.org/10.1371/journal.pone.0181198>
- Rodrigues, A. (2021). Teenagers, Digital Sexual Behavior, and the TEAMS Approach. *The New Circle Magazine*. Safer Society Press.
- Ryan, G. (2010). Sexually abusive youth: Defining the problem and the population. In G. Ryan, T. Lleversee, & S. Lane (Eds.), *Juvenile Sexual Offending: Causes, Consequences, and Correction, 3rd edition* (pp. 3-8). Hoboken, NJ: John Wiley & Sons.

[Sexual and Reproductive Health and Research \(SRH\) \(who.int\)](#)

[http://www.nsvrc.org/sites/default/files/saam\\_2015\\_what-is-healthy-sexuality-and-consent.pdf](http://www.nsvrc.org/sites/default/files/saam_2015_what-is-healthy-sexuality-and-consent.pdf)

## 23) Functional Behavior Assessment

- Cooper, J. O., Heron, T. E., & Heward, W. L. (2007). Functional Behavior Assessment (pp.500-524). *Applied Behavior Analysis (2nd Ed.)*. Columbus, OH: Pearson Merrill Prentice Hall.
- Iwata, B. A. & Worsdell, A. S. (2005). Implications of functional analysis methodology for the design of intervention programs. *Exceptionality, 13*(1), 25-34.

## 24) RNR (Risk-Needs-Responsivity) Model

- Andrews, D. A., & Bonta, J. (2010). *The psychology of criminal conduct* (5th ed.). New Providence, NJ: Matthew Bender & Company, Inc.
- Andrews, D. A., Bonta, J & Wormith J. S. (2011). The Risk-Need-Responsivity (RNR) Model: Does Adding the Good Lives Model Contribute to Effective Crime Prevention? *Criminal Justice and Behavior, 38*(7), 735-755.
- Bonta, J. & Andrews, D. A. (2017). *The psychology of criminal conduct* (6th ed.). New York: Routledge.

## 25) Good Lives Model

- Collie, R., Ward, T., Ayland, L., & West, B. (2007). The Good Lives Model of Rehabilitation: Reducing Risks and Promoting Strengths with Adolescent Sexual Offenders. In Calder, M.C. (Ed.), *Working with children and young people who sexually abuse: Taking the field forward* (pp. 53-64). Dorset, UK: Russell House.
- Ward, T. & Marshall, W. L. (2004). Good lives, aetiology and the rehabilitation of sex offenders: A bridging theory. *Journal of Sexual Aggression, 10* (2), 153-169.
- Wilson, R. J. & Yates, P. M. (2009). Effective interventions and the Good Lives Model: Maximizing treatment gains for sexual offenders. *Aggression and Violent Behavior, 14*, 157-161.

## 26) Positive Psychology

- Linley P. A. and Joseph, S. (Eds.). (2004). *Positive psychology in practice*. Hoboken, NJ: Wiley.
- Seligman, M. E. P., Steen, T. A., Park, N. and Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist, 60*(5), 410-421.
- Snyder, C. R. & Lopez, S. J. (Eds.) (2009). *Oxford handbook of positive psychology*. Oxford: Oxford University Press.
- [www.authentichappiness.org](http://www.authentichappiness.org)

27) Developmental Assets

Benson, P. L. (2006). *All kids are our kids: What communities must do to raise caring and responsible children and adolescents* (2<sup>nd</sup> Ed). San Francisco: Jossey-Bass.

Search Institute: [www.search-institute.org](http://www.search-institute.org) 40 Developmental Assets

28) Basic Helping & Interviewing Skills

Egan, G. (2006). *Essentials of skilled helping: Managing problems, developing opportunities*. Belmont, CA: Thomson Wadsworth.

Cormier, S., Nurius, P.S., & Osborn, C.J. (2013). *Interviewing and change strategies for helpers* (7<sup>th</sup> ed.) Belmont, CA: Brooks/Cole.

Miller, W. R., & Rollnick, S. (2013). *Motivational interviewing: Helping people change* (3rd edition). Guilford Press.

29) Multiple Intelligence

Gardner, H. (1999). *Intelligence reframed: Multiple intelligence for the 21st century*. New York: BasicBooks.

