This multi-media resource list, compiled by Susan Conlon and Martha Perry of the Princeton Public Library includes books, films and other materials related to the issues presented in the film Hold Me Tight, Let Me Go.

Variety describes it as a film “mixing ferocity with tenderness, delicacy with tenacity” — exactly like the unusual school it explores. In Hold Me Tight, Let Me Go, one of Britain’s leading documentary filmmakers takes a verité look at Oxford’s Mulberry Bush School for emotionally disturbed children. Mulberry’s heroically forbearing staff greets extreme, sometimes violent behavior with only consolation and gentle restraint. Kim Longinotto’s unblinking camera captures an arduous process and a nearly unhinged environment, but it also records the daily dramas of troubled kids trying to survive and the moments of hope they achieve with Mulberry’s clear-eyed staff.

ADULT NONFICTION

Brazelton, T. Berry and Joshua D. Sparrow. Mastering Anger and Aggression the Brazelton Way. Cambridge, MA: Da Capo Press, 2005. Drs. Brazelton and Sparrow bring their insight and support to this childrearing challenge. They offer specific, effective ways to help children understand their own aggressive feelings and channel them into healthy self-assertion in schoolwork, games and sports.


Greene, Ross W. The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children. New York: Harper, 2005. Written by a distinguished clinician and pioneer in this field, this book includes advice on how to parent children who frequently exhibit severe fits of temper and other intractable behaviors, now updated to include the most recent research.


Morris, Richard J. and Nancy Mather. Evidence-Based Interventions for Students with Learning and Behavioral Challenges. New York: Routledge, 2008. This book includes summaries of school-based research of those who deal with children who have high-incidence of learning disabilities and/or behavior disorders, including special educators, school psychologists and clinical child psychologists.


Oehlberg, Barbara. Reaching and Teaching Stressed and Anxious Learners in Grades 4-8: Strategies for Relieving Distress and Trauma in Schools and Classrooms. Thousand Oaks: Corwin Press, 2006. This book explores how trauma and stress can interfere with students’ ability to learn and offers how classroom activists can be used to restore feelings of safety, empowerment and growth.

Probst, Barbara. When the Labels Don’t Fit: A New Approach to Raising a Challenging Child. New York: Three Rivers Press, 2008. Childhood development expert Barbara Probst provides a new framework for identifying the specific traits—like rigidity, curiosity, perfectionism, intensity, slow tempo, a need for novelty or a need for control—that lie at the root of a child’s challenging behavior.


Turecki, Stanley, with Leslie Tonner. The Difficult Child. New York: Bantam, 1989, 2000. Drawing on his experiences as a father and a psychiatrist, Turecki (affiliated with the Difficult Child Center) offers advice on conflict management, discipline, respect, encouraging creativity and working with schools, doctors and other parents. Revisions to this edition include new information on Attention Deficit Hyperactivity Disorder, and new perspectives on matters of diagnosis and medication.

ADULT FICTION

Delve Deeper into Hold Me Tight, Let Me Go
A film by Kim Longinotto


Shriver, Lionel. We Need to Talk About Kevin. New York: Counterpoint, 2003. In a series of brutally introspective missives to her husband, Franklin, from whom she is separated, Eva tries to come to grips with the fact that their 17-year-old son, Kevin, has killed seven students and two adults with his crossbow.

NONFICTION FOR YOUNG ADULTS


Holmes, Margaret M. and Sasha J. Mudlaff. A Terrible Thing Happened: A Story for Children Who have Witnessed Violence or Trauma. Publisher: Magination Press, February 2000. This book helps children learn how to deal with their feelings by detailing the fictional account of Sherman Smith, who witnesses a terrible occurrence.


FICTION FOR YOUNG ADULTS

Bang, Molly. When Sophie Gets Angry - Really, Really Angry.... New York: Blue Sky Press, 1999. Grade 2. A young girl is upset and doesn’t know how to manage her anger but takes the time to cool off and regain her composure.


FILMS/DOCUMENTARIES


The Quiet One. Directed by Sidney Meyers. 1948, DVD release 2007. TRT: 68 min. In semi-documentary fashion, this film tells the story of the emotionally disturbed youth Donald Peters who, under the care and guidance of the administration of the Wiltwyck School for Boys at Esopus, New York, as well as psychiatric counselors, recalls the various traumatic events that occurred throughout his life that led him to his troubled state.

Warrendale. A film by Allan King. CBC, 1967. TRT: 100 min. This groundbreaking cinema vérité classic documents five weeks in the lives of twelve children in a home for emotionally disturbed children.

www.amazon.com