

REFERENCES AND RESOURCES UPDATED BY KAREN MOORE 2-2012

Internet Resources and Supplies

Bosu Balance Trainer www.bosu.com

Brain Gym Movement Exercises for Whole Brain Learning
edukfd@earthlink.net

ROM Dance Program - Gentle exercise and relaxation Videos
www.taichihealth.com/indexrom.html

Strong Women and Men Books Great safe exercise programs!
www.strongwomen.com/books/

Calmer By Nature Relaxation Video - Barry Wheelock
www.calmerbynature.com

Ocean Relaxation Videos - Digital Aquariums
www.oceanrelaxation.com/

Weighted Modalities

Sommerfly OT designed weighted blankets and many other items
<http://www.sommerfly.com/>

Cozy Calm weighted lap pads & blankets www.cozycalm.com

Wall Murals

<http://www.muralsuperstore.com/index.htm>

Sensory Supplies

Lava and Motion Lamps - Target

Sound and Aroma Therapy Supplies - Target

Mindfold sleep and meditation mask <http://www.mindfold.com/>

Beanbag Chairs and Video Rockers - Target
<http://www.target.com>

Novel sensory supplies <http://www.ozmofun.com/>

Gel-E-Seat, green lap pad - product # 031471 www.schoolspecialtyonline.com

Biodots <http://www.6seconds.org/xcart/product.php?productid=72&cat=0>

Inexpensive puzzle books, word search puzzles books, Sudoku books
www.pennydellpuzzles.com

Adult/teen coloring books, mazes www.dovepublications.com

Miscellaneous Inexpensive Supplies

Oriental Trading Company www.oriental.com

Rhode Island Novelty <http://www.rinovelty.com/>

Free On-line Resources

Mindful Mediations click play for various meditations which can be downloaded onto your iTunes Player or mp3 <http://marc.ucla.edu/body.cfm?id=22>

Relaxation Videos - www.youtube.com Type in *progressive relaxation* and choose from selection. See example selection below.

Progressive Muscle Relaxation Innerhealth studio:
<http://www.youtube.com/watch?v=HFwCKKa--18>

Online puzzles www.puzzles.com

Online puzzles www.puzzlesabout.com

RESOURCES FOR SENSORY APPROACHES TO TREATMENT

As follow-up to this training it is highly recommended that all facilities have a copy or access to the following resources that help to guide safe treatment and use of sensory modalities.

The Sensory Connection Program: Activities for Mental Health Treatment Karen Moore, OTR/L



"The Sensory Connection Program represents a vividly imaginative and theoretically sound occupational therapy intervention program for adults with mental health problems. The author was energized to develop this program when she discovered the impact of sensory-based activities when used with some of her more complicated clients. After a decade of intense study, research, and program development she now presents this program in its entirety." Patricia Wilbarger, MEd, OTR, FAOTA.

The Program consists of two books, both integral to the program design. The Manual contains instructional information, essential guidelines for group and individual treatment and environmental interventions, along with clinical examples and wonderful clinical stories that exemplify program possibilities and experiences. The Handbook contains all the informational sheets and directions needed to conduct the program for group and individual treatment activities. All items in the Handbook are conveniently cross-referenced to the chapters in the Manual. Note: Both the Manual and the Handbook are required to fully implement the program. Manual and Handbook \$47.50

Available through Therapro at
http://www.theraproducts.com/index.php?main_page=product_therapro_info&products_id=321031

Tina Champagne

Sensory Modulation & Environment: Essential Elements of Occupation, Third Edition

\$69.99

Includes a CD of all enclosed worksheets, assessment tools and educational resources
The third edition of the Sensory Modulation & Environment handbook is an excellent resource full of practical information created primarily for use with adolescent, adult and geriatric populations in mental health services. It explores the entirety of sensory modulation applications: theory through practice.

Available in products section <http://www.ot-innovations.com>

Massachusetts Department of Mental Health Resource Guide: Creating Positive Cultures of Care

Excellent resource developed as part of their ongoing restraint/seclusion reduction initiative. Very impressive contributors including Beth Caldwell and Tina Champagne

To order copies e-mail dmhinfo@dmh.state.ma.us

Available on line: <http://www.mass.gov> follow links for restraint/seclusion initiative

References 2 - 2012

Internet resources and articles:

Note: These articles can be accessed through links in the References section of the Sensory Connection Program website: www.sensoryconnectionprogram.com

Mass DMH Resource Guide: Creating Positive Cultures of Care 2nd Edition

http://www.mass.gov/Eeohhs2/docs/dmh/rsri/restraint_resources.pdf

Mass DYS Safety Tool Protocol - excellent picture oriented tools to determine triggers and warning signs

http://www.mass.gov/Eeohhs2/docs/dmh/rsri/safety_tool_for_kids_sample.pdf

NASMHPD info on Restraint Reduction - supports use of comfort rooms

http://www.nasmhpd.org/general_files/publications/ntac_pubs/networks/SummerFall2002.pdf

Champagne, T. & Stromberg, N. (2004). Sensory approaches in inpatient psychiatric settings: Innovative alternatives to seclusion and restraint.

http://www.mass.gov/Eeohhs2/docs/dmh/rsri/sensory_article.pdf

Presentation by Tina Champagne on Weighted Blanket research (2007)

<http://www.ot->

[innovations.com/images/stories/PDF_Files/aota2007weighted_blanket_web_final_607.pdf](http://www.ot-innovations.com/images/stories/PDF_Files/aota2007weighted_blanket_web_final_607.pdf)

Busy hands may prevent symptoms of PTSD - Emily Holmes Research Study

<http://www.webmd.com/anxiety-panic/news/20040309/busy-hands-hard-times-prevent-ptsd>

The Body Keeps Score: Memory & the Evolving Psychology of PTSD Bessel van der Kolk

<http://www.trauma-pages.com/a/vanderk4.php>

retrieved 4/5/2010

The Origins of Human Love and Violence (1996) James Prescott, P.h.D., Institute of Humanistic Science

<http://www.violence.de/prescott/pppj/article.html>

VA/DoD Clinical Practice Guideline for the Management of Post-Traumatic Stress

http://ncptsd.va.gov/ncmain/ncdocs/nc_prod/VAPracticeGuidelines1_2004.pdf

Sensory Stories are a method to allow children with sensory modulation issues - sensory integration disorder, sensory integration dysfunction - to cope with everyday experiences.

<http://www.sensorystories.com/About.aspx>

Sensory Rooms

Ashby, M., Lindsay, W., Pitcaithly, D. Broxholme, S., & Green, N., (1995). Snoezelen: Its effects on concentration and responsiveness in people with profound multiple handicaps. *British Journal of Occupational Therapy*, 58 (7), 303-307.