Kornhaber, M., Fierros, E., & Veenema, S. (2004). *Multiple Intelligences: Best ideas from research and practice*. Boston: Pearson/ Allyn & Bacon.

Weber, E. (2005). *MI strategies in the classroom and beyond: Using roundtable learning*. Boston: Pearson/Allyn & Bacon.

30) Holistic (Biopsychosocial & Ecological Model)

Bronfenbrenner, U. (2001). The bioecological theory of human development. In N. J. Smelser & P.B. Baltes (Eds.), *International encyclopedia of the social and behavioral sciences* (Vol. 10, pp. 6963-6970). New York: Elsevier.

Dodge, K. A., & Pettit, G. S. (2003). A biopsychosocial model of the development of chronic conduct problems in adolescence. *Developmental Psychology*, 39 (2), 349-371.

Leversee, T. & Powell, K. M. (2017). Beyond risk management to a more holistic model for treating adolescents who have engaged in sexually abusive behavior. In B. Schwartz (Ed.), *Sexually Abusive Behavior in Youth: A Handbook of Theory, Assessment, and Treatment (20:1-37)*. Kingston, NJ: Civic Research Institute.

31) Respectful Language/ Being Sensitive to Labels

American Psychological Association (2010). *Publication manual of the American Psychological Association* (6<sup>th</sup> ed.), pp. 72. Washington, DC: APA.

Cuttler, C. & Ryckman, M. (2019). Don't call me delusional: Stigmatizing effects of noun labels on people with mental disorders. *Stigma & Health*, 4(2), 118-125  
<https://doi.org/10.1037/sah0000132>

Harris, A. J. & Socia, K. M. (2016). What's in a name? Evaluating the effects of the "sex offender" label on public opinions and beliefs. *Sexual Abuse: A Journal of Research and Treatment*, 28(7), 660-678. DOI: 10.1177/1079063214564391

Jensen, M. E., Pease, E. A., Lambert, K., Hickman, D. R., Robinson, O, McCoy, K. T., ...& Kenerson King, J. (2013). Championing person-first language: A call to psychiatric mental health nurses. *Journal of the American Psychiatric Nurses Association*, 19(3), 146-151.

Willis, G. M. (2018). Why call someone by what we don't want them to be? The ethics of labeling in forensic/correctional psychology. *Psychology, Crime, & Law*, 1-17.

Willis, G. M., Ackerman, A., & Prescott, D. (2018). Person-first language: Establishing a culture that transcends labels. *SAJRT Blog*, May 2.

Willis, G. M. & Letourneau, E. J. (2018). Promoting accurate and respectful language to describe individuals and groups. *Sexual Abuse*, 30(5), 480-483.

32) Adverse Childhood Experiences (ACE-Responsive) Info

Anda, R. F. & Felitti, V. J. (2003). Origins and essence of the study. *ACE Reporter*, 1(1), 1-4.

Baglivio, M. T., Epps, N., Swartz, K., Sayedul Huq, M., Sheer, A., & Hardt, N. S. (2014). The prevalence of adverse childhood experiences (ACE) in the lives of juvenile offenders. *OJJDP Journal of Juvenile Justice*, 3(2), 1-18.

Carlson, J. S., Yohannan, J., Darr, C. L., Turley, M. R., Larez, N. A., & Perfect, M. M. (2018). Prevalence of adverse childhood experiences in school-aged youth: A systematic review (1990-2015). *International Journal of School & Educational Psychology*, <https://doi.org/10.1080/21683603.2018.1548397>.

Clancy, S. A. (2009). *The trauma myth: The truth about the sexual abuse of children- and its aftermath*. New York: Basic Books.

