

References

- Ainsworth, M.D., Blehar, M.C., Waters, E., & Wall, S. (1978). *Patterns of Attachment: A Psychological Study of the Strange Situation*. Hillsdale, NJ: Lawrence Erlbaum Associates, Inc.
- Allison, K.L., & Rossouw, P.J. (2013). The therapeutic alliance: Exploring the concept of “safety” from a neuropsychotherapeutic perspective. *International Journal of Neuropsychotherapy*, 1, 21-29. Doi: 10.12744/ijnpt.2013.0021-0029.
- Bowlby, J. (1988). *A Secure Base: Parent-child Attachment and Healthy Human Development*. New York: Basic Books Inc.
- Chiang, L., Ma, W., Huang, J., Tseng, L., & Hsueh, K. (2009). Effect of relaxation-breathing training on anxiety and asthma signs/symptoms of children with moderate-to-severe asthma: A randomized controlled trial. *International Journal of Nursing Studies*, 46(8), 1061-1070. doi:10.1016/j.ijnurstu.2009.01.013
- Cohen, J. A. (1998). Practice parameters for the assessment and treatment of children and adolescents with posttraumatic stress disorder. *Journal of the American Academy of Child & Adolescent Psychiatry*, 37(10), 4S-26S. doi:10.1097/00004583-199810001-00002
- Cozolino, L. (2010). *The Neuroscience of Psychotherapy: Healing the Social Brain*. New York: WW Norton & Company.

Department for Child Protection. (2015). *Child development and trauma guide*. WA: Government of Western Australia. Retrieved from <https://www.dcp.wa.gov.au/Child>

Protection/ChildAbuseAndNeglect/Documents/ChildDevelopmentAnd TraumaGuide.pdf

Department of Education and Early Childhood Development. (2012). *Literature review –a*

trauma-sensitive approach for children aged 0-8years. Victoria: State Government

Victoria. Retrieved from <http://www.whealth.com.au/documents/work/trauma>

/LiteratureReview.pdf

Doidge, N. (2010). *The Brian That Changes Itself*. Melbourne: Scribe Publications Pty Ltd.

Friedberg, B. A., Friedberg, R. D., Crosby, L. E., Rutter, J. G., & Knight, K. R. (1999). Making cognitive behavioral therapy user-friendly to children. *Cognitive and Behavioral Practice*, 6(3), 189-200. doi:10.1016/S1077-7229(99)80076-5

Grawe, K. (2007). *Neuropsychotherapy: How The Neurosciences Inform Effective Psychotherapy*. NY, USA: Taylor & Francis Group, LLC.

Harnett, P. H., & Dawe, S. (2012; 2011). The contribution of mindfulness-based therapies for children and families and proposed conceptual integration. *Child and Adolescent Mental Health*, 17(4), 195-208. doi:10.1111/j.1475-3588.2011.00643.x

Harvey, A.G., Bryant, R.A., & Tarrier, N. (2003). Cognitive behaviour therapy for posttraumatic stress disorder. *Clinical psychology review*, 23, (3), 501-522. doi: 10.1016/S0272-7358(03)00035-7.

- Heim, C., & Nemeroff, C. B. (2001). The role of childhood trauma in the neurobiology of mood and anxiety disorders: Preclinical and clinical studies. *Biological Psychiatry*, 49(12), 1023-1039. doi:10.1016/S0006-3223(01)01157-X
- Heim, C., Newport, D. J., Bonsall, R., Miller, A. H., & Nemeroff, C. B. (2001). Altered pituitary-adrenal axis responses to provocative challenge tests in adult survivors of childhood abuse. *The American Journal of Psychiatry*, 158(4), 575-581. doi:10.1176/appi.ajp.158.4.575
- Hisli Sahin, N., Yilmaz, B., & Batigun, A. (2011). Psychoeducation for children and adults after the marmara earthquake: An evaluation study. *Traumatology*, 17(1), 41-49. doi:10.1177/1534765610395624
- Hölzel, 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. doi:10.1016/j.psychresns.2010.08.006
- Liehr, P., & Diaz, N. (2010). A pilot study examining the effect of mindfulness on depression and anxiety for minority children. *Archives of Psychiatric Nursing*, 24(1), 69-71. doi:10.1016/j.apnu.2009.10.001
- Lohaus, A., Klein-Hessling, J., Vögele, C., & Kuhn-Hennighausen, C. (2001). Psychophysiological effects of relaxation training in children. *British Journal of Health Psychology*, 6(Pt 2), 197. Retrieved from <https://s3.amazonaws.com/objects.readcube.com/articles/downloaded/wiley/1322928c73f53996062e9d7033217ca0302224b1bb6d860a3248e7596bc6fb3c.pdf?AWSAccessKeyId=AKIAIJZYFKH6APDFT3HA&Exp>

ires=1431129600&Signature=VqYIXvp8FQnCT3QtEt1rJolCtZs%3D&response-content-type=application%2Fpdf

Mendelson, T., Greenberg, M. T., Dariotis, J. K., Gould, L. F., Rhoades, B. L., & Leaf, P. J. (2010). Feasibility and preliminary outcomes of a school-based mindfulness intervention for urban youth. *Journal of Abnormal Child Psychology*, 38(7), 985-994.

doi:10.1007/s10802-010-9418-x

Miller, G. E., Chen, E., & Zhou, E. S. (2007). If it goes up, must it come down? Chronic stress and the hypothalamic-pituitary-adrenocortical axis in humans. *Psychological Bulletin*, 133(1), 25-45. doi:10.1037/0033-2909.133.1.25

Ong, S. H., & Caron, A. (2008). Family-based psychoeducation for children and adolescents with mood disorders. *Journal of Child and Family Studies*, 17(6), 809-822.

doi:10.1007/s10826-008-9191-4

Palmer, L., Farrar, A., & Schmitt, B. (2000). The impact of psychological trauma on language in school age children. *Archives of Clinical Neuropsychology*, 15(8), 798-798.

doi:10.1016/S0887-6177(00)80269-3

Rossouw, P.J. (2013). The end of the medical model: Recent findings in neuroscience regarding antidepressant medication and the implications for neuropsychotherapy. *The Neuropsychotherapist*. Retrieved from <http://www.neuropsychotherapist.com/wp-content/uploads/2013/01/endmedicalmodel.pdf>

Rossouw, P.J. (2014). *Neuropsychotherapy: Theoretical Underpinnings and Clinical Applications*. USA: Mediros Pty Ltd.

Schonert-Reichl, K.A., & Lawlor, M.S. (2010). The Effects of a Mindfulness-Based Education Program on Pre- and Early Adolescents' Well-Being and Social and Emotional Competence, 1, (3), 137-151. doi: 10.1007/s12671-010-0011-8

Sharf, R.S. (2012). *Theories of Psychotherapy and Counselling: Concepts and Cases*. Belmont, USA: Brooks/Cole.

Siegel, D. (2010). *The Mindful Therapist: A Clinicians Guide to Mindsight and Neural Integration*. New York: W.W. Norton & Company.

Total Body Psychology. (2015). *The Stress Response...and how it relates to the HPA Axis!*
Retrieved from <http://www.total-body-psychology.com.au/stress-response---hpa-axis.html>.