Baker R. Bell S. Baker E. Gibson S. Holloway J. Pearce R. Dowling Z. Thomas P. Assay J. Wareing LA. (2001) A randomized controlled trial of the effects of multisensory stimulation for people with dementia. *The British Journal of Clinical Psychology* . 40(1) 81-96.

Champagne, T. (2007). Physical environment. In, Massachusetts Department of Mental Health (Eds.), *Developing Positive Cultures of Care: Resource Guide*. Boston, MA: Massachusetts Department of Mental Health.

Champagne, T. (2006). Creating Sensory Rooms: Environmental enhancements for acute mental health settings. *Mental Health Special Interest Section Quarterly*, 29 (4), 1-4.

Champagne, T. (2003). Creating nurturing environments and a culture of care. *Advance for Occupational Therapy*, 19 (19), 50.

Hope, K. (1996) Caring for older people with dementia: is there a case for multisensory environments? *Reviews in Clinical Gerontology*, 6, 169-175.

Hutchinson, R. & Haggard, L. (1991). *Snoezelen*. ROMPA: Chesterfield.

Hutchinson R (1991). *The Whittington Hall Snoezelen project* . North Derbyshire Health Authority.

Long, A., & Haig, L. (1992). How do clients benefit from Snoezelen? An exploratory study. *British Journal of Occupational Therapy*, 55, 103-106.

Moffat N, Barker P, Pinkney L (1993). *Snoezelen : an experience for people with dementia* . ROMPA. Chesterfield .

Morrissey, M. & Biela, C. (1997). Snoezelen. Benefits for nursing older clients. *Nursing Standard*, 12, 38-40.

Pinkey, L. (2000). Assessment of the multi-sensory environment. *British Journal of Therapy and Rehabilitation*, 7, (4), 158-162.

Pinkney L. (1998). Exploring the myth of multisensory environments. *British Journal Occupational Therapy* . 61(8).

Pinkney L. (1997). A comparison of the Snoezelen environment and a music relaxation group on mood and behaviour of patients with senile dementia. *British Journal Occupational Therapy* . 60(5); 209-212.

Robinson M (1990). Going Dutch with sensory stimulation. *TherapyWeekly* . Feb. 1; 4. ROMPA catalogue, ROMPA: Chesterfield .

Schofield P (1996). Snoezelen: its potential for people with chronic pain. *Complementary Therapies in Nursing and Midwifery* . 2. 9-12.

Shapiro M. Parush S. Green M. Roth D. (1997). The efficacy of the Snoezelen in the management of children with mental retardation who exhibit maladaptive behaviours. *The British Journal of Developmental Disabilities*. 43, part2, 85; p. 140-155.

Thompson S., & Martin, S. (1994). Making sense of multisensory rooms for people with learning disabilities. *British Journal Occupational Therapy*. 57 (9). 341-344.

Sensory Processing and Therapies

Ayres, J. (1979). *Sensory integration and the child*. Los Angeles: Western Psychological Services.

Baillon, S., van Diepen, E., Prettyman, R. (2002). Multi-sensory therapy in psychiatric care. *Advances in Psychiatric Treatment*, (8), 444-452.

Block, S., & Block, C. (2007) *Come to your senses: Demystifying the mind-body connection*. New York, NY: Atria Books.

Brack, J.C. (2004). *Learn to move, move to learn!* Shawnee Mission, KS: Autism Asperger Publishing Company

Bright, T., Bittizh, K., & Fleenan, B. (1981). Reduction of self-injurious behavior using SI techniques. *American Journal of Occupational Therapy*, 35 (3): 167-172.

- Brown, C. & Dunn, W. (2002). *Adolescent/ adult sensory profile*. San Antonio, TX.: Psychological Corporation.
- Brown C., Cromwell RL, Filion D, Dunn W, Tollefson N. (2002) Sensory processing in schizophrenia: missing and avoiding information. *Schizophrenia Research*, (55) 187-95.
- Butler, P., Abeles, I., Weiskopf, N., Tambini, A., Jalbrzikowski, M., Legatt, et al (2009). Sensory contributions to impaired emotional processing in schizophrenia. *Schizophrenia Bulletin*, 35, 1095-1107.
- Champagne, T. (2011). Expanding the focus: Addressing sensory discrimination concerns in mental health. *Mental Health Special Interest Section Quarterly*, 34 (1), 1-4.
- Champagne, T. (2010). Occupational Therapy in High-Risk and Special Situations. In Scheinholtz, ed. *Occupational Therapy in Mental Health*. Bethesda, MD: AOTA Press, 179-197.
- Champagne, T. (2005, March). Expanding the role of sensory approaches for acute inpatient psychiatry. *Mental Health Special Interest Section Quarterly*.
- Champagne, T. (2003). Creating nurturing environments and a culture of care. *Advance for Occupational Therapy*, 19 (19), 50.
- Champagne, T., Koomar, J., & Olson, J. (2010). Sensory processing evaluation and intervention in mental health. *OT Practice*, 15 (5), CE-1 - CE-7.
- Champagne, T. & Stromberg, N. (2004). Sensory approaches in inpatient psychiatric settings: Innovative alternatives to seclusion and restraint. *Journal of Psychosocial Nursing*, 42, 35-44.
- Chiel., H.J. & Beer, R.D. (1997). The brain has a body: Adaptive behavior emerges from interactions of the nervous system, body, and environment. *Trends in Neuroscience*, 20, 553-557.
- Dennison, P.E., Dennison, G.E. (1989). *Brain gym: A teacher's manual to explain, instruct, and facilitate movement activities for whole brain learning*. Ventura, CA: Edu-Kinesthetics, Inc.
- Dunn, W. (2007). *Living sensorially: Understanding your senses*. Philadelphia, PA: Jessica Kingsley Publishers.
- Dunn, W. (2001) The sensations of everyday life: empirical, theoretical, and pragmatic considerations. *American Journal of Occupational Therapy*, 55, (6), 608-620.
- Dunn, W. (1997). *Implementing neuroscience principles to support habilitation and recovery*. (chapter 8), in Christiansen, C. & Baum, C. (eds.), *Occupational Therapy: Enabling Function and Well-Being*. Slack, Inc., Thorofare, NJ. (p. 182-232).
- Gottfried, A. (1984). Touch as an organizer for learning and development. In C.C. Brown (Ed.), *The many facets of touch* (pp.114-122). Skillman, NJ: Johnson and Johnson Baby Products.
- Guidetti, S., Asaba, E., Tham, K. (2007). The lived experience of recapturing self-care. *American Journal of Occupational Therapy*, 61 (3), 303- 310.
- Hale, L.H., & Coy, A.H. (1997). Collaboration and cross-referral in the treatment of sexually reactive youth. *Sensory Integration Special Interest Section Newsletter*, 18 (2), 1-4.
- Hall L. & Case-Smith, J. (2007). The effect of sound-based intervention on children with sensory processing disorders and visuo-motor delays. *American Journal of Occupational Therapy*, 61 (2), 209-215.
- Heeschen, H., Ryalls, J., & Hagoort, P. (1988) Psychological stress in Broca's versus Wernicke's aphasia. *Clinical Linguistics and Phonetics*, 2 (4), 309-316.