Creeden, K. J. (2006). Trauma and Neurobiology: Considerations for the Treatment of Sexual Behavior Problems in Children and Adolescents. In Longo, R.E. & Prescott, D.S. (Eds.) *Current perspectives: Working with sexually aggressive youth and youth with sexual behavior problems* (pp. 395-418). Holyoke, MA: NEARI Press

- Crouch, E., Probst, J. C., Radcliff, E., Bennett, K. J., & Hunt McKinney, S. (2019). Prevalence of adverse childhood experiences (ACEs) among US children. *Child Abuse & Neglect, 92*, 209-218.
- Jespersen, A.F., Lalumiere, M. L., Seto, M. C. (2009). Sexual abuse history among adult sex offenders and non-sex offenders: A meta-analysis. *Child Abuse & Neglect, 33*, 179-192.
- Levenson, J. S., Willis, G. M. & Prescott, D. S. (2015). Adverse childhood experiences in the lives of female sex offenders: *Sexual Abuse: A Journal of Research and Treatment, 27*(3), 258-283. doi:10.1177/1079063214544332.
- Levenson, J. S., Willis, G. M. & Prescott, D. S. (2016). Adverse childhood experiences in the lives of male sex offenders: Implications for trauma-informed care. *Sexual Abuse: A Journal of Research and Treatment, 28*(4), 340-359. doi:10.1177/1079063214535819.
- Reavis, J. Looman, J., Franco, K. & Rojas, B. (2013). Adverse childhood experiences and adult criminality: How long must we live before we possess our own lives? *The Permanente Journal, 17*, 44-48.
- Turner, D., Wolf, A. J., Barra, S., Muler, M., Gregorio Hertz, P., Huss, M., Tuscher, O., & Retz, W. (2020). The association between adverse childhood experiences and mental health problems in young offenders. *European Child & Adolescent Psychiatry*, <https://doi.org/10.1007/s00787-020-01608-2>.
- Walsh, K., Blaustein, M., Knight, W. G., Spinazzola, J., van der Kolk, B. A. (2007). Resiliency factors in the relation between childhood sexual abuse and adulthood sexual assault in college-age women. *Journal of Child Sexual Abuse, 16*(1), 1-17.
- Wampold, B. E., Imel, Z. E., Laska, K. M., Benish, S., Miller, S. D., Fluckiger, C., Del Re, A. C., Baardseth, T. P., & Budge, S. (2010). Determining what works in the treatment of PTSD. *Clinical Psychology Review, 30*, 923-933.
- Weir, K. (2011). The exercise effect. *APA Monitor on Psychology, 42*(11), 48-52.

### 33) Adversity & Positive Outcomes (Post Traumatic Growth; Positive Life Changes; Benefit-Finding; Benefit-Reminding; Resiliency; Stealing Effect)

- Cohen, J. A., Mannarino, A. P., Kliethermes, M., & Murray, L.A. (2012). Trauma-focused CBT for youth with complex trauma. *Child Abuse & Neglect, 36*, 528-541.
- Collier, L. (2016). Growth after Trauma. *Monitor on Psychology, 47*(10), 48-52.
- Frazier, P.A. & Berman, M. I. (2008). Posttraumatic growth following sexual assault. In S. Joseph & P.A. Linley (Eds.), *Trauma, recovery, and growth: Positive psychological perspectives on posttraumatic stress* (pp. 161-181). Hoboken, NJ: John Wiley & Sons.
- Helgeson, V. S., Reynolds, K.A., & Tomich, P.L. (2006). A meta-analytic review of benefit finding and growth. *Journal of Consulting and Clinical Psychology, 74*(5), 797-816.
- Holtge, J., McGee, S. L., Maercker, A., & Thoma, M. V. (2018). A salutogenic perspective on adverse experiences: The curvilinear relationship of adversity and well-being. *European Journal of Health Psychology, 25*(2), 53-69.
- Joseph, S. & Butler, L. D. (2010). Positive changes following adversity. *PTSD Research Quarterly, 21*(3), 1-8.
- Joseph, S. & Linley, P.A. (Eds.) (2008). *Trauma, recovery, and growth: Positive psychological perspectives on posttraumatic stress*. Hoboken, NJ: John Wiley & Sons.
- Meyerson, D. A., Grant, K. E., Smith-Carter, J., & Kilmer, R. P. (2011). Posttraumatic growth among children and adolescents: A systematic review. *Clinical Psychology Review, 31*, 949-964.
- Schaefer, L. M., Howell, K. H., Schwartz, L. E., Bottomley, J. S., & Crossnine, C. B. (2018). A concurrent examination of protective factors associated with resilience and posttraumatic growth following childhood victimization. *Child Abuse & Neglect, 85*, 17-27.
- Seery, M. D. (2011). Resilience: A silver lining to experiencing adverse life events? *Current Directions in Psychological Science, 20*(6), 390-394.
- Seery, M. D., Leo, R. J., Lupien, S. P., Kondrak, C. L., & Almonte, J. L. (2013). An upside to adversity? Moderate cumulative lifetime adversity is associated with resilient responses in the face of controlled stressors. *Psychological Science, 24*(7), 1181-1189.
- Tedeschi, R. G. & Kilmer R. P. (2005). Assessing strengths, resilience, and growth to guide clinical interventions. *Professional Psychology: Research and Practice, 36*(3), 230-237.

