**Steps and Therapeutic Thinking Reading List Summary**

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| **Title** | **Author** | **Date** | **Relevance** | **Summary** | **Formats Available** | **Rating for Steps** |
| ***Punished by Rewards***  *The Trouble with Gold Stars, Incentive Plans, A’s, Praise and Other Bribes’* | Alfie Kohn | 1999 | ***Essential reading***. It has been part of Steps since the early stages and will challenge and transform ideas of how we use punishments, sanctions, bribery, rewards, and feedback in our schools. | This book is very much evidence-based, making it an irrefutable counter-argument to behaviourist approaches. To quote Kohn,  *‘Grades and praise kill intrinsic motivation and the desire to learn. The punishment/praise grade system that we were all indoctrinated in explains why the system has failed so many students as the competition norms of most classrooms indicates that for every winner/top of the class, there will be thirty-nine losers dealing with the inherent self-esteem issues surrounding their constant failure’*. Kohn also wrote *The Homework Myth* which answers what is in the title and is an enlightening look at the misuse of homework in schools. This is a brave book that will be a challenging read to most. | Paperback, Kindle, and Audio | 9/10 |
| ***The Element*** *How to Discover Your Talents and Passions and Transform Your Life* | Sir Ken Robinson | 2009 | Curriculum design. Link this into Leadership and Management, Inclusion Circles, Therapeutic Continuum. | A refreshing book that resets what learning in the classroom should be about. He states, ‘We should not be asking how intelligent a child is, we should be asking how they are intelligent!’  He wrote another book called ‘Out of Our Minds, which takes this concept further and brings in neurobiology more.  *\*The late, great Sir Ken Robinson also has an excellent, well-known and widely used animation on YouTube called Changing the Education Paradigm.* | Paperback, Kindle, and Audio | 10/10 |
| ***A Voice for the Child***  *The Inspirational words of Janusz Korzcak* | Janusz Korczak  (Edited by Sandra Josephs) | 1999 | This is a valuable reference when discussing Passion in the PowerPoint. | Janusz Korczak was one of the world’s most original thinkers on children who put his ideas into practice in a powerful and inspiring way. This little book is a poetic outline of his passion for children. There are countless inspirational quotes in this book and it is a really useful resource to call upon. He was a visionary whose life was cut short alongside the children for whom he cared during WW2 by the Nazis. His legacy lives in and he was way ahead of his time. | Hardback | 10/10 |
| ***Emotional Intelligence***  *Why it can matter more than IQ.* | Daniel Goleman | 1996 *(revised and updated)* | Relationships, Restorative Practice, Responses to difficult behaviour. Roots and Fruits | Does IQ define our destiny? In his groundbreaking bestseller, Daniel Goleman argues that our view of human intelligence is far too narrow. It is not our IQ, but our *emotional intelligence* that plays a major role in thought, decision-making, and individual success. Self-awareness, impulse control, persistence, motivation, empathy, and social deftness: all are qualities that mark people who excel, whose relationships flourish, who can navigate difficult conversations, who become stars in the workplace.  With new insights into the brain architecture underlying emotion and rationality, Goleman shows precisely how emotional intelligence can be nurtured and strengthened in all of us. | Hard/Paperback, Kindle, and Audio | 10/10 |
| ***The Boy Who Was Raised as a Dog***  *And other stories from a child psychiatrist’s notebook* | Bruce Perry and Maia Szalavitz | 2017 | Trauma, Adverse Childhood Experience, Roots and Fruits | What happens when a young child is traumatised? How does terror affect a child's mind-and how can that mind recover? Child psychiatrist Bruce Perry has treated children faced with unimaginable horror: homicide survivors, witnesses to their own parents' murders, children raised in closets and cages, the Branch Davidian children, and victims of extreme neglect and family violence. In *The Boy Who Was Raised as a Dog,* Dr. Perry tells their stories of trauma and transformation. He explains what happens to the brain when children are exposed to extreme stress and trauma and reveals his innovative (non-medicinal) methods for helping to ease their pain and allowing them to become healthy adults. | Hard/Paperback, Kindle, and Audio | 9/10 |
| *Daring Greatly**How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* | Brene Brown | 2015 | Leadership. Challenging the culture in your setting, asking difficult questions. | Every time we are introduced to someone new, try to be creative or start a difficult conversation, we take a risk. We feel uncertain and exposed. We feel vulnerable. Most of us try to fight those feelings - we strive to appear perfect. In a powerful new vision, Dr.Brené Brown challenges everything we think we know about vulnerability and dispels the widely accepted myth that it's a weakness. She argues that, in truth, vulnerability is strength and when we shut ourselves off from vulnerability - from revealing our true selves - we distance ourselves from the experiences that bring purpose and meaning to our lives. *\*Brene Brown is also an authority on Empathy and has an excellent, short, widely viewed animation on it to be found on YouTube.* | Hard/Paperback, Kindle, and Audio | 9/10 |