- Kandel, E., Schwartz, J., & Jessell, T. (1995). *Essentials of Neural Science and Behavior*. Stamford, CT: Appleton & Lange.
- King, L. (1974). A sensory integration approach to schizophrenia. *American Journal of Occupational Therapy*, 28, 529-536.
- King, L. (1983). Occupational therapy and neuropsychiatry. *Occupational Therapy in Mental Health*, 3 (1), 1-12.
- Lane, S., Lynn, J., Reynolds, S. (2010). Sensory modulation: A neuroscience and behavioral overview. *OT Practice*, 15 (21), CE-1 - CE-4.
- Lane, S., Lynn, J., Reynolds, S. (2010). Sensory modulation: A neuroscience and behavioral overview. *OT Practice*, 15 (21), CE-1 - CE-4.
- Laures-Gore, J., Hamilton, A. & Matheny, K. (2007). Coping resources, perceived stress, and recent life experiences in individuals with aphasia. *Journal of Medical Speech-Language Pathology*, 15, 4, 423-431.
- Levinson, H. (1989). A cerebellar-vestibular explanation for fears/phobias: Hypothesis and study. *Perceptual and Motor Skills*, 68, 67-84.
- Levinson, H. (1989). The cerebellar-vestibular predisposition to anxiety disorders. *Perceptual and Motor Skills*, 68, 323-338.
- Linehan, M. (1993). *Skills training for treating borderline personality disorder*. New York: Guilford Press.
- Lundy-Ekman, L. (1998). *Neuroscience: Fundamentals for rehabilitation*. Philadelphia, PA: W.B. Saunders Company.
- Martin NT, Gaffan EA, Williams T (1998) Behavioral effects of long-term multi-sensory stimulation. *British Journal Clinical Psychology* . 37 69-82.
- Mason, W. & Berkson, G. (1975). Effects of maternal mobility on the development of rocking and other behaviors in Rhesus monkeys: A study with artificial mothers. *Developmental Psychobiology*, 8, 197-221.
- Moore, K. (2008). *The sensory connection self-regulation workbook: Learning to use sensory activities to manage stress, anxiety and emotional crisis*. Franconia, NH: The Sensory Connection Program.
- Moore, K. (2005) *The sensory connection program: Activities for mental health treatment. Manual and Handbook*. Framingham, MA: Therapro, Inc.
- Murray-Slutsky, C. & Paris, B. (2005). *Is it sensory or is it behavior? Behavior problem identification, assessment and intervention*. Austin, TX: Hammill Institute on Disabilities.
- Myles, B., Hagiwara, T., Dunn, W., Rinner, L. Reese, M., Huggins, A., Becker, S. (2004). Sensory issues in children with asperger syndrome and autism. *Education and Training in Mental Retardation and Developmental Disabilities*, 39 (4).
- Oetter, P., Ritcher, E., & Frick, S. (1995). *MORE: Integrating the mouth with sensory and postural functions*. Hugo, MN: PDP Press, Inc.
- Parham, L. D., Cohn, E. S., Spitzer, S., Koomar, J. A., Miller, L. J., Burke, J. P., et al. (2007). Fidelity in sensory integration intervention research. *American Journal of Occupational Therapy*, 61, 216-227.

- Porges, S. (2011). *The polyvagal theory: Neurophysiological foundations of emotions, attachment, communication, and self-regulation*. New York, NY: Norton, W.W. & Company
- Porges SW. (2009). Reciprocal influences between body and brain in the perception and expression of affect: A polyvagal perspective. In D Fosha, D Siegel, and M Solomon, eds. *The Healing Power of Emotion: Affective Neuroscience, Development, and Clinical Practice*. New York: Norton, 27-54.
- Porges S. (2004). Neuroception: A subconscious system for detecting threat and safety. *Zero to Three: Bulletin of the National Center for Clinical Infant Programs*, 24:5,9-24.
- Porges, S. (2007). The polyvagal perspective. *Biological Psychology*, 74, 116-143.
- Porges, S.W. (1995). Cardiac vagal tone: A physiological index of stress. *Neuroscience and Biobehavioral Reviews*, 19, 225-233.
- Reisman, J. & Hanschu, B. (1990). *Sensory integration inventory-revised for adults with developmental disabilities: Users guide*. Hugo, MN: PDP Products.
- Ross, M. (1997). *Intergative group therapy – mobilizing coping abilities with the five-stage group*. Bethesda, MD: American Occupational Therapy Association.
- Ross, M. & Bachner, S. (Eds.) (1998). *Adults with developmental disabilities: Current approaches in Occupational Therapy*. Bethesda, MD: American Occupational Therapy Association.
- Sapolsky, R. M. (1998). *Why zebras don't get ulcers: An updated guide to stress, stress-related diseases, and coping*. New York: W. H. Freeman and Company.
- Scholfield P, Davis B (1998). Sensory deprivation and chronic pain: a review of the literature. *Disability and Rehabilitation* . 20(10) 357-366.
- Schlaug ,G., Marchina, S., Norton, A. (2009). Evidence for plasticity in white-matter tracts of patients with chronic broca's aphasia undergoing intense intonation-based speech therapy. *Annals of the New York academy of sciences*, 1169(1), 385.
- Shepard, J. (2007) Sensory-based treatment for adults with developmental disabilities. *Advance for Occupational Therapy Practitioners*, 23(18), 38-39.
- Smith, S. A., Press, B., Koenig, K. P., & Kinnealey, M. (2005). Effects of sensory integration on self-stimulating and self-injurious behaviors. *The American Journal of Occupational Therapy*, 59:4, 418-425.
- Sunbeck, D. (2002). *The complete infinity walk book 1: The physical self*. Rochester, NY: The Leonardo Foundation Press
- Sunbeck, D. (1996). *Infinity your mind to learn*. Torrence, CA: Jalmar Press
- Trott, C., Laurel, M., & Windeck, S. (1993). *SenseAbilities: Understanding sensory integration*. Tuscon, AZ: Therapy Skill Builders.
- Wilbarger, P. (1995). The sensory diet: Activity programs based on sensory processing theory. *Sensory Integration: Special Interest Section Newsletter*, 18 (2), 110-113.
- Wilbarger, J. (1998). The emerging concept of sensory modulation disorders. *Sensory Integration Special Interest Section Newsletter*, 21 (3).
- Williams, M. & Shellenberger, S. (1996). *"How does your engine run?": A leaders guide to the Alert Program for self regulation*. Albuquerque, NM: Therapy Works, Inc.