### 34) Complex Trauma

- Arvidson, J., Kinniburgh, K., Howard, K., Spinazzola, J., Strothers, H. Evans, M. Andres, B. Cohen, C. & Blaustein, M. E. (2011). Treatment of complex trauma in young children: Developmental and cultural considerations in application of the ARC intervention model. *Journal of Child & Adolescent Trauma, 4*, 34-51.
- Cook, A, Spinazzola, J., Ford, J., Lanktree, C., Blaustein, M., Cloitre, M., DeRosa, R., Hubbard, R., Kagan, R., Liautaud, J., Mallah, K., Olafson, E., & van der Kolk, B. (2005). Complex trauma in children and adolescents. *Psychiatric Annals, 35* (5), 390-398.
- Courtois, C. A. (2008). Complex trauma, complex reactions: Assessment and treatment. *Psychological Trauma: Theory, Research, Practice, and Policy, 5* (1), 86-100.

Courtois, C. A. & Ford, J.D. (2009). *Treating complex traumatic stress disorder: An evidenced-based guide*. New York: The Guilford Press.

Ford, J.D. & Cloitre, M. (2009). Best practices in psychotherapy for children and adolescents. In C. A. Courtois & J. D. Ford (Eds.), *Treating complex traumatic stress disorder: An evidenced-based guide*. New York: The Guilford Press.

### 35) Trauma/ Anxiety Self Help Websites

Child Trauma Academy (Bruce Perry's website): [www.childtrauma.org](http://www.childtrauma.org)

National Center for Children Exposed to Violence: <http://www.nccev.org/>

National Center for Victims of Crime: <http://www.ncvc.org>

<http://www.apa.org/pi/families/resources/task-force/child-trauma.aspx>

### 36) Attachment & Interventions

Biglan, A., Flay, B.R., Embry, D.D., & Sandler, I.N. (2012). The critical role of nurturing environments for promoting human well-being. *American Psychologist*, *67*(4), 257-271.

Bowlby, J. (1988). *A secure base: Parent-child attachment and healthy human development*. New York: Basic Books.

Creeden, K.J. (2009). How trauma and attachment can impact neurodevelopment: Informing our understanding and treatment of sexual behavior problems. *Journal of Sexual Aggression*, *15*(3), 261-273.

Dozier, M., Lindhiem, O., Lewis, E., Bick, J., Bernard, K., & Peloso, E. (2009). Effects of a foster parent training program on young children's attachment behaviors: Preliminary evidence from a randomized clinical trial. *Child and Adolescent Social Work Journal*, *26*, 321-332.

### 37) Prevention of Child Abuse, Cycle of Abuse, & Intimate Partner Violence

Assink, M., van der Put, C. E., Meeuwssen, M. W. C. M., de Jong, N. M., Oort, F. J., Stams, G. J. J. M., & Hoeve, M. (2019). Risk factors for child sexual abuse victimization: A meta-analytic review. *Psychological Bulletin*, <http://dx.doi.org/10.1037/bu10000188>.