| **Dare to Lead**  *Brave Work. Tough Conversations. Whole Hearts.* | Brene Brown | 2018 | Leadership. Challenging the culture in your setting, asking difficult questions. | The follow-up to Daring Greatly. Whether you’re leading a movement or if you’re trying to change an organisational culture or the world, *Dare to Lead*will challenge everything you think you know about brave leadership and give you honest, straightforward, actionable tools for choosing courage over comfort.  I have recommended this book to dozens of leadership teams in schools, all with unanimously positive feedback. | Hard/Paperback, Kindle, and Audio | 10/10 |
| **When the Adults Change, Everything Changes**  *Seismic shifts in school behaviour* | Paul Dix | 2017 | Punishment vs Consequence. Controlling Behaviour vs Teaching Behaviour. | Paul Dix outlines an approach whereby expectations and boundaries are exemplified by people, not by a thousand rules that nobody can recall. Advice on how to involve all staff in developing a whole school ethos built on kindness, empathy, and understanding remains. Suitable for teachers and school leaders - in any setting - who are looking to upgrade their approach to school behaviour.  \**Dix refers a lot to recognition boards and hot-chocolate Fridays for children that go ‘above and beyond’ what they would normally do; which could arguably run the risk of being simple public praise for lucky kids.* | Hard/Paperback, Kindle, and Audio | 8/10 |
| **No Drama Discipline**  *The whole-brain way to calm the chaos and nurture your child’s developing mind* | Daniel Siegel and Tina Payne Bryson | 2014 | Punishment vs Consequence. Controlling Behaviour vs Teaching Behaviour. Restorative practice. | *No-Drama Discipline* presents clear messages in a practical and inviting format. Using these approaches, you can interact with children in a way that’s high on relationship-building, high on respect, and low on drama and conflict. As a result, your life as a teacher/parent will be easier and become more effective. And more importantly, you’ll create connections in your children’s brains to build emotional and social skills that will serve them now and throughout their entire life – all while strengthening your relationship with them. | Hard/Paperback, Kindle, and Audio | 9/10 |
| **The Out of Sync Child**  *Recognising and Coping with Sensory Processing Disorder* | Carol Stock Kranowitz | 2009 | The function of behaviour, Conscious, and Subconscious, Anxiety Mapping/Predict and Prevent | The ground-breaking book that explains Sensory Processing Disorder (SPD) presents a drug-free approach that offers hope. It is primarily targeted at parents but is hugely valuable for staff who work with young people with sensory processing difficulties. It is very enlightening as it shines a light on the complexity and widespread issue of sensory processing. | Hard/Paperback, Kindle, and Audio | 8/10 |
| **Mindset**  *Changing the Way You Think to Fulfil Your Potential* | Carol Dweck | 2017 | Feedback, curriculum design, Punishment vs Consequence. Therapeutic Continuum. | This book has been widely celebrated in schools and for good reason. It fits very well with our therapeutic approach and it will be encouraging for all that read it. | Hard/Paperback, Kindle, and Audio | 8/10 |
| **What Every Body is Saying**  *An ex-FBI Agent’s Guide to Speed-Reading People* | Joe Navarro | 2008 | De-escalation, planning for difficult and dangerous behaviour. Conscious and Subconscious behaviour. | This book is surprisingly useful in our work dealing with colleagues, parents and the young people we work with…..not to mention our nearest and dearest!  Navarro discusses limbic and primitive responses, which link to subconscious behaviour and anxiety mapping. | Hard/Paperback, Kindle, and Audio | 8/10 |
| **Attachment and Emotional Development in the Classroom**  *Theory and Practice* | David Colley and Paul Cooper | 2017 | Attachment. Equality and Equity. The function of behaviour. Conscious and Subconscious. Inclusion Circles. | Colley and Cooper have brought together an important and highly engaging set of contributions using recent research in the reality of classroom activity to the topic of attachment and emotional development in the classroom. With teachers facing ever-mounting pressures to deliver results, the understanding of the barriers to learning has never been more important. This book is desired reading for staff who want to know more about the children in their classrooms and how they learn. | Hard/Paperback, Kindle | 8/10 |