Sensory Defensiveness

- Clark, G., & Ward, S. (1999) Charting results: Evaluating progress of children with sensory processing disorder. *OT Practice*, 4(10), 12-16.
- Cool, S.J. (1990). The use of a surgical brush treatment of sensory defensiveness and exploration. *Sensory Integration Special Interest Section Newsletter*, 13 (14): 1-3.
- David, S. (1990). A case study of sensory affective disorder in adult psychiatry. *Sensory Integration Special Interest Section Newsletter*, 13(4): 1-4.
- Foss, A., Swinth, Y., McGruder, J., & Tomlin, G., (2003, July). Sensory modulation dysfunction and the Wilbarger Protocol: An evidence based review. *OT Practice*, 8 (12), CE1-CE8.
- Frick, S.M. (1989). Sensory defensiveness: A case study. *Sensory Integration Special Interest Section Newsletter*, 12(2), 7-8.
- Heller, S. (2002). *Too loud, too bright, too fast, too tight: What do you do if you are sensory defensive in an over stimulating world*. New York, NY: Harper Collins Publishers
- Kimball, J., Lynch, K., Stewart, K., Williams, N., Thomas, M., & Atwood, K. (2007). Using salivary cortisol to measure the effects of a Wilbarger Protocol-based procedure on sympathetic arousal: A pilot study. *American Journal of Occupational Therapy*, 61, 406-413.
- Kinnealey, M. & Fuiiek, M. (1999). The relationship between sensory defensiveness, anxiety, depression and perception of pain in adults. *Occupational Therapy International*, 6 (3), 195-206.
- Mailoux, Z. (1992). Tactile defensiveness: some people are more sensitive. *Sensory Integration Quarterly*
- Moore, K. & Henry, A. (2002). Treatment of adult psychiatric patients using the Wilbarger Protocol. *Occupational Therapy in Mental Health*, 18 (1), 43-63.
- Pfeiffer, B. & Kinnealey, M. (2003) Treatment of sensory defensiveness in adults. *Occupational Therapy International*, 10 (3), 175-184.
- Reisman, J. & Gross, A. (1992). Psychophysiological Measurements of Treatment Effects in an Adult with Sensory Defensiveness. *Canada Journal of Occupational Therapy*, 59, (5), 248-257
- Reynolds, S. & Lane, S. (2007, March). Diagnostic validity of sensory over-responsivity: A review of the literature and case reports. *Journal of Autism and Developmental Disorders*, 38(3), 516-529.
- Royeen, C.B. & Lane, S.J. (1991). Tactile processing and sensory defensiveness. In Fisher, A.G., Murray, E., & Bundy, A. (Eds). *Sensory integration: theory and practice* (108-137). Philadelphia, PA: F.A. Davis.
- Royeen, C.B. (1985). Domain specifications of the construct of tactile defensiveness. *American Journal of Occupational Therapy*, 39 (9), 596-599.
- Segal, R. & Beyer, C. (2006) Integration and application of a home treatment program: A study of parents and occupational therapists. *American Journal of Occupational Therapy*, 60, 500-510.
- Stagnitti, K. & Ryan, P. (2002). Sensory defensiveness syndrome: a pediatric perspective and case study. *Australian Occupational Therapy Journal*, 46 (4), 175-187.

Stratton, J., & Gailfus, D. (1998). A new approach to substance abuse treatment: Adolescents and adults with ADHD. *Journal of Substance Abuse*, 15 (2), 89-94.

Wilbarger, P. (1995). The sensory diet: Activity programs based on sensory processing Theory. *Sensory Integration Special Interest Section Newsletter*, 18 (2), 1-4.

Wilbarger, P. & Wilbarger J. (1991). *Sensory defensiveness in children ages 2-12: an intervention guide*. Avanti Educational Programs, Santa Barbara, CA.

Wilbarger P., & Wilbarger, J. (1995). *Sensory defensiveness and related social/emotional and neurological problems*. Seminar. Denver, CO: Avanti Education Programs.

Wilbarger, J. (1998). The emerging concept of sensory modulation disorders. *Sensory Integration Special Interest Section Newsletter*, 21 (3).

Wilbarger P., & Wilbarger, J. (2002a). The Wilbarger approach to treating sensory defensiveness. In A. C. Bundy, S. J. Lane, & E. A. Murray (Eds.). *Sensory integration: theory and practice* (2nd ed, pp. 335-338). Philadelphia, PA: F.A. Davis.

Wilbarger P., & Wilbarger, J. (2002b). Clinical application of the sensory diet. In A. C. Bundy, S. J. Lane, & E. A. Murray (Eds.). *Sensory integration: theory and practice* (2nd ed, 339-341). Philadelphia, PA: F.A. Davis.

Weighted Modalities and Touch

Champagne, T. & Caldwell, B. (2007). Touch. In, Massachusetts Department of Mental Health (Eds.), *Developing Positive Cultures of Care: Resource Guide*. Boston, MA: Massachusetts Department of Mental Health.

Champagne, T. (2006). *Sensory modulation and the environment: Essential elements of occupation*. Southampton, MA: Champagne Conferences and Consultation.

Diego, M., Field, T., Hernandez-Reif, M., Shaw, J., Rothe, E., Castellanos, D., & Mesner, L. (2002) Aggressive adolescents benefit from massage therapy. *Adolescence*, 37 (147), 597-607.

Edelson, S., Edelson, M., Kerr, D., & Grandin, T. (1999). Behavioral and physiological effects of deep pressure on children with autism: A pilot study evaluating the efficacy of Grandin's hug machine. *American Journal of Occupational Therapy*, 53, 145-152.

Fertel-Daly, D., Bedell, G., & Hinojosa, J. (2001). The effects of the weighted vest on attention to task and self-stimulatory behaviors in preschool children with pervasive developmental disorders. *American Journal of Occupational Therapy*, 55, 629-640.

Field, T. M. (1998). Massage therapy effects. *American Psychologist*, 53, 1270-1281.

Field, T., Hernandez-Reif, M., Diego, M., & Fraser, M. (2007). Lower back pain and sleep disturbance are reduced following massage therapy. *Journal of Bodywork and Movement Therapy*, 11, 141-145.

Field, T. (2002). Violence and touch deprivation. *Adolescence*, 37 (148), 735-749.

Field, T., Grizzle, N., Scafidi, F., & Schanberg, S. (1996). Massage and relaxation therapies' effects on depressed adolescent mothers. *Adolescence*, 31, 903-911.

Field T, Hernandez-Reif M, Diego M, Schanberg S, Kuhn C Field T, Hernandez-Reif M, Diego M, Schanberg S, Kuhn C. (2005). Cortisol decreases and serotonin and dopamine increase following massage therapy. *International Journal of Neuroscience*, 115(10): 1397-413.