Craig, E. (2021). Teaching safeguarding through books: A content Analysis of child sexual abuse prevention books. *Journal of Child Sexual Abuse*, 1-19, <https://doi.org/10.1080/10538712.2021.1985672>

Kenny, M. C. & Wurtele, S. K. (2012). Preventing childhood sexual abuse: An ecological approach. *Journal of Child Sexual Abuse*, *21*, 361-367. DOI: 10.1080/10538712.2012.675567

Mendelson, T. & Letourneau, E. J. (2015). Parent-focused prevention of child sexual abuse. *Prevention Science*, *16*, 844-852.

Meng, X., Fleury, M.-J., Xiang, Y.-T., Li, M., & D'Arcy, C. (2018). Resilience and protective factors among people with a history of child maltreatment: A systematic review. *Social Psychiatry and Psychiatric Epidemiology*, *53*, 453-475.

Ridings, L. E., Beasley, L. O., & Silovsky, J. F. (2017). Consideration of risk and protective factors for families at risk for child maltreatment: An intervention approach. *Journal of Family Violence*, *32*, 179-188.

Rudolph, J., Zimmer-Gembeck, M. J., Shanley, D. C., & Hawkins, R. (2018). Child sexual abuse prevention opportunities: Parenting, programs, and the reduction of risk. *Child Maltreatment*, *23*(1), 96-106.

Tharp, A. T., DeGue, S., Valle, L. A., Brookmeyer, K. A., Massetti, G. M., & Matjasko, J. L. (2012). A systematic qualitative review of risk and protective factors for sexual violence perpetration. *Trauma, Violence, & Abuse*, 1-35.

Whitaker, D. J., Murphy, C. M., Eckhardt, C. I., Hodges, A. E., & Cowart, M. (2013). Effectiveness of primary prevention efforts for intimate partner violence. *Partner Abuse*, *4*(2), 175-195.

Wright, K. A., Turanovic, J. J., O'Neal, E. N., Morse, S. J., & Booth, E. T. (2019). The cycle of violence revisited: Childhood victimization, resilience, and future violence. *Journal of Interpersonal Violence*, *34*(6), 1261-1286.

Wurtele, S. K. & Kenny, M. C. (2010). Partnering with parents to prevent childhood sexual abuse. *Child Abuse Review*, *19*, 130-152. DOI: 10.1002/car.1112.

Wurtele, S. K. & Kenny, M. C. (2011). Normative sexuality development in childhood: Implications for developmental guidance and prevention of childhood sexual abuse. *Counseling and Human Development*, *43*(9), 1-24.

Yoon, S. (2018). Fostering resilient development: Protective factors underlying externalizing trajectories of maltreated children. *Journal of Child and Family Studies*, *27*, 443-452.

### 38) Safe, Stable, Nurturing Relationships (SSNR)

Herrenkohl, T. I., Klika, J. B., Brown, E. C., Herrenkohl, R. C., & Leeb, R. T. (2013). Tests of the mitigating effects of caring and supportive relationships in the study of abusive disciplining over two generations. *Journal of Adolescent Health*, *53*, S18-S24.

- Jaffee, S.R., Bowes, L., Ouellet-Morin, I., Fisher, H. L., Moffitt, T. E., Merrick, M.T., & Arseneault, L. (2013). Safe, stable, nurturing relationships break the intergenerational cycle of abuse: A prospective nationally representative cohort of children in the United Kingdom. *Journal of Adolescent Health, 53*, S4-S10.
- Jaffee, S.R., Takizawa, R., & Arseneault, L. (2017). Buffering effects of safe, supportive, and nurturing relationships among women with childhood histories of maltreatment. *Psychological Medicine, 47*, 2628-2639.
- Litrownik, A. J. (2013). Advances in understanding intergenerational transmission of parenting practices and the role of safe, stable, and nurturing relationships: Comments on a promising approach, practical application, and some cautions (Commentary). *Journal of Adolescent Health, 53*, S42-S43.
- Schofield, T.J., Lee, R.D., & Merrick, M.T. (2013). Safe, stable, nurturing relationships as a moderator of intergenerational continuity of child: A meta-analysis. *Journal of Adolescent Health, 53*, S32-S38.
- Thornberry, T. P., Henry, K. L., Smith, C. A., Ireland, T.O., Greenman, S. J., & Lee, R. D. (2013). Breaking the cycle of maltreatment: The role of safe, stable, nurturing relationships. *Journal of Adolescent Health, 53*, S25-S31.
- Turner, H. A., Merrick, M. T., Finkelhor, D., Hamby, S., Shattuck, A., & Henly, M. (Sept 2017). The prevalence of safe, stable, nurturing relationships among children and adolescents. *OJJDP Juvenile Justice Bulletin*.