| **What About Me?**  *Inclusive Strategies to Support Children with Attachment Difficulties Make it Through the School Day* | Louise Bomber | 2011 | Attachment. Equality and Equity. The function of behaviour. Conscious and Subconscious. Inclusion Circles. | What would a genuinely supportive school day look like in real practice, for children who have experienced attachment difficulties and developmental vulnerability? What are the core features of an attachment-friendly school? How can we promote inclusion and positively affect learning outcomes amongst pupils in need, at risk, in care, and adopted?  You may also want to read *‘Inside I’m Hurting’* by Bomber. | Hard/Paperback, Kindle | 8/10 |
| **The Body Keeps the Score** *The Body Keeps the Score: Mind, Brain, and Body in the Transformation of Trauma* | Bessel van der Kolk | 2015 | Trauma, Adverse Childhood Experiences, Attachment, Anxiety Mapping. | Along with the work of Bruce Perry, Van der Kolk is one of the foremost authorities on Trauma and its impact on us. This is a brilliant book. Van der Kolk draws on 30 years of experience to argue powerfully that trauma is one of society’s most urgent public health issues. Van der Kolk fuses science and human stories in a book of clarity that is hard to put down, filled with powerful case histories. We see how psychological trauma interrupts connections within the brain, but also between mind and body. A hugely helpful book. | Hard/Paperback, Kindle, and Audiobook | 9/10 |
| **What Happened to You?**  *Conversations on Trauma, Resilience, and Healing.* | Bruce Perry and Oprah Winfrey | 2021 | Trauma, Adverse Childhood Experiences, Attachment, Anxiety Mapping. | Through wide-ranging and often deeply personal conversation, Oprah Winfrey and Dr. Perry explore how what happens to us in early childhood - both good and bad - influences the people we become. They challenge us to shift from focusing on 'What’s wrong with you?' or 'Why are you behaving that way?' to asking, 'What happened to you?' This simple change in perspective can open up a new and hopeful understanding for millions about why we do the things we do and why we are the way we are, providing a road map for repairing relationships, overcoming what seems insurmountable, and ultimately living better and more fulfilling lives. | Hard/Paperback, Kindle, and Audiobook | 9/10 |
| **Why Love Matters**  *How affection shapes a baby’s brain* | Sue Gerhardt | 2004 and 2020 | Trauma, Adverse Childhood Experiences, Attachment, Anxiety Mapping. | *Why Love Matters* explains why loving relationships are essential to brain development in the early years and how these early interactions can have lasting consequences for future emotional and physical health. This second edition follows on from the success of the first, updating the scientific research, covering recent findings in genetics and the mind/body connection, and including a new chapter highlighting our growing understanding of the part also played by pregnancy in shaping a baby’s future emotional and physical well-being.  Much of this book summarises the seminal work of renowned Harvard Psychologist Allen Schore | Hard/Paperback, Kindle, and Audiobook | 10/10 |
| **Let the Children Play** | Pasi Sahlberg and William Doyle |  | Play. Curriculum design, creativity, Risk Reduction Planning, Policy | *This is a brilliant book that outlines the successes and relevance of play in the lives of our children at school. Much of the evidence is taken from Scandinavia and most notably Finland. Michael Moore (Fahrenheit 9/11) filmed an amusing video in the Finnish Education system which serves as a good taster for the book. Sahlberg explores parts of the world where innovation around play is happening and uses these for comparative purposes for where it is not. A genuinely brilliant read, which does pose the danger of being frustrating, due to the restrictions we have in place in the UK, but gives excellent examples of how we could make genuine changes for the better, based on a huge amount of research.* | Hard/Paperback, Kindle, and Audiobook | 10/10 |
| **Raising Boys in the 21st Century** | Steve Biddulph | 2018 | Exclusion, punishment and consequence, Roots and Fruits, Relationships | *Steve Biddulph has updated this book for the 21st Century as it was originally written in 1997 and translated into 32 languages. An excellent resource for understanding boys and contributes to the discussion around boys, behaviour, and what they need. Biddulph draws insightfully from seminal research and vast experience to provide a resource that is both eye-opening and hugely informative.*  *Whilst this book appears to be aimed at the parent as the reader (and should be recommended to parents of boys) it is an equally appropriate book for teachers and carers of boys.Boys in education, particularly around behaviour, are a cause for concern in the British Education system and this book will give an excellent grounding in understanding difference and how this can be interpreted and understood in order to plan and respond effectively to the needs of boys.*  *Further reading in this area: The Boy Crisis by Dr Warren Farrell* | Hard/Paperback, Kindle, and Audiobook | 9/10 |