Field, T., Scafidi, F., & Schanberg, S. (1987). Massage of preterm newborns to improve growth and development. *Pediatric Nursing*, 13, 385-387.

Field, T., Schanberg, S., Scafidi, F., Bauer, C., Vega, L., Gracia, R., Nystrom, J., & Kuhn, C. (1986). Tactile/kinesthetic stimulation effects on preterm neonates. *Pediatrics*, 77, 654-658

Gottfried, A. (1984). Touch as an organizer for learning and development. In C.C. Brown (Ed.), *The many facets of touch* (pp.114-122). Skillman, NJ: Johnson and Johnson Baby Products

Grandin, T. (1992). Calming effects of deep pressure in patients with autistic disorder, college students, and animals. *Journal of child and adolescent psychopharmacology*, 2, 63-72.

Harlow, H. (1959). Love in infant monkeys. *Scientific American*, 200, 68-74.

Hart, S., Field, T., Hernandez-Reif, M., Nearing, G., Shaw, S., Schanberg, S. & Kuhn, C. (2001). Anorexia nervosa symptoms are reduced by massage therapy. *Eating Disorders*, 9, 289-99.

Hughes, P., Meize-Grochowski, R., Duncan Harris, C., (1996). Therapeutic touch with adolescent psychiatric patients. *Journal of Holistic Nursing*, 14 (1), 6-23.

Montague, A. (1986). *Touching: The significance of the skin*. New York, NY: Harper and Row.

Mullen, B., Champagne, T. Krishnamurty, S., Dickson, D. & Gao, R. (2008, February). Exploring the safety and therapeutic effects of deep pressure stimulation using a weighted blanket. *Occupational Therapy in Mental Health*, 24, 65-89.

Olson, L., & Moulton, H. (2004a). Occupational therapists' reported experiences using weighted vests with children with specific developmental disorders. *Occupational Therapy International*, 11, 52-66.

Olson, L., & Moulton, H., (2004b). Use of weighted vests in pediatric occupational therapy practice. *Physical and Occupational Therapy in Pediatrics*, 24 (2/3), 45-60.

Porges SW. (in press). Music therapy and trauma: Insights from the polyvagal theory. In K Stewart, ed. *Symposium on Music Therapy & Trauma: Bridging Theory and Clinical Practice*. New York: Satchnote Press.

Prescott, J. (1996) The origins of human love and violence. *Pre- and Perinatal Psychology Journal*, 10, (3), 143-188

Sapolsky, R. (1998). *Why zebras don't get ulcers: An updated guide to stress, stress-related diseases, and coping*. New York: W. H. Freeman and Company.

Vandenberg, N., (2001). The use of a weighted vest to increase on-task behavior in children with attention difficulties. *American Journal of Occupational Therapy*, 55, 621-628.

Walker, D. & McCormack, K. (2002). *The weighted blanket an essential nutrient in a sensory diet*. Everett, MA: Village Therapy.

External Senses

Aldridge D, Brandt G (1991) Music therapy and Alzheimer's Disease. *British Journal Music Therapy* . (5) 28-36.

Campbell, D. (1997). *The Mozart effect: Tapping the powers of music to heal the body, strengthen the mind, and unlock the creative spirit*. New York, NY: Avon Books.

Cohen, L., Britt, L., Collins, D. & Frank, L. (1997). The effect of chewing gum on tobacco withdrawal. *Addictive Behaviors*, 22 (6), 769-773.

Cohen, L., Britt, L., Dana, M., Collins, F. & al'Absi, M. (2001). Multimodal assessment of the effect of chewing gum on nicotine withdrawal. *Addictive Behaviors*, 26, (2), 289-295.

Diego, M.A., Jones, N.A., Field, T., & Hernandez-Reif, M. (1998). Aromatherapy reduces anxiety and enhances EEG patterns associated with positive mood and alertness. *International Journal of Neuroscience*, 96, 217-224.

Dufresne, C. & Farnworth, E. (2001). A review of the latest research findings on the health promotion properties of tea. *Journal of Nutritional Biochemistry*, 12 (7), 404-421.

Field, T., Diego, M., Hernandez-Reif, M., Cisneros, W., Feijo, L., Vera, Y., & Gil, K. (2005). Lavender fragrance cleansing gel effects on relaxation. *International Journal of Neuroscience*, 115, 207-222.

Frick, S.M. & Hacker, C. (2001) *Listening with the whole body*. Madison, WI: Vital Links.

Frick, S. & Lawton-Shirley, N. (1994) Auditory Integrative Training from a sensory integrative perspective. *Sensory Integration Special Interest Section Newsletter*, 17 (4), 1-3.

Frick, S.M. (1992). *The respiration tape*. (Audio Tape) Boulder, CO: Belle Curve Records.

Godfrey, D. (1993). Smell and taste. In H. Cohen (Ed.), *Neuroscience for Rehabilitation* (129-138). Philadelphia, PA: J.P. Lippinott Company.

Greenspan, Stanley I, Shaffer, Robert J, Tuchman, Robert F, Stemmer, Paul J, Jacokes, Lee E. (2001). Effect of Interactive Metronome rhythmicity training on children with ADHD. *American Journal of Occupational Therapy*, 55(2), 155-162.

Hanchu, B. (1998). Using a sensory approach to serve adults who have developmental disabilities. In M. Ross & S. Bachner, (Eds.). *Adults with developmental disabilities: Current approaches in occupational therapy* (pp. 165-211). Bethesda, MD: American Occupational Therapy Association.

Held, R. & Hein, A. (1963). Movement-produced stimulation in the development of visually guided behavior. *Journal of Comparative and Physiological Psychology*, 56, 872-876.

Hsu, W. & Lai H. (2004, October). Effects of music on major depression in psychiatric inpatients. *Archives of Psychiatric Nursing*, 18, (5), 193-199.

King, L. & Grandin, T. (1993). *Attention deficits in learning disorders and autism*. Seminar. Portland, ME: Division of Innovation & Development, Continuing Education Programs of America.

Hall, L. & Case-Smith, J. (2007) The effect of sound-based intervention on children with sensory processing disorders and visual-motor delays. *Journal of Occupational Therapy*, 61 (2), 209-215.

Norberg A, Melin E, Asplund K (1986). Reaction to music, touch and object presentation in the final stage of dementia. An exploratory study. *International Journal of Nursing Studies*. 23.315-323.

Oetter, P., Richter, E., & Frick, S. (1995). *M.O.R.E. Integrating the mouth with sensory and postural functions*. 2nd d. Hugo:MN, PDP Press.

Sapolsky, R. M. (1998). *Why zebra's don't get ulcers: An updated guide to stress, stress related diseases, and coping*. New York: W.H. Freeman & Company.

Scholey, A. (2008). An investigation into the effects of gum chewing on mood and cortisol levels during psychological stress. 10th International Congress of Behavioral Medicine. Tokyo, Japan.

Arab, L. Liu, W., & Elashoff, D. (2009) Stroke reduced by green, black tea. *Stroke: Online Journal*

of the American Heart Association. Presented Feb. 19 at the American Heart Association's Annual International Stroke Conference. San Diego, CA.

Schiffman, S. (1993). Perception of taste and smell in elderly persons. *Critical Reviews in Food Science and Nutrition*, 33 (1): 17-26.

Step toe, A., Gibson, L., Vounonvirta, R., Williams, E., Hamer, M., Erusalimsky, J., & Wardle, J. (2006) The effects of tea on psychophysiological stress responsivity and post-stress recovery: a randomised double-blind trial' is published online in the *Journal Psychopharmacology*.

Exercise

Babyak, M., Blumenthal, J. A., Herman, S., Khatri, P., Doraiswamy, M., Moore, K., Craighead, E., Baldewicz, T., Krishnan, R. (2000). Exercise Treatment for Major Depression: Maintenance of Therapeutic Benefit at 10 Months. *Psychosomatic Medicine*. 62, 633-638.

Dennison, P. E. & Dennison, G. E. (1989). *Brain Gym: Teachers edition*. Ventura, CA: Edu-Kinesthetics, Inc.

Field, T., Diego, M. & Sanders, C. (2001). Exercise positively affects adolescents' relationships and academics. *Adolescence*, 36, 105-110.

Field, T., Diego, M. & Sanders, C. (2001). Exercise positively affects adolescents' relationships and academics. *Adolescence*, 36, 105-110.

Sanders, C., Field, C., Diego, M., & Kaplan, M. (2001). Moderate involvement in sports is related to lower depression levels among adolescents. *Adolescence*, 35, 793-797.

Trivedi, M., Greer, T., Grannemann, B., Chambliss, H., & Jordan, A.. (2006). Exercise as an augmentation strategy for treatment of major depression. *Journal of Psychiatric Practice*, 12(4), 205-13.

Relaxation/Meditation

Benson, H. (1975). *The relaxation response*. New York: Viking Press.

Ekman, P., Davidson, R. J., & Friesen, W. V. (1990). Duchenne's smile: Emotional expression and brain physiology II. *Journal of Personality and Social Psychology*, 58, 342-353.

Hanh, T. (1991). *Peace is every step*. New York: Bantam Books.

Kabat-Zinn, J., (1990). *Full catastrophe living*. New York: Dell Publishing.

Levenson, R. W., Ekman, P., & Friesen, W. V. (1990). Voluntary facial action generates emotion-specific autonomic nervous system activity. *Psychophysiology*, 27, 363-384.

Cognition

Allen, C. K. (1996). *Allen Cognitive Screen: Test manual*. Colchester, CT: S & S Worldwide.

Allen, C. K., Blue, T., & Earhart, C. (1995). *Understanding Cognitive Performance Modes*. Ormond Beach, FL: Allen Conferences Inc.

Henry, A., Moore, K., Quinlivan, M. & Triggs, M. (1998). The relationship of the Allen Cognitive Level test to demographics, diagnosis and disposition among psychiatric patients. *American Journal of Occupational Therapy*, 52, 638-643.

Restraint Reduction

Allen, J.J. (2000). Seclusion and restraint of children: A literature review. *Journal of Child and Adolescent Psychiatric Nursing*, 13, 159-167.

Anderson, N.L.R., & Roper, J. (1991). The interactional dynamics of violence, Part 11: juvenile detention. *Archives of Psychiatric Nursing*, 5, 216-222.

Bluebird, G. (2004). Redefining consumer roles: Changing culture & practice in mental health care settings. *Journal of Psychosocial Nursing*, 42(9) 46-53.

Champagne, T. & Stromberg, N. (2004). Sensory approaches in inpatient psychiatric settings: Innovative alternatives to seclusion and restraint. *Journal of Psychosocial Nursing*, 42, 34-44.

Childs, E. (2004). Commonwealth of Massachusetts Department of Mental Health restraint and seclusion philosophy statement.

Curie, C. (2005, September). SAMHSA's commitment to eliminating the use of seclusion and restraint. *Psychiatric Services*, 56 (9), 1139-1140.

Delaney, K. (2001). Developing a restraint-reduction program for child/adolescent inpatient treatment". *Journal of Child and Adolescent Psychiatric Nursing*. FindArticles.com. 18 Apr, 2009. http://findarticles.com/p/articles/mi_qa3892/is_200107/ai_n8971902/

Donat, D. (2005). Special section on seclusion and restraint: Encouraging alternatives to seclusion, restraint, and reliance on PRN drugs in a public psychiatric hospital. *Psychiatric Services*, 56, 1109-1114.

Freuch, B., Knapp, R., Cusack, K., Grubaugh, A., Sauvageot, J., Cousins, V., Yim, E., Robins, C., Monnier, J. & Hiers, T. (2005) Special section on seclusion and restraint: Patient's report of traumatic or harmful experiences within the psychiatric setting. *Psychiatric Services*, 56, 1123-1133.

Glover, R. (2005). Special section on seclusion and restraint: Commentary: Reducing the use of seclusion and restraint: A NASMHPD priority. *Psychiatric Services*, 56, 1141-1142.

Huckshorn, K. (2004). Reducing seclusion and restraint use in mental health settings: Core strategies for prevention. *Journal of Psychosocial Nursing and Mental Health Services*, 42(9), 22-33.

LeBel, J. & Goldstein, R. (2005, September). The economic cost of using restraint and seclusion and the value added by restraint reduction or elimination. *Psychiatric Services*, 56(9): 1109-1114.

LeBel, J., Stromberg, N., Duckworth, K., Kerzner, J., Goldstein, R., Weeks, M., Harper, G., LaFlair, L., Sudders, M. (2004). Child and adolescent inpatient restraint reduction: A state initiative to promote strength based care. *Journal of American Academy of Child and Adolescent Psychiatry*, 43 (1), 37.

Massachusetts Department of Mental Health. (2008). Creating Positive Cultures of Care: Resource guide. Boston: MA. To order e-mail: dmhinfo@dmh.state.ma.us.

National Association of State Mental Health Program Directors (NASMHPD) (2000). Reducing the use of seclusion and restraint: findings, strategies, and recommendations. *Emergency Psychiatry*, 6 (1), 7-13.

National Technical Assistance Center (2005). Six Core Strategies to reduce the use of seclusion and restraint. Retrieved 6/13/2011, from http://www.nasmhpd.org/general_files/publications/ntac_pubs/SR%20Plan%20Template%20with%20cover%207-05.pdf

Smith, G., Davis, R., Bixler, E., Lin, H., Altenor, A., Altenor, R., Hardentstine, B., & Kopchick, G. (2005) Special section on seclusion and restraint: Pennsylvania state hospital system's seclusion and restraint reduction program. *Psychiatric Services*, 56, 1115-1122.

Zuckerman, M. (1964) Perpetual isolation as a stress situation. *Archives of General Psychiatry*, 11, 255-276.

Trauma/Self-Injury

Bright, T., Bittizh, K., & Fleenan, B. (1981). Reduction of self-injurious behavior using SI techniques. *American Journal of Occupational Therapy*, 35 (3): 167-172.

Carvebil, G.E., & Simmons, D.J. (1996). Abnormal tactile experiences in life disrupts active touch. *Journal of Neuroscience*, 16, 2750-2757.

Cermak, S. & Daunhauer L. (1998) Sensory processing in the post institutionalized child. *American Journal of Occupational Therapy*, 51, 500-507.

Champagne, T. (2011). Attachment, Trauma, and Occupational Therapy Practice. *OT Practice*, 16 (5), CE1-CE-8.

Charney, D.S., Deutch, A.Y., Krystal, J.H., Southwick, S.M., Davis, M. (1993). Psychobiologic mechanisms of Posttraumatic Stress Disorder. *Archives of General Psychiatry*, 50, 294-305.

Field, T., Hernandez-Reif, M., Hart, S., Quintino, O., Drose, L., Field, T., Kuhn, C., & Schanberg, S (1997). Effects of sexual abuse are lessened by massage therapy. *Journal of Bodywork and Movement Therapies*, 1, 65-69.

Field, T., Seligman, S., Scafidi, F., & Schanberg, S. (1996). Alleviating posttraumatic stress in children following Hurricane Andrew. *Journal of Applied Developmental Psychology*, 17, 37-50.

Goldberger, L. (1993). *Sensory deprivation and overload*. In L. Goldberger, & Breznitz, S., (Ed.), *Handbook of stress: Theoretical and clinical aspects*. New York: Free press.

Gunderson, J.G., & Chu, J.A. (1993). Treatment implications of past trauma in borderline personality disorder. *Harvard Review of Psychiatry*, 1 (2), 75-81.

Gupta, M.A., & Schork, N.J. (1995). Touch deprivation has an adverse effect on body image: some preliminary observations. *International Journal of Eating Disorders*, 17(2), 88-89.

Hale, L.H.B. & Coy, A.H. (1997). Collaboration & cross-referral in the treatment of sexually reactive youth. *Sensory Integration Special Interest Section Quarterly*, 20,2.

Hanley, G. P., Piazza, C. C., Keeney, K. M., Blakeley-Smith, A. B., & Worsdell, A. S. (1998). Effects of wrist weights on self-injurious behaviors and adaptive behaviors. *Journal of Applied Behavior Analysis*, 3, 307-310.

Hirama, H. (1989). *Self-injurious behavior: A somatosensory treatment approach*. Bethesda, MD: Chess Publications.

Holmes, E.A., Brewin, C.R. & Hennessy, R.G. (2004). Trauma films, information processing, and intrusive memory development. *Journal of Experimental Psychology: General*, 133 (1), 3–22

LeBel, J. & Chamapgne, T., Stromberg, N. (2010). Integrating sensory and trauma informed interventions: A Massachusetts state initiative, part 1. *Mental Health Special Interest Section Quarterly*, 33 (1), 1-4.

LeBel, J. & Chamapgne, T. (2010). Integrating sensory and trauma informed interventions: A Massachusetts state initiative, part 2. *Mental Health Special Interest Section Quarterly*, 33 (2), 1-4.

Lemieux, A.M. & Coe, C.L. (1995). Abuse-related Posttraumatic Stress Disorder: evidence for neuroendocrine activation in women. *Psychosomatic Medicine*, 57, 105-115.

Lemke, H. (1974). Self-abusive behavior in the mentally retarded. *American Journal of Occupational Therapy*, 28 (2): 94-98.

Macy, R. (2007). *Innovative trauma focused interventions*. (Conference) Eighth Annual Worcester Institute on Loss and Trauma. Worcester:MA

Mollica, R. (2006). *Healing invisible wounds*. NY:Hardcourt, Inc.

O'Connor, T., & Rutter, M. (2000). Attachment disorder behavior following early severe deprivation: Extension and longitudinal follow-up. *Journal of American Academy of Child and Adolescent Psychiatry*, 39 (6), 703-712.

Ogden, p., Minton, K., & Pain, C. (2006). *Trauma and the body: A sensorimotor approach to psychotherapy*. New York: W. W. Norton.

Porges SW. (2004). Neuroception: A subconscious system for detecting threat and safety. *Zero to Three: Bulletin of the National Center for Clinical Infant Programs*, 24:5,9-24.

Reisman, J.E. (1993). Using sensory integrative approach to treat self-injurious behavior in adults with profound mental retardation. *American Journal of Occupational Therapy*, 47 (5), 403-411.

Rosenberg, s., Mueser, K., Friedman, M., Gorman, P., Drake, R., Vidaver, R., et al (2001). Developing effective treatments for posttraumatic stress disorders among people with severe mental illness. *Psychiatric Services*, 52 1453-1461.

Sahar, T., Shalev, A.Y., & Porges, S.W. (2001). Vagal modulation of responses to mental challenge in post-traumatic stress disorder. *Biological Psychiatry*, 49 (7), 637-643.

Sansone, R.A., Sansone, L.A., & Wiederman, M. (1995). The prevalence of trauma and its relationship to borderline personality symptoms and self-destructive behaviors in a primary care setting. *Archives of Family Medicine*, 4 (5), 439-442.

Shalev, A.Y., Orr, S.P., Peri T., Schreiber, S., Pitman, P. K. (1993). Physiologic responses to loud noises in Israeli patients with Post Traumatic Stress Disorder. *Archives of General Psychology*, 49, 970-875.

Shay, J. (1994). *Achilles in Vietnam: Combat Trauma and the undoing of character*. NY: Macmillan Publishing Company.

Siegel, D.J. (1999). *The developing mind: Toward a Neurobiology of interpersonal experience*. New York: The Guilford Press.

Van der Kolk, B. (2006). Clinical Implications of Neuroscience Research in PTSD. *Annals of New York Academy of Sciences* xxxx: 1-17.

Van der Kolk, B.A., McFarlane, A.C., & Weisaeth, L., Eds. (1996) *Traumatic stress: The effects of overwhelming experience on mind, body, and society*. New York: Guilford Press.

van der Kolk, B., (1994). The body keeps score. *Harvard Review of Psychiatry*, 1, 253-265.

van der Kolk, B., Perry, J.C., Herman, J.L. (1991). Childhood origins of self-destructive behavior. *American Journal of Psychiatry*, 148, 1665-1671.

Wells, M.E., & Smith, D.W. (1983). Reduction of self-injurious behavior of mentally retarded persons using sensory-integrative techniques. *American Journal of Mental Deficiency*, 87, 664-666.

Wylie, M. (2004). The Limits of Talk: Bessel van der Kolk wants to transform the treatment of trauma. *Psychotherapy Networker*. Jan/Feb
http://www.traumacenter.org/products/pdf_files/Networker.pdf Retrieved 1/15/08.

Zuckerman, M. (1964) Perpetual isolation as a stress situation. *Archives of General Psychiatry*, 11, 255-276.

Adolescents/Severe Emotional Disturbance

Attwood, T. (2004). Cognitive behavior therapy for children and adults with Asperger's syndrome. *Behavior Change: Journal of Australian Behavior Modification Association*, 21, 147-161.

Attwood, T. (2004). *Exploring feelings: Cognitive behavior therapy to manage anger*. Arlington, TX: Future Horizons.

Barnes, K. Vogel, K. & Beck, A. (2011). Occupational therapy for children with severe emotional disturbance in alternative educational settings. In Bazyk, S., ed. *Mental Health Promotion, Prevention, and intervention with children and youth*. Bethesda, MD: AOTA Press, 207-229.

Barnes, K., Vogel, K., Beck, A., Schoenfeld, H., & Owen, S. (2008). Self-Regulation strategies of children with emotional disturbance. *Physical and Occupational Therapy in Pediatrics*, 28(4), 367-385.

Bazyk, S. Ed. (2011). *Mental health promotion, prevention and intervention with children and Youth: A guiding framework for occupational therapy*. Bethesda, MD: AOTA Press.

Field, T., Diego, M. & Sanders, C. (2001). Exercise positively affects adolescents' relationships and academics. *Adolescence*, 36, 105-110.

Gresham, F., Cook, C. & Crews, D. (2004). Social skills training for children with social and emotional and behavioral disorders: Validity consideration and future directions. *Behavioral Disorders*, 30 (1), 32-46.

Henry, D., Wheeler, T. & Sava, D. (2004). *Sensory integration tools for teens: Strategies to promote sensory processing*. Youngtown, AZ: Henry OT Services Inc.

Hoagwood, K. & Cunningham, M. (1992). Outcomes of children with emotional disturbance in residential treatment for educational purposes. *Journal of Child and Family Studies*, 1(2) 129-140.

Kellner, M., & Bry, B. (1999) The effects of anger management groups in a day school for emotionally disturbed adolescents. *Adolescence*, 34 (136), 645-651.

LeBel, J., Stromberg, N., Duckworth, K., Kerzner, J., Goldstein, R., Weeks, M., Harper, G., LaFlair, L., Sudders, M. (2004). Child and adolescent inpatient restraint reduction: A state initiative to promote strength based care. *Journal of American Academy of Child and Adolescent Psychiatry*, 43 (1), 37.

Maas, C., Mason, R., & Candler, C. (2008). "When I get mad..." *OT Practice*, 13 (19), 9-14.

MacLachlan, J. & Stromberg, N. (2007). Safety tools. In Massachusetts Department of Mental Health (Ed.), *Developing positive cultures of care: Resource guide* (pp. 1-21). Boston: Editor.

Murray-Slutsky, C. & Paris, B. (2005). Is it sensory or is it behavior? Behavior problem identification, assessment and intervention. Austin, TX: Hammill Institute on Disabilities.

Whitehouse, E., Pudney, W. (1996). *Volcano in my tummy: Helping children to handle anger*. Gabriola Island, British Columbia: New Society.

Geriatrics

Bourgeois, M. (2007) *Memory books and other graphic cuing systems: Practical Communication and memory aids for adults with dementia*. Baltimore, MD: Health Professions Press.

Cox, H., Burns, I. & Savage, S. (2004) Multisensory environments for leisure: promoting well-being in nursing home residents with dementia. *Journal of Gerontological Nursing*, 30(2): 37-45.

Evans, S. (2008). Providing rehabilitation services for people with dementia through intermediate care. *Nursing Older People*, 20(2): 26-28.

Evans, D., Wood, J., Lambert, L. (2003). Patient injury and physical restraint devices: a systematic review. *Journal of Advanced Nursing*, 41(3): 274-282.

Evans, D., Wood, J., Lambert, L. (2002) A review of physical restraint minimization in the acute and residential care settings. *Journal of Advanced Nursing*, 40(6): 616-25.

Gillespie L., Robertson M., Gillespie W., Lamb S., Gates S., Cumming R., Rowe B. (2009) Interventions for preventing falls in older people living in the community (Review). *Cochrane Database of Systematic Reviews*, April 15, 2009, CD007146.

Hope, K. (1996) Caring for older people with dementia: is there a case for multisensory environments? *Reviews in Clinical Gerontology*, 6, 169-175.

Hu G., Baker S. (2010) Recent increase in fatal and non-fatal injury among people aged 65 and over in the USA, *Injury Prevention*, 16(1):26-30.

Karlsson, S., Bucht, G., Eriksson, S., Sandman, P. (2001) Factors relating to the use of physical restraints in geriatric care settings. *Journal of American Geriatric Society*, 49(12): 1722-1728.

Menant J., St George R., Sandery B., Fitzpatrick R., Lord S. (2009) Older people contact more obstacles when wearing multifocal glasses and performing a secondary visual task. *Journal of the American Geriatrics Society*, 57(10):1833-8.

Minner, D., Hoffstetter, P., Casey, L., Jones D. (2004). Snoezelen activity: the Good Shepherd Nursing Home experience. *Journal of Nursing Care Quality*, 19(4): 343-348.

Singh M. (2002) Exercise comes of age: Rationale and recommendations for a geriatric exercise prescription, *Journal of Gerontology: Medical Sciences*, 57A(5):M262-M282.

Staal, J., Sacks, A., Matheis, R., Collier, L., Calia, T., Hanif, H., Kofman, E. (2007) The effects of Snoezelen (multi-sensory behavior therapy) and psychiatric care on agitation, apathy, and activities of daily living in dementia patients on a short term geriatric psychiatric inpatient unit. *International Journal of Psychiatry Medicine*, 37(4): 357-70.

Stevens J., Thomas K., Teh, L., Greenspan A. (2009) Unintentional fall injuries associated with walkers and canes in older adults treated in US emergency departments. *Journal of the American Geriatrics Society*, 57(8):1464-69.

Weiner, C., Tabak, N., Bergman, R. (2003). The use of physical restraints for patients suffering from dementia. *Nursing Ethics* 10