[https://www.cdc.gov/violenceprevention/pdf/cm\\_strategic\\_direction--long-a.pdf](https://www.cdc.gov/violenceprevention/pdf/cm_strategic_direction--long-a.pdf)

<https://www.cdc.gov/violenceprevention/pdf/ssnrs-for-parents.pdf>

<https://www.cdc.gov/violenceprevention/childabuseandneglect/essentials.html>

### 39) Enhancing Openness/ Reducing Defensiveness

- Walton, J. S. (2019). The evolutionary basis of belonging: Its relevance to denial of offending and labelling those who offend. *Journal of Forensic Practice, 21*(4), 202-211.
- Wenzel, M., Woodyatt, L., & Mclean, B. (2020). The effects of moral/social identity threats and affirmations on psychological defensiveness following wrongdoing. *British Journal of Social Psychology, 59*, 1062-1081.

### 40) Well-Being: Character/ Personality Qualities

- Anglim, J., Horwood, S., Smillie, L. D., Marrero, R. J., & Wood, J. K. (2020). Predicting psychological and subjective well-being from personality: A meta-analysis. *Psychological Bulletin, 146*(4), 279-323. <http://dx.doi.org/10.1037/bul0000226>
- Sun, J., Kaufman, S. B., & Smillie, L. D. (2018). Unique association between big five personality aspects and multiple dimensions of well-being. *Journal of Personality, 86*(2), 158-172.

### 41) Sociocultural Responsiveness

- Andoh, E. (April/May 2021). Psychology's urgent need to dismantle racism. *APA Monitor on Psychology, 38-45*.
- Gone, J. P., Hartmann, W. E., Pomerville, A., Wendt, D. C., Klem, S. H., & Burrage, R. L. (2019). The impact of historical trauma on health outcomes for indigenous populations in the USA and Canada: A systematic review. *American Psychologist, 74*(1), 20-35.
- Skewes, M. C. & Blume, A. W. (2019). Understanding the link between racial trauma and substance abuse among American Indians. *American Psychologist, 74*(1), 88-100.
- Thomas, D. Mitchell, T., & Arseneau, C. (2015). Re-evaluating resilience from individual vulnerabilities to strength of cultures and collectives among indigenous communities. *Resilience*, doi: 10.1080/21693293.2015.1094174
- Umaña-Taylor, A. J., & Hill, N. E. (2020). Ethnic-racial socialization in the family: A decade's advance on precursors and outcomes. *Journal of Marriage and Family, 82*, 244-271. Doi: 10.1111/jomf.12622.
- Umaña-Taylor, A. J., Kornienko, O., Douglass Bayless, S., & Updegraff, K. A. (2018). A universal intervention program increases ethnic-racial identity exploration and resolution to predict adolescent psychosocial functioning one year later. *Journal of Youth & Adolescence, 47*, 1-15. doi: 10.1007/s10964-017-0766-5
- Weir, K. (June 2021). Raising anti-racists children. *APA Monitor on Psychology, 53-61*.

### 42) Self-Care & Burnout Prevention

- Collins, M. H. & Cassill, C. K. (2021). Psychological wellness and self-care: An ethical and professional imperative. *Ethics & Behavior, 1-13*.  
<https://doi.org/10.1080/10508422.2021.1971526>
- O'Connor, K., Muller Neff, D., & Pitman, S. (2018). Burnout in mental health professionals: A systematic review and meta-analysis of prevalence and determinants. *European Psychiatry, 53*, 74-99. doi:10.1016/j.eurpsy.2018.06.003
- Rupert, P. A. & Dorociak, K. E. (2019). Self-care, stress, and well-being among practicing psychologists. *Professional Psychology: Research and Practice, 50*(5), 343-350. <http://dx.doi.org/10.1037/pro0